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



ABOUT US



MIDTOWN WEEKLY BULLETIN

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Multi-faceted speaker from Kuwait addresses Midtown



The current situation by the pandemic has disrupted everyone across the globe. But the flip side of the dire circumstances has tingled the innovative minds, specially that from the Rotary world. Every club is finding new ways of serving the society and engage its members in unique ways. Rotary Midtown has also evolved with tremendous outreach. We have seen sea change in the online meeting era, with joint meetings, special speaker meetings and exclusive entertainment programs. When meeting physically is a constraint, Midtown has successfully experimented with new concepts. The club has had joint meetings with many friend clubs from the district and with an international club. In its thirst for knowledge, the club has invited speakers from various domains and geographies. Continuing the new custom, a special speaker was invited from far off Kuwait. Thanks to Rtn.Sulaiman's extensive contacts, Midtowners invited multi-faceted Dr.Subhash Chander for an online tête-à-tête on 19th Aug 2020.

Dr.Subhash joined the virtual meeting all the way from Kuwait, an expert in HR and corporate training, an enviable reputed on-stage performer and popular voice-

over artist gave an insightful presentation to the guests about "Stress". He began with defining different types of stress and quickly shared the professionally prepared slide deck. Dr.Subhash delved upon various methods of handling and mitigating stress. Best practices like maintaining healthy lifestyle including balanced diet, exercise and regular sleep patterns can help one reduce stress. He was visibly rushing thru the slides to manage the time allotted and did a great job by closing his talk sharp on time. Several key take-aways for the participants in terms of to-do's and not worry about situations which are beyond control. He profusely thanked for being invited and displayed remarkable multi-lingual vocabulary skills through the presentation. An interesting Q&A followed the main address and ended with a request for a song for which Dr.Subhash responded by singing a Tamil song giving a glimpse of his immense singing talent.

Earlier President Rtn.Aiyanna called the meeting to order and welcomed, Rtn.Sulaiman Sait introduced the virtual-speaker, Rtn.Veeresh made Secretary's announcement and later Rtn.Bhanuchandran proposed vote of thanks. Rtn.Jaykumar hosted the virtual meeting on zoom platform.

-Rock





Community Service Projects



Aug 29th, Rotary Mysore Midtown Distributed 30 bags to poor students who cleared their PUC and PUC exams. It was in association with Mysuru samjika haagu Shyikshanika Vikasa Vedike.



Aug 29th, Rotary Mysore Midtown has joined hands with Rotary North with their food Donation project. Midtown sponsored 200 food packets.

Project –a -week



Rtn. Harish gave a writing board to be used in Obali School. This is part of our ongoing weekly "PROJECT A WEEK CAMPAIGN " Sri. Gangadhar, Principal received the donation. May your tribe increase



Rtn. Umesh gave a solar light to a school student of Obali school, Sri. Gangadhar received the lamp on behalf of the child. The Solar light donated by Rtn Umesh , has reached the beneficiary student.
Thank You Umesh.

Midtown News



Rtn. Nagaraj. R was felicitated by District In charge Minister. S. T. Somshekar on the occasion of National Sports Day, at a function held at Chamundi Vihar Indoor Sadium on Aug 29th.

Salute to Corona Warriors



Rtn. Ravindra Babu of Ravi Medicals



Rtn. Narendra Babu of Murugan Medicals



MY UNFORGETTABLE MOMENTS IN ROTARY



Coming from a family consisting of Past. RI. Dir, PDGs, PDCs, I have achieved the least in Rotary. I've been an annet, interactor, Rotractor, contributing the least to Rotary. Rotary is an Akshaya Patra, which culminates service and fellowship, from which I've endlessly poured out.

My horoscope reads that my journey is only on the untreaded path, including my entry to the club. I walked into my neighbour PP.Imtiazs house and asked him to get me into Midtown. It was during the presidency of PP .Shastry. and I have never stopped from taking.

Every Rotarian has been my teacher and hence excuse myself from individually naming and thanking. I've been the chairman of MAST 5 times, Secretary of Dist. assembly, Chairman of PETS, handled Diaz management, design, MC for 4 dist.



One of off beat midtown signature events

conferences, an additional candidate for GSC, been continuously on Dist committees, chairman for fundraisers, all this because I was mentored by the Best in the organisation.

Attending some 30 conferences since childhood and 3 conventions, I still dodged being the president. Maybe the time was not ripe for "giving back". An untreaded path indeed. In my 27th year in Rotary, I took up the mantle, else be cursed.

My humble alilu seve, along with my Team Ravana was the highlight of my career here. I opened the community service account with an unprecedented 17 lacs and started the giving back bit.

My passions for theatre and fine arts grew feathers and colour en route. Helping hands were everywhere had "arrived".

