



VIOTOR

CELEBRATING 50 YEARS
OF
ROTARY VIRAJPET



SEPTEMBER 1 2020, VOLUME 50 ISSUE 4

A FORTNIGHTLY MAGAZINE

RI PRESIDENT:

RTN HOLGER KNAACK

DISTRICT GOVERNOR:

RTN G RANGANATH BHAT

ASST GOVERNOR:

RTN BB MADAPPA

ZONAL LIEUTENANT:

RTN KS RATHAN THAMMAIAH

CLUB OFFICE BEARERS

PRESIDENT: RTN POOVANNA MM

SECRETARY: RTN DR CHENGAPPA MU

TREASURER: RTN SAROJ CARIAPPA

DIRECTORS

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COMMUNITY SERVICE: RTN AIYAPPA NU

VOCATIONAL SERVICE : RTN RAVI MS

INTERNATIONAL SERVICE: RTN SUBBAIAH BC

YOUTH SERVICE : RTN MICKY KALAPPA

CHAIRMEN

POLIO: RTN DR SV NARASIMHAN

TRF: RTN PRITHVI MADALIAH

MEMBERSHIP : RTN ADITHYA KH

CLCC: RTN NANALIAH MI

WINS S: RTN HARISHANKAR PRASAD

WATER AND SANITATION: RTN BHARATH RAM RAI

DISTRICT PROJECTS: RTN VIKHAR KHAN

OTHERS

SERGEANT AT ARMS: RTN CHETHAN MUTHANNA

BULLETEIN EDITOR:

ANN DR PRIYADARSHINI

QUOTE:

“The secret of getting ahead is getting started.” – Mark Twain.

EDITORIAL

Covid times getting tough on the society. With the increasing number of cases, though the society has got aware there is a dip in sense of fear because it's become the new normal. People are considering it just as a normal flu and have strengthened their immunity. Kids are affected with the online based curriculum and internet woes; still there is a different enthusiasm to deal with the entire crisis. Definitely the crisis has got the best and worst in all of us.

Let us awake and henceforth lessen the burden of wrongdoings on the only sustainable planet earth. It's high time we be well aware of our role in this universe.

Through this edition of Virotor laying emphasis on Alzheimer's disease which is an area of concern for Rotary too.

Under the active participation of President Rtn Bansi Poovanna, The club records and inventory and proceeding book was sorted and it's available from 1975 to 1998.

-Ann Dr Priyadarshini

DEDICATED PAGE FOR ALZHEIMER'S

Dementia, forgetfulness, Alzheimer's all might sound synonym to each other to a general crowd but on a broad spectrum will mean the same. Now the question is who doesn't forget? With aging section why is it treated so different? Why does all our patience wane while the same aged gathered all patience to help us grow to where we are?

Alzheimer's is a condition which has taken a toll on many. When I started looking and reading in depth of it I realised that maybe somewhere we can make a difference. We don't have to be doctor dependent to make a slight difference. To throw some light on this topic I dedicate this page to make a difference in the lives of our older society as well as tune ourselves to the fact that someday even we can be there too!

Bringing attention and focus on Alzheimers disease is one of the prime areas of concern Rotary is working on throughout the globe and so rightfully and deservingly it does need attention.

Here I have given a few links to TED Talks where people from different walk of life have shared their experience. Please do watch!

1)<https://youtu.be/iuel1AFKSDo> 5:05

Curing Alzheimer's with Science and Song | Rudy Tanzi & Chris Mann | TEDxNatick

2) <https://www.asaging.org/blog/5-ted-talks-aging-inspire-you>

WHAT ROTARY SAYS-

EVERY 3 SECONDS, SOMEONE IN THE WORLD IS DIAGNOSED WITH DEMENTIA (WWW.ALZ.ORG/FACTS).

EVERY 65 SECONDS, SOMEONE IN THE U.S. DEVELOPS ALZHEIMER'S. (WWW.ALZ.ORG/FACTS).

