



ರೋಟರಿ ಮೈಸೂರು ಮಿಡ್‌ಟೌನ್

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



ABOUT US



MIDTOWN WEEKLY BULLETIN

Volume : 40	Issue : 12	23/09/2020	Pages : 06
-------------	------------	------------	------------

TASKMASTERS: TO ONE HELLUVA DAY

The things that set apart Rotary midtown from other clubs is of course their exceptional service mindedness and, the family gatherings, full of fun and frolic. As an Anette, I would always look forward to these family gatherings like the ones in Alagappan Uncles farm, where there would be something for everyone. Kids would be running around and minding their own business, a huge relief for the adults as they could get rid of them for a few hours. Sharply dressed men and gorgeous women meet their friends and discuss 'worldly affairs' and the person in charge of the games and events try their best to make it a perfect evening. Also, there is always a set of men near the bar counter always cracking jokes and passing side comments, just to add a little spice to the evening. Sometimes it's a potluck dinner while sometimes the money collected from the events go to a good cause. Each get-together special in its own way.

But now because of the coronavirus every event around the world is either being cancelled or being limited to a few people to prevent it from spreading further. To compensate for not meeting people, everything now a days is being conducted online. In



Items Starting with 'M'

midtown the weekly meetings were being conducted on zoom but it wasn't possible to conduct the family gatherings online because the participation would be low and other reason being that it wouldn't be as enjoyable as a

normal event. Or at least it was thought to be that way until Rakesh Uncle was given the responsibility to conduct a family event online.

Unlike an offline event the games had to be planned in a very creative way such that the family members enjoy to the max sitting right on their couches. So a taskmasters Whatsapp group was created with the idea that when the task and the instructions were posted in the group, the members along with their families had to finish it within a short time and take a picture and again post in the same group. All the visual communication and the general instructions and doubts would be clarified in the ongoing zoom meeting. There were different kinds of tasks where some required speed while others required quantity or precision; some required us to run around the whole house rummaging for things while others required us to just sit on the couch and google stuff. At first even I thought this was complicated because it required multiple devices at



Architects of Towers



We Love Midtown

once, and confusing but this method worked seamlessly. The meeting started at 7 and all the Midtowners usually in formal were now sitting in their pyjamas. Rakesh Uncle started off by giving the general instructions about the group and stuff. Then there were some technical issues and fortunately they were resolved early. Then not waiting anymore, he posted the first task and its instructions in the taskmasters' group. The task was that we had to collect items starting with M (which stands for Midtown) and name all of it and take a picture and post in the group. The time limit for this task was 5 min. For us, the P-family the first task was a blunder because we were so bent upon finishing the task that the person in charge of reading the instructions forgot to read the main instruction i.e the family with most items wins. So it was quantity that mattered, and the person was me! I misread it as the first 5 items starting with M wins. So when we did that and posted it in the group, Rakesh Uncle clarified it, but it was too late. But we still managed to find about 15 items and posted it. That round was won by Nagraj Uncle and family. So after running around the whole house and tiring ourselves, the second task was kinda a simple one where we had to google a set of 5 questions, write it down and post the answers in the group. Unlike the first one, here the speed mattered. All of it was related to Mysuru and we did send it fast enough to secure the second place while Satyendra Uncle and family secured the first place. The third task was a one which required a lot of creativity. Here we had to make a tower with different household items and take a picture with it and post it. Again it was the number of items that mattered and not the size of the tower which a lot of people thought was the main parameter. One member even took a picture with a cell-phone tower to fulfil this. Lemme describe the situation in our house. For us we were using the things that were forgotten to be of existence like the suitcases which were unused for a really long time. But it was really fun watching others towers and their creativity level. Thankfully we did win this round..... so much for all those war cries. In the fourth task, we had to draw a poster about how we love



Winners receiving gift hamper from KBC

rotary and all the things that it meant to us. This is where the Anettes come in and play their part. The Whatsapp group was filled with colourful drawings made by the kids and grandkids of the members. In the final task we had to write down a name, place, animal and a thing for the letters SAR standing for Saanvi, Aruna and Rakesh; the people who made this wonderful event possible. Das uncle and Chaitra aunty along with their families won the prizes for the fourth and fifth task. By this time we had come to the end of the event and the acting president Naveen Uncle finished the formalities and thanked Srinu Uncle for sponsoring the gift coupons of KBC worth Rs. 500 each for the prize winners in each event and Rs. 1000 for the bumper prize; Rakesh Uncle and family for organising and conducting the games. Participation of the Innerwheel members added more fun to the event and the IW president Mrs Rashmi expressed her gratitude towards the same. Rakesh Uncle and family also judged all the games and decided the worthy winners and posted it in the group. The results which were posted in the group at 11pm came as a huge surprise for us because we had just won the bumper prize of a Rs. 1000 which was awarded for the family with the most points. But more importantly all of us enjoyed the evening to the fullest and as I told my dad that day, never did we think that we could be so tired and have so much fun sitting right in our homes.

