



ರೋಟರಿ ಮೈಸೂರು ಮಿಡ್‌ಟೌನ್

rotary MYSORE
MID-TOWN
Club No. 15742 RI Dist. 3181



Rotary
Opens
Opportunities



ABOUT US

MIDTOWN WEEKLY BULLETIN

Volume : 40

Issue : 35

03/03/2021

Pages : 06

INTERNATIONAL RALLYIST MR. LOHITT URS ADDRESSES MIDTOWN



Mr. Lohitt Urs, an ace international rallyist was the speaker at Midtown's weekly meeting on 24th Feb, 2021. He was the main brain behind our recently concluded Rotahunt –the treasure hunt of Midtown. He was introduced to the gathering by Rtn. Dr. K.A. Prahlad. Mr. Lohitt recalled his childhood days when he was attracted to motorsports and rallying. He was associated with Midtown's treasure hunt since 1994 when it was first introduced in Mysore. He recollected his participation with Collin McRae Rally in Scotland in UK in early 2000. He emphasized the importance of introducing adventurism in children and younger generation. Later on he participated in discussion with members regarding his involvement in many of the Nationalist socio-eco platforms like protection of native Indian cows, association with platforms like Virat Hindu organization, rallying for Cauvery river protection etc. Vote of thanks was proposed by Dr. Ravindranath S. M.

GNANA DEEVI- TAB DISTRIBUTION PROJECT



27th Feb, 2021, 25 tabs were distributed to 56 students of Varuna High School, Mysore Taluk.



27th Feb, 2021, 30 tabs were distributed to 60 students of D. Subbanna Sarvajanika School, Vidyananyapuram, Mysore



GLIMPSES OF BOARD MEETING AT BANDIPUR



Board meeting in progress- Wild Life Conservationist Mr. Rajkumar Devraj Urs addressed the board members. He highlighted the kind of activities they are doing in the forest like providing solar fencing to the inhabitants there, providing toilet blocks to prevent open defecation, encouraging farming activities etc. He appealed to the midtown to involve and help in their activities. Midtown in turn assured all the help in conserving nature and wild life.



Board members and kids keenly listening to Rajkumar's activities in Bandipur



Midtowners waiting for their turn to Safari. Treasurer Rtn. Satyendra narrating the story regarding how we missed safari bus no. 205. He will tell offline. Don't miss



Lunch at Jungle resorts, Bandipur.



The big cat sighted Veeru- went hiding .



Wild life sighted during safari



CORONA FILES.....

Covid Vaccine Update



1. All approved vaccines including Pfizer, Moderna, Covishield and Covaxin have 100% efficacy in preventing Death due to Covid, And

-Very High efficacy against Severe Covid

-High to moderate efficacy (60%-95%) against symptomatic Covid but

-poor efficacy only against asymptomatic covid so people should not run after efficacy data while choosing a vaccine.

2. Because all vaccines prevent severe covid and death, Vaccination of large cohort of population is important if we want to save the humanity from I'll effects of the current pandemic.

Everyone should get vaccinated and encourage others to get vaccinated.

3. Nasal vaccines might be able to prevent even asymptomatic covid because it generates local IgA

antibodies cutting chain of transmission and bringing an end to this pandemic.

4. Vaccination of 10000 pregnant ladies has been done in USA without any additional side effects seen upto 3 months of follow up. Hence, pregnant ladies

can be safely vaccinated.

5. People with allergy to food, drugs, latex, venom previous non covid vaccine can safely take covid vaccine.

6. Only People with severe anaphylaxis to previous covid or non covid vaccine should avoid covid vaccine.

7. People who have had Covid in past must go for Covid Vaccination four to six weeks after recovery

Data is emerging that they might need just one shot of vaccine as Robust Neutralising antibody titres and Strong T cell responses have been found in them even after single shot of vaccination.



Phase 2 . Senior citizen with co-morbidities getting his jab.

8. People who have received Plasma therapy should wait at least four weeks before taking a vaccine . Because during these four weeks the preformed antibodies transfused in external plasma will wane off and this will avoid the neutralization of virus(protein) produced by covid vaccine.