PARKINSON'S DISEASE AFFECTS 1 MILLION AMERICANS, COSTING \$25 BILLION EVERY YEAR (WWW.PARKINSON.ORG).



Our Vision and Mission

Who Are We?

We are Rotarians and Rotaractors that have extensive leadership experience around Alzheimer's including:

Patient, Family, and Community Education – including statewide and national programs

Patient Care – front line of care including physicians, providers, and family care givers

Prevention – including leading research in the field and large-scale program management

Research for a Cure – day-to-day access with leading researchers working on the treatment, research, and cure for Alzheimer's and dementia

Strategic Partnerships and Expertise – collaboration with national and international organizations

Our Vision

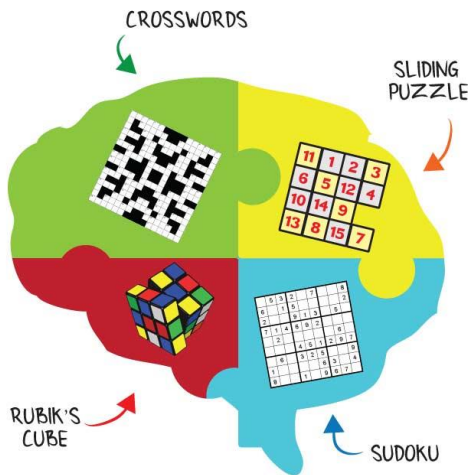
To leverage our members' extensive experience, resources and the Rotary network to support and promote Alzheimer's and dementia-related projects of all sizes at the local Rotary, district, and international level through providing a global platform for collaboration, education, and support.

Our Mission

The Alzheimer's / Dementia Rotarian Action Group (ADRAG) supports its vision by supporting Rotary and Rotaract clubs and districts as they plan and execute meaningful projects and programs centered on Alzheimer's and dementia. This support will take many forms including the education of 1.2 million Rotarians and Rotary leaders on the latest scientific research in the fight to find a cure for Alzheimer's disease and about the disease's devastating impact on communities and families. ADRAG will also promote Rotary and Rotaract projects that work within Rotary International's Disease Prevention and Treatment [Area of Focus](#) among the communities Rotary serves in over 200 countries around the world.

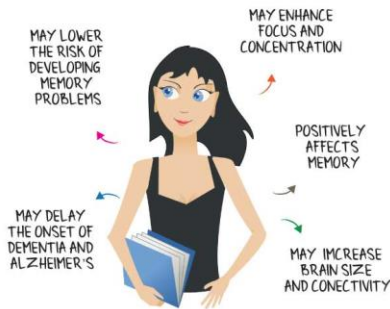
ACTIVITIES FOR BRAIN

<https://www.developinghumanbrain.org/brain-exercises-prevent-alzheimers-dementia/>



PUZZLES THAT STIMULATE OUR BRAIN

DEVELOPINGHUMANBRAIN.ORG



LEARNING A NEW LANGUAGE AND THE BRAIN

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<http://bebrainfit.com/brain-benefits-learning-second-language/>
<http://www.sciencedirect.com/science/article/pii/S105381912006581>
<http://news.psu.edu/story/334349/2014/11/12/research/learning-languages-workout-brains-both-young-and-old>
<https://www.sciencedaily.com/releases/2011/02/11022262304.htm>
<http://mentalfloss.com/article/57560/>
<https://www.telic.net/fr/thakimizada/guence/detail/>
<http://how-does-learning-a-new-language-improve-your-brain.html>



CRAFTING AND BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<http://www.treehugger.com/culture/dont-stop-knitting-its-keeping-you-healthy.html>
<http://articles.mercola.com/sites/articles/article/2014/11/06/crafting-knitting.aspx>
<http://edition.cnn.com/2014/03/25/health/brain-crafting-benefits/>



YOGA AND BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<http://wanderlust.com/journal/how-yoga-changes-your-brain/>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC311147/>
<http://www.cbsnews.com/news/yoga-may-improve-focus-ability-to-remember-new-things/>
<http://www.livescience.com/35129-yoga-increases-brain-function-bone-density.html>



HOW IT AFFECTS YOUR BRAIN?