– Pranav P Bayari



Task winners
Rtn. Nagraj
Rtn. Satyendra
Rtn. Sail Das
Ann. Chaitra
Ann. Sheela

Bumper prize winner
Rtn. Dr. Prahlad & Family



MY UNFORGETTABLE MOMENTS IN ROTARY



It all began in Pelican Pub when Past President of our club Late S.K.Nataraj who was the part time lecturer for Industrial Law in Bhavan's College of Management where I was his student & another Past President Late Dr. Sureshchandra invited me for a Mug of Beer during 1997. In between conversations they invited me to join Rotary. But I was little hesitant and said “ರೋಟರಿ ಕ್ಲಬ್ ಎಲ್ಲಾ ನಮಗಲ್ಲ ಸಾರ್”. I was quite apprehensive about Rotary that, It is only for High society people, need to spend a lot to join such club & I am too young to be in such association (I was just 25 years old then). They convinced me clearing all my doubts one by one making me understand that “Rotary is one such beautiful platform to get to know people & develop friendship.

Need to spend only 2 hrs a week and just Rs.500 per month & then the best part of the conversation which called my attention was “you can play cricket”.

After attending 4 meetings and the Pre Induction talk by five PPs!!! at Indra Bhavan. Then President Past Rtn. C.M. Subramanian on August 28th 1997 invited 5 of us during one of the weekly meeting at RCL. PP Dr. Caveriappa inducted me along with Deepak Solanki, Raghavendra of Bharani Medicals, Madan Gopal of Kirloskar and one Mr. Vasu as members. (Unfortunately, none of the above mentioned members are in midtown now.)

I had only two known members by then in midtown other than S. K. Nataraj & Dr. Sureshchandra were PPRtn. Bhanuchandran whom I met in his house along with SK Nataraj before joining Rotary & PP Rtn. Bheemesh who was my lecturer in Mahajana's Law college. It all changed when P P Prakash asked me to Join his Team as Sgt At Arms for the year 1999-2000 & we went for the Dist. Assembly at Shimogga. I will never forget how Past President Rtn. Salil Das use to entertain (Enlighten!!!) us by his jokes and mimicry during that trip. He



Rtn. Umesh with Shiv Khera

along with PP Rtn.Sundar made me feel comfortable in their company.

First ever Project I remember & actively participated was “ENGENS 2000- Two days fun filled National level training program for Rotractors” headed by Rtn. Narendra N & unforgettable training Program RAHLA at Ooty where International fame Human Trainer Mr. Shiv Khera was the key note speaker and our own Past President Rtn.Raghu sir was one of the trainers. Thanks to Past President Rtn. Ramki sir who was instrumental in sending me to that program. “Masth” another Unique Program where the



Rtn. Umesh inducted as Sgt at Arms



entire rotary family of Mysore city use to participate and enjoy the fellowship.

During 2001-2002 Past President Rtn. Salil Da gave me an opportunity as community service Director. Those days Polio Plus program (mass immunization) was one of the major service activity, I had the privilege of opening polio booth in JSS School, J P Nagar (Courtesy Rtn. Narasimha) with other members joining later and the best part of this program was SR Biriyani sponsored by Past President Alagappan sir for Lunch (All Non Veg eating Rotarians use to assemble there for lunch without fail). In 2005-06 Joined Past President Rtn. Azeezulla's team as joint secretary, In 2006-07



Rtn. Umesh with S.N. Sethuram, Sr. kannada artist

past President Rtn. Dr.Bheemesh included me in his team as Vocational service director and trained me to some extent in Rotary. After three years gap during 2010-11 Past President Rtn.Mahesh Murthy selected me as Secretary which was real turn around for me in Midtown. That year I took Rotary little seriously in true sense and learnt the art of communicating, developed rapport with members and evolved myself as a Rotarian.

Thereafter from 2012 to 2015, Past Presidents Rtn. Vishwanath, Rtn. Bhanuchandran & Rtn. Venkatesh R took me in their team as club service director , as treasurer & as President elect.

Albert Einstein words of wisdom always inspired me –“ You have to learn the rules of the game . And then you have to play better than anyone else.” We had great leaders like Late Dr. Kanakaraj, Srinath, Late Nanda Kumar in our club . It took nearly 18 years to learn from them all the rules . During 2015 July 1st took charge as President of the 35 year young, energetic & vibrant club with 71 strong members and with R I theme for the year “ Be a Gift to the world”. I had fairly smooth path to walk through with timely advice from the Past presidents, committed board members & support from all the members .

