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Weekly Bulletin

BRINDAVAN

Rotary Mysore West

P/8C, 3rd Cross, Saraswathipuram, Mysuru - 570 009

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RMW : 2529 Meeting

December 15, 2020

Vol. 47-25



President

Rtn. PHF Dr. M D Raghavendra Prasad

Secretary

Rtn. PHF D K Dinesh Kumar

Editor

Rtn. PHF Dr. S A Mohan Krishna

Today's Speaker : Dr HV Satish



Dr H V Satish is a Consultant, Plastic and Cosmetic Surgeon, Apollo Hospital at Mysore and Bangalore, Project Director, Smile Train (New York), Visiting Consultant : All India Institute of Speech and Hearing, Government of India, Mysore and Ex-Professor and Chief of Plastic Surgery, JSS Medical College Hospital, Mysore. His qualifications include MBBS - Bangalore Medical College, Bangalore (1989), M S - General Surgery, Mumbai (1995), DNB General Surgery (1995), M Ch. - Plastic Surgery, LTMG College, Mumbai (1997) and DNB - Plastic Surgery (1998). He is the reviewer for two national scientific journals. He is the co-author for chapter on speech in Cleft Palate in Indian Text Book of Plastic Surgery. He has performed more than 2000 operations free of cost to poor children with birth deformities. His wife is an associate Professor of Pathology and specialist in Kidney Pathology, JSS Medical College, Mysore. Son, computer science at NIE Mysore, MS(CS), working in Google and daughter - Fourth year BA LL B at NLSIU, Bangalore.

Bulletin Sponsor : Rtn Ullas Pandit



Rtn Ullas Pandit was born in the coastal town of Mangalore. He completed his Chemical Engineering from Manipal Institute of Technology and worked in different Companies in different positions. He along with his wife Smt Yeshoda started Orchids Education Society in 2004 and presently they run The Orchids School, The Orchids Public School, The Orchids PU college and a Special school 'Aastha'. Presently he is working as a consultant for Spice Industries. He is happily married to Smt. Yeshoda and has two children, Elder son Nehaal is a special child and daughter Saakshi is pursuing her Medicine at JSS Medical college.

Today at Rotary West

15-12-2020

Talk on 'Behind the Mask :
Cosmetic Stories From Covid Times
by Dr. HV Sathish, BGS Apollo Hospital
through ZOOM at 7 pm

Next Week at Rotary West

22-12-2020

A talk by Sri D S Ramakrishna Rao
Architect on Societal Liabilities
through ZOOM at 7 pm

Know Your Rotarians



Rtn PHF B S Sridhara Raju Urs

Rtn Sridhara Raju Urs, under know your Rotarian Series in the weekly meetings of Rotary West, he was speaking about himself thus ; He was proud of his achievements. Hailing from a village. Byadarahally in K. R. Nagar Taluk, Mysore district and studying Primary school at the village and then moved to Sri chamarajendra Urs Boarding Residential school, Mysore. After studying Middle school there, passed S.S.L.C at Historical Maharajas high School, Mysore where became Principal in 1975. Studied PUC at Sharadha Vilas College and B.Sc degree at Yuvarajas College and then M.Sc(Mathematics) at Manasa Gangotri, Mysore. After Post Graduation, served as a lecturer at Rural college Kanaka Pura ,Polytechnics at Karwar, Mangalore and Mysore. He was selected by K.P.S

C as Probationary Principal for PU colleges. He conducted 150 years Celebrations of Maharajas High School(Composite PU college) in 1987, Centenary Celebrations of Maharjanis High School, Mysore in 1992. Then he was promoted as Deputy Director of PU Department in 1993 and retired as Director PU and Vocational Education, Government of Karnataka in 2001. As President of PU Staff Federation, he was able to create Independent Directorate of PU Education.