DEVELOPINGHUMANBRAIN.ORG



LISTENING TO MUSIC AND BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<https://blog.bufferapp.com/music-and-the-brain>
<http://www.healthline.com/health-news/mental-listening-to-music-lifts-or-reinforces-mood-050713#2>
<http://bebrainfit.com/music-affects-brain/>
<http://www.ever-ydayhealth.com/depression/can-sad-music-heal-your-broken-heart.aspx>
<http://www.jneurosci.org/content/33/3/1282>
http://news.emory.edu/stories/2012/07/hanna_pladdy_music_brain/index.html



GARDENING AND BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<http://ahta.org/news/benefits-gardening-and-food-growing-health-and-wellbeing>
<http://edition.cnn.com/2011/HEALTH/07/08/whygardeninggood/>
<https://www.psychologytoday.com/blog/worry-and-paria/201505/petal-power-why-is-gardening-so-good-our-mental-health>

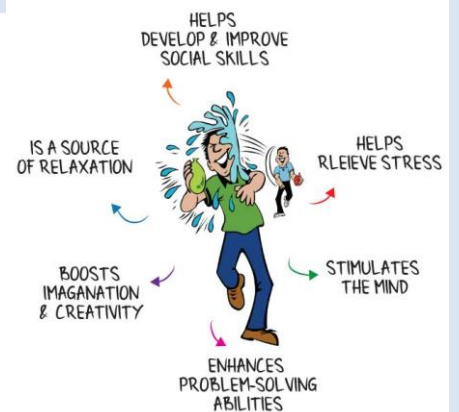


PHYSICAL EXERCISE IS THE KEY TO BRAIN HEALTH

DEVELOPINGHUMANBRAIN.ORG

RESOURCES:

<http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>
<http://thebrainflux.com/brain-benefits-of-exercise/>



PLAY IS NOT JUST FOR KIDS

DEVELOPINGHUMANBRAIN.ORG

'LET US STAY ACTIVE, LET NOT IDLE MIND TROUBLE ANY'

READING AND BRAIN HEALTH
DEVELOPINGHUMANBRAIN.ORG

RESOURCES:
<http://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>
<http://www.independent.co.uk/life-style/health-and-families/reading-improves-relationships-and-reduces-depression-symptoms-says-new-study-10446850.html>
http://www.huffingtonpost.com/2015/08/05/health-benefits-reading_n_4081258.html
<https://www.psychologytoday.com/blog/the-athletes-way/201401/reading-fiction-improves-brain-connectivity-and-function>

LEARNING A NEW SKILL AND BRAIN HEALTH
DEVELOPINGHUMANBRAIN.ORG

RESOURCES:
<http://www.psychologicalscience.org/index.php/news/releases/learning-new-skills-keeps-an-aging-mind-sharp.html>
<http://www.npr.org/sections/health-shots/2014/05/05/309006780/learning-a-new-skill-works-best-to-keep-your-brain-sharp>
<http://pss.sagepub.com/content/early/2013/11/07/0956797613499592.abstract?paper=1>
<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/learn-for-mental-wellbeing.aspx>

SHARE
THE BEST MOMENTS OF YOUR LIFE WITH YOUR CHILDREN AS OFTEN AS YOU CAN.

SOMEDAY
WHEN YOUR MEMORY FAILS THEY WILL BE HAPPY TO SHARE THEM WITH YOU!

- H. TULLER

alzheimers.net

'ACTIVITIES AND LIFESTYLE MODIFICATION CAN HELP US STAY FIT AND FINE FOR LITTLE WHILE LONGER EARLY WE START THE BETTER'

SECTION CLICK



**PHOTOGRAPHY
ANN DEENA**

**INSTAGRAM @ashwini.narasimhan-Ann
Adithi's art**

Congratulations
Ann Rekha for an eventful service at Cauvery college and wishing you the very best in the new venture of joining KaliadoSMS College as Principal.