9. People with Severe disease who are admitted should wait at least 4 to 10 weeks after recovery before taking any vaccine.

10. People with Diabetes should go for vaccination after taking food/breakfast.

11. People who are on Corticosteroids should



Phase 1. Frontline worker from Midtown



Senior citizens protected

decrease dose to less than 7.5 mg per day if possible for six weeks when taking the vaccine because higher doses act as immunosuppressive and may decrease immunity development.

12. Inhaled steroids may not be tapered when taking covid vaccine because systemic bioavailability of inhaled corticosteroid is low.

13. People with nasal allergy, Bronchial asthma skin allergy can be safely vaccinated.

14. Covishield can be safely given to people with multiple allergies. However it is advisable to give prior information to the vaccine provider.

15. 2nd dose of Covishield shouldn't be substituted by another vaccine.

16. No prohibition of taking Alcohol before and after Covishield Vaccination (contrary to what's app university advice of avoiding alcohol for 45 days)

17. Covishield is effective against UK & Brazilian strains, not so effective against South African, though it still be effective in preventing severe covid.

18. No evidence of South African strain causing recent surge of cases in India/world.

19. No Need to check antibodies after the second dose as all trials have shown good immunogenicity. If one wants to confirm then one should go for neutralizing antibodies against spike proteins after 4 weeks of second dose (However only few labs are testing Neutralizing Antibodies).

20. No significant adverse events noted so far. Myalgia, local pain, low grade fever are commonly seen in younger population.

21. According to current data vaccine remains effective for a duration of at least 10 months. Since it is new vaccine details will follow as time advances.



Rtn. Nagaraj won both Singles and Doubles Titles in Delhi ITF Seniors Grade 3 Tennis Tournament held from 22nd to 27th Feb, 2021. Hearty Congratulations to Nagi. Roger Federer has stopped winning but Nagi continues to win!!!

Happy Birthday



Rtn. Sathish Babu C.
03rd March



Rtn. Dr. Prahalad K.A.
8th March

Wedding Anniversary



**Rtn. Prakaasha V. &
Ann Ashwini**
8th March



**Rtn. Narendra Babu N. &
Ann Mythili M. V.**
10th March



ರೋಟರಿ ಮೈಸೂರು ಮಿಡ್‌ಟೌನ್
rotary
MYSORE
MID-TOWN
(Club No. 15942 RI Dist. 3181)



Issue : 35

03/03/2021

Page : 06

Rotary Information



You can be an everyday peacebuilder

Rotary members encourage conversations to foster understanding within and across cultures. These important conversations support one of our areas of focus, peace building and conflict prevention.

During Peace building and Conflict Prevention Month in February, you can get involved in these efforts:

- Join the Rotary Action Group for Peace (RAGFP), which supports clubs' and districts' peace-related service efforts by providing technical advice and resources. During 2019-20 alone, the group supported more than 60 projects.
- Learn about the Rotary Action Group Against Slavery (RAGAS) and Rotary Action Group for Family Safety. These groups focus on protecting children and adults from modern-day slavery, human trafficking, and domestic violence.
- Start an intercountry committee or a Rotary Friendship Exchange between your district and a district in another country. You can also join or create a Rotary Fellowship. Read stories on how these three programs have proven effective at building peace and promoting international understanding.
- Find out more ways you can be an everyday peace builder.



Rtn. Paul Harris
Founder



Rtn. Holger Knaack
RI President 2020-21



Rtn. Rtn. M. Ranganath Bhat
District Governor 2020-21



Rtn. Aiyanna A.N
President 2020-21



Rtn. Veeresh
Secretary 2020-21



Rtn. Prahlad K A
Editor 2020-21

Next Week's Meeting

Speaker Meet

Date:
10-03-2021

Venue:
RCL Hall

Time:
6.30 pm

**Good
decisions
don't just
happen.**

**Ask
yourself
these 4
questions:**



1. Is it the **TRUTH**
2. Is it **FAIR** to All Concerned?
3. Will it build **GOODWILL** and Better friendships?
4. Will it be **BENEFICIAL** to All Concerned?