Highlights 2015-16 : Men's Cooking league headed by ZL PP Rtn. Dr. Prahlad, Donating E- shala Kits worth Rs.6.30 lakhs, First ever Win in finals for our cricket team by Winning SOC Cup, Sponsoring new club Ivory City, Conducting Bhandavya State level special Olympic @ Suttur for 2 days under the leadership of Present President Rtn. Aiyanna & supported by IPP Rtn.Manoj , conducting PETS& SETS headed by PP Rtn. Harish K.B. and many other events. We visited range of interesting & unique community centers in our offsite meeting (courtesy PP Rtn. Vishwanath). Thanks to PP Rtn. Narendra Babu as Hon. Secretary & other board members who shouldered my responsibility in all affairs of the club. Editor in my team Rtn. Gopalkrishna was the match winner.

I can never forget the help of all my great rotary friends who stood by me, took care of me, consoled me, cheered me when I met with an accident and I was stuck in Bed for a month.

Some of the cherishing moments are , my first ever foreign trip to Bangkok Convention & Cambodia (Thanks to PP Rtn.Raghavendra for motivating me) , Srilanka Trip, Hamburg Convention & Europe Trip, more than 20 Dist. conferences , Rotary seminars and Outside board meetings which I attended along with my fellow Rotarians. Above all, campaigning experience for Ramki sir's DG election is most memorable one.

I know, I can go on and on writing about my beautiful journey in rotary. I have learnt many things from this Great Institution called Rotary Mysore Midtown. Thanks to everyone in Midtown. Thanks to Editor PP Rtn. Dr. Prahlad for giving me an opportunity to share my experience.

Rtn. Umesh. K.

Joined Rotary on: 27/08/1997
President during the year: 2015-16



Community Service Projects



Under the District Project "Namma Nela Nanna Gida" 200 plant saplings were planted at Kalamandir campus.

Project –a -week



Kalamandir security guards were given 2 months groceries kit. Rtn. PP. Ramki sponsored the donation. Thank you Ramki Sir.

CORONA FILES.....

Learning point from COVID

1. It is a stereotype disease with variable presentation.
2. Malaise, weakness, fatigue, feverish feeling are vague & misleading symptoms specially in diabetic & elderly patients.
3. Asymptomatic phase after short duration of fever usually mislead the patient, so that many patients presenting with hypoxemia
4. As compared to other respiratory infection, patients with COVID having mild dyspnea till SpO2 falls below 70%. Happy Hypoxia - another reason for late presentation.
5. Time is key to successful outcome. Early diagnosis & treatment has saved many life .
6. HRCT has proven its high sensitivity, but do not advise HRCT at initial phase. Its require atleast 4-5 days for lesion to appear on HRCT. So advice HRCT after 4-5th day of first symptom.
7. Early use of proven - trial molecule has shown rapid recover in patient.
8. Use steroid only if SpO2 falls below 94 %, use of steroid in 1st week may complicate viremia.
9. Perfect time for Tocilizumb - The moment O2 requirment start increasing from 4 LPM to 15 LPM.
10. Less promising result of Tocilizumab once patient goes on NIV support.
11. Secondary Bacterial & Fungal infections are overlooked in 3rd week of diseases specially in ICU setup.
12. Spontaneous pneumothorax, pneumo-mediastinum is quiet common even without positive pressure ventilatory support.
13. Those with more than 40-50% lung involvement may have permanent decline in lung function due to irreversible interstitial fibrosis.
14. Fibrocystic pattern on HRCT is common finding after a month of recovery, who has extensive disease on HRCT at presentation.
15. Soon we are going to face another epidemic of Mismatched - COVID sequelae with complication of Tocilizumab.



ರೋಟರಿ ಮೈಸೂರು ಮಿಡ್‌ಟೌನ್

rotary MYSORE MID-TOWN Club No. 15742 RI Dist. 3161



Issue : 12

23/09/2020

Page : 06

Rotary Information



September

- Initiate Adult Education class
- Involve Youngsters / College Students as Teachers
- Initiate E-Learning / Happy School Projects
- Distribute Libraries
- Develop Traffic park for Children
- Arrange Traffic Awareness Lectures in Schools & Colleges



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. Abhilash. S.
&
Ann. Sowmya Abhilash
25th Sept**



Happy Birthday

Rtn. Abhilash.S. 24th Sept

Rtn. Shwetha M.M. 24th Sept

Next Week's Meeting

Speaker Meeting



**30th 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?