Where else would I have Shiv Khera, the international trainer, to put his hands on my shoulder and guide me on oratory skills? How else would I be invited on the platform of an international event by RI Prez. Rtn.Ravindran and appreciated?



Shiv Khera, after offering corrections to my diction

At the end of the day, before I go the sleep, the events that put a smile on my face are :

❁ Spotlighting Vimala Terminal Centre to Mysoreans. They had to struggle for every meal each day and are now to be booked a fortnight in advance to be served.

_ Being responsible for Yakub, who would be euthanized in a few hours by getting the



On line reporting of proceedings of college of governors before dist. assembly

first time in Mysore implant of a pacemaker

_ Breathing life to Karnataka's first free girls hostel atop Chamundi hill which was on the verge of collapse

I AM BECAUSE OF U

As I lay immobile after a near fatal accident, it was my Rotary friends who hand held me, fed me, walked me, prayed for me and visited me nonstop every single day for 3 months to get me on my feet, reminding me that my service account has a huge debit balance



Dist. level cultural competition: mime show

Rtn PP Harish K B
Joined Rotary on 1st Sep. 1987,
President during 2016-17



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OBITUARY



Rtn. T. N. Mohan lost his father

MR. NARASIMHA SHETTY

at the age of 81 years on 29th Aug.

Rotary Mysore Midtown family expresses its deepest condolences to the family



Former Midtown Rotarian

MR. SRIVIDHAR BHAGWAT

left for heavenly abode on 1st Sept. after a brief illness.

Midtown expresses its grief and condolences to the bereaved family.

If Corona had to make a CV, here's how it would read:

1. Responsible for Global Digital Transformation.
2. Reduction of Global CO2 emission.
3. Five million job cuts.
4. Global Hygiene initiatives:
Ensured 100% compliance on washing hands.
5. Made industry shift to WFH - saved exposure and costs.
6. Reduction in noise pollution by making everyone keep their mouth shut (masked).
7. Taught cooking, vegetable shopping, housekeeping to many
8. Provided ample time to all egoistic and self centered people, to contemplate on their mortal nature.
9. Provided a big boost to the Pharma sector and brought back small utility stores back into the limelight
10. Highlighted the importance of governance, adaptability and long term planning, by all sectors Corona's CV would look better than that of many CEO's

CORONA FILES.....

Covid 19 : RT PCR test FAQ

1. What is the full form of RT PCR?

Reverse Transcription Polymerase Chain Reaction

2. Why test is only 67% specific & not 100% ? What are the pitfalls?

Problem can be at 4 levels :

- very low viral load at the time of sample collection
- faulty sample collection
- improper transport of the sample &
- faulty laboratory technique.

So test must be repeated in high clinical suspicion.

3. How the test is correctly interpreted?

Correct interpretation - at least two or more antigens should be tested with same reagents & same laboratory.

4. Is there any false positive result?

No false positives- positive is certainly positive. It can be false negative. (Repeat the Test- if high clinical suspicion)

5. How many types of antigen are present in COVID- 19 virus?

Covid-19 virus has 6(six) antigens-

- 1.E 2.S 3.N 4. ORF 1a 5. ORF 1 b & 6. RDRP.

6. Which antigen is common to all corona viruses?

E antigen is common to all CORONAVIRUSES.

If E is negative - No Corona.

Other 5 are specific to Covid-19.

7. Do all countries test same antigens?

Testing of antigen differ from one country to another.

8. What is the implication of it on international travellers?

As testing of antigen differ from country to country. So person declared negative in one country may test positive elsewhere. It depends on antigen/s being tested.

9. Is positive/ Negative report enough?

No, simply mentioning positive/ negative in certificate has no meaning.

10. How can a Doctor certify that patient is non- infectious?

Along with positive/negative report, Doctor must be able to certify that person is infectious/non- infectious under following conditions.

- a) Patient demonstrates presence of IgG antibodies with or without presence of antigen.
- b) Patient is asymptomatic after 10 days without doing antigen test.
- c) Patient is positive for two weeks and his/ her ESR, CRP are normal

11. After how many days in body virus becomes non replicable/ non culturable?

After 10 days virus is nonreplicable. So test is not required after 10 days.



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Rotary Opens Opportunities

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Rotary Information



R I President Clifford Randall seen with Prime Minister Jawaharlal Nehru at the First Asia Regional Conference, Delhi-1958.



President of India Dr. Rajendra Prasad seen with R I President Clifford Randall and Rtn. Nitish Laharry in Delhi.



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

Wedding Anniversary



Rtn. Rakesh Babu and Ann. Aruna – 3rd Sept

Happy Birthday



Rtn. Mallikarjun Swamy
4th Sept

Next Week's Meeting

Speaker Meeting



09th Sept. 2020
Wednesday



Virtual Meeting



7.00 pm onwards

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?