Early in his life he was greatly influenced by Gandhian thoughts. after reading " Mahatma Gandhi" edited by Dr. Radhakrishnan. He believes in the Philosophy. " They alone live who live for others. Others are more dead than alive" He loves reading and has read Hundreds of books. After Retirement, he joined Rotary in Jan 2002 proposed by Late Rtn. R.S. Keshavan. He became President of Rotary West in 2006-07 Securing Second Best Club award with awards in 25 Avenues of Service. He became President of Rotary west Association. He was responsible for the construction of huge Sathischandra PU College building at a minimum cost with a compound wall on front and on one side which made it a beautiful complex. He was also responsible for the construction of Play home at Dattagalli by donations from Rotarians. Rtn. R.S. Keshavan and Rtn S. Sundaram donated a good sum for putting up Roof to the Play home. He was also responsible for putting up interlocking tiles for the then Dust ridden Open space in the Rotary west school, Saraswathi Puram. He was the First Chairman (for many years) of Vocational Institute at Dattagalli. He was the coordinator for nine matching grant projects associated with Ushakiran Eye Hospital, Bharath Cancer Hospital, Ptteeramma Deaf school, Government school, Hinakal, Rotary West College, Dattagalli, Rotary west Mother and Deaf child Institute, Vocational Institute, Cuddalore, Tamilnadu and Public Relation Grant.

Basically, he is a social worker, associated with many organisations. He is one of the chief architects for developing beautiful Sri Krishna Temple Complex at Gokulam. He is the President of Temple Trust and Sri Krishna Gana Sabha. He is the President of Sri Venugopal Swamy Temple, Thyagaraja road, which was renovated and conducted its Centenary celebrations in 2013. He is also President, Sri Lakshmidevi Temple, Byadarahalli, K. R. Nagar Taluk since 1985, which too has developed in to a complex. He is the President of Maharajas High school and PU College Alumni Association under which he conducted 175 year celebrations during in 2011-12. He sat for one Day Upavasa Satyagraha to attract the attention of the Government to undertake Repair works. Indeed it resulted in sanctioning of grants and complete renovation of the Building. Associated with many More Organizations.

He is married to Dr. M R Bharathi, who retired as Registrar (evaluation), Karnataka Open University, Mysore. They have a son, B S Ravidevaraju Urs, who is working as a software Engineer at New York. His wife Divya is an Engineer working in the same company. They have got a son Vatsa Urs.



Rtn Umesh

He worked in Mumbai for around 15 years and also lived in Dubai for more than 30 years. In Dubai, worked for Dubai Ports World. He joined as a financial accountant and retired as a director of finance. Wife, **Mrs. Jayashree Umesh**, worked in an Indian School in Dubai, joined as a teacher and retired as headmistress. Joined Rotary Mysore West in 2015. Since then held the position as Treasurer of RWA.

Wedding day



Rtn PHF Ullas Pandit
Rtn Veena Jairam

Dec 12
Dec 13

Birthday



Rtn PHF Dr N G Malleshi
Rtn K Manjunath

Dec 10
Dec 13

Rotary Information



How to organize a successful food drive?

Master gardener Alex Portelli was having lunch at an elementary school in Marion, North Carolina, where he volunteers, when two students, brothers, sat next to him in the cafeteria. "One brother pulled out his lunch and started eating," recalls Portelli, president of the Rotary Club of Marion. "I asked the other brother where his lunch was, and he said, 'It's not my turn to eat today.' I thought, 'Oh, no. Not during my lifetime. That's the type of personal story that gets us involved.'" Portelli is now the chair of his county's local food advisory council, and he's active in the Rotary Zones 33-34 Hunger Challenge. Rotary members in many places hold collection drives to help people, particularly families with children, get the food they need. As the coronavirus pandemic continues to affect jobs and school food programs, that need is growing. According to the Food and Agriculture Organization of the United Nations, the COVID-19 pandemic could add as many as 132 million people to the total number of undernourished in the world this year.

Want to organize a food drive in your community? Here are some ideas and tips to help ensure success.

Step 1 : Choose a group to support : If you're not sure whom to help, contact your local food bank or pantry for suggestions. "In some cases, towns are too small to have a local food bank, but Rotary can connect them with a larger food bank," says Billi Black, a Zone 33 assistant regional public image coordinator. Then work with the group to address its needs.

Step 2 : Make a logistics plan : Form a committee to determine when, where, and how you'll hold your drive. Get your members' input and tap into their connections and expertise.

Step 3 : Set a goal : And make it measurable: pounds of food collected, number of meals supplied, or dollar amount raised. Look for matching opportunities from other organizations that could double or triple your impact.

Step 4 : Promote your event : The members of the Rotary Club of Prescott-Frontier, Arizona, considered their May food drive a success when they collected an estimated 3,000 pounds of food. But they stepped up their marketing when they held another drive in June. After the club contacted local media outlets and lined up news articles, social media posts, and radio interviews, it collected 38,000 pounds of food. "It was unbelievably successful," says member Mike Payson.

Step 5 : Track your success : Consider naming a "food champion" in your club or district whose responsibility is to help set goals and to promote and track their progress, and to make sure members record their volunteer hours and contributions in Rotary Club Central.

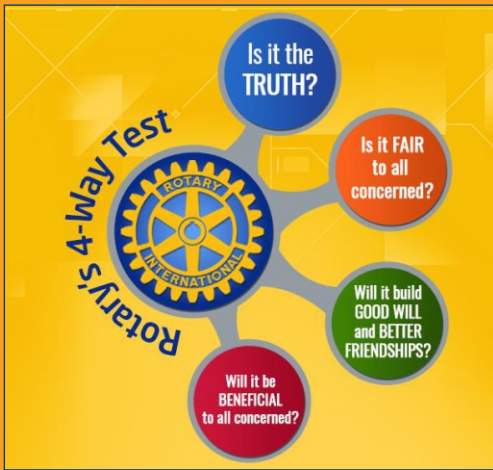
Step 6 : Thank your donors : Even if you can't thank each contributor individually, show your gratitude by posting photos from your event on your website and on social media.

Good nutrition & health care before a child's second birthday are vital to their future

In 2010, with the support of the governments of the United States and Ireland, the Bill & Melinda Gates Foundation, and other organizations, a nonprofit called 1,000 Days was founded with the goal of making child nutrition and health a funding and policy priority around the world. Roger Thurow, a former reporter for the Wall Street Journal, also examined this concept in his 2016 book, *The First Thousand Days*. A senior fellow on global food and agriculture at the Chicago Council on Global Affairs, Thurow says stunting is a complex problem that requires multipronged solutions. Even when food is plentiful, he says, poor sanitation or a lack of clean water can cause diarrhea or other illnesses that prevent a child from retaining nutrients. In one mountainous, rural area of Guatemala, where staple crops (primarily corn) don't provide sufficient nutrients, hunger and malnutrition are common. Around 1 million Guatemalan children under age five experience stunted development in their brains and bodies. Children are considered stunted when their height for their age is more than two standard deviations below the World Health Organization's Child Growth Standards median, but the problem goes beyond simply being small for their age. "They are slower to walk, talk, and read," says Anne Kraemer Diaz, the executive director of Wuqu Kawoq, also known as the Maya Health Alliance. "Stunting impacts their lifelong learning possibilities. It makes them prone to type 2 diabetes and to hypertension. They are looking at a lifetime of poverty and major impediments."

The alliance sends health workers to the homes of more than 750 families — to interview them, measure and weigh their babies, and provide food, such as eggs and beans, deworming medication, education about healthy ways of living, and micronutrient packets. "The impact of malnutrition on brain development is crucial in those first two years of a child's life. That's when massive brain development occurs," says Joanne Rosener, a member of the Rotary Club of Rochester Risers in Minnesota, which is working with the Maya Health Alliance on an ambitious, long-term global grant project to improve nutrition for 140 Guatemalan families. More than a dozen Rotary clubs are involved. Steps toward improving nutrition can be as simple as encouraging people to plant gardens. The clubs have provided funding for raised-bed gardens that supply families with a range of healthful foods that they otherwise do not have access to. Diaz describes the region as a food desert: "Even though there is food all around them, it is all one crop." That crop is corn, which is a staple of the traditional diet but which alone does not provide enough of the nutrients a child needs to thrive.

The Maya Health Alliance works with the families to choose what they will plant and to help them build the gardens and learn to



Rtn. Paul Harris



Rtn Holger Knaack
R I President 2020-21

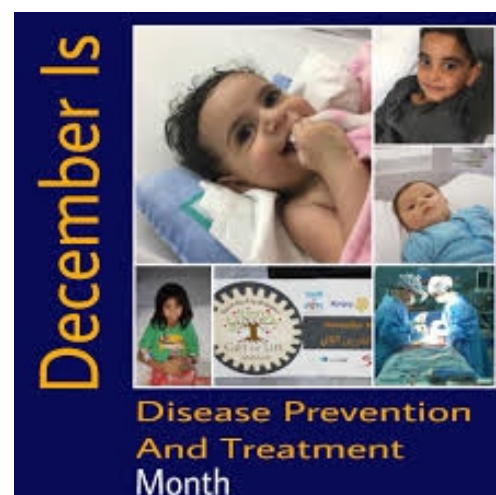


Rtn Ranganath Bhat
District Governor 2020-21

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grow the crops. Health workers also teach them about sustainable practices such as seed saving and intercropping, a practice that involves growing different crops in close proximity to each other to produce a greater yield. The Rotary clubs have covered the cost of materials and supplies for the gardens, the purchase and maintenance of a truck and a laptop computer, and the services of an agronomist and community health workers. The gardens, which are located at the families' homes, are designed to flourish with as little labor and expense as possible. "They are raised gardens, so they need less water and they aren't so prone to weeds," says Rosener, whose club connected with the alliance via a dietitian in Rochester who had learned about the problem of stunting while visiting Guatemala. Diaz reports that their efforts are having a positive impact. The percentage of households that were likely to be food insecure fell from 51 percent of the baseline over the past year to 30 percent at a six-month follow-up, then rose slightly to 31 percent at the 12-month follow-up. "At six months after the gardens were initiated, families had more diverse diets and more frequent meals," she says.

One of the participants in the programme is Maria (not her real name), a mother of three young children, including an infant. She and her husband, a bricklayer, live with 14 members of their extended family. While Chuti Estancia, the small village in southern Guatemala where Maria lives, has many farmers, Diaz says most of the food grown there is for export, and farmers aren't skilled in growing a variety of produce. Speaking through an interpreter, Maria says the family's new garden has helped her children in many ways. "They develop much better in height and weight," she says. "They get sick less now, and I believe that's because they are consuming more vegetables and healthier foods." The program also has helped the family save money on food. "We learn to produce and to harvest, and we consume everything," Maria says. "We save money by not buying vegetables, and we are able to eat organically, as we do not use any chemicals." Rosener says the Rotary clubs involved are committed to supporting the Maya Health Alliance for the long haul, and she is pleased that the gardens have produced positive results. "We know the kids aren't slipping," she says. "We know they're making progress. But reversing the effects of malnutrition doesn't happen overnight." The problem of stunting is not limited to Guatemala. According to the Global Nutrition Report released in 2018, the countries with the most children who are stunted are India with 46.6 million, Nigeria with 13.9 million, and Pakistan with 10.7 million. Roger Thurow applauds the Rotarians' approach to addressing the problem of stunting in Guatemala. Gardens for the residents will help now and will continue to help into the future. By looking at long-term, sustainable solutions, he says, Rotarians will be "supporting a community, not just giving handouts."



For Suggestions, Comments and Contributions please contact us at editorbrindavan@gmail.com mohansakrish@gmail.com

For Private Circulation only : Published on the behalf of **Rotary Club of Mysore West**

Printed at **Chapprints**, 3rd Cross, 8th Main Saraswathipuram, Mysore 09 Ph : 9448856487