



Enigma

August 2024 - Vol.2

WELCOME NEW MEMBERS

Adding new branches to a tree with deep roots – Celebrating RCBKs growth of 20 members.

CATCH ANN. ANUMITA'S ARTICLE ON CYBER CRIME AND WOMEN

GO THROUGH SOME AMAZING PROJECTS FROM JULY





RCBK President 2024 -25

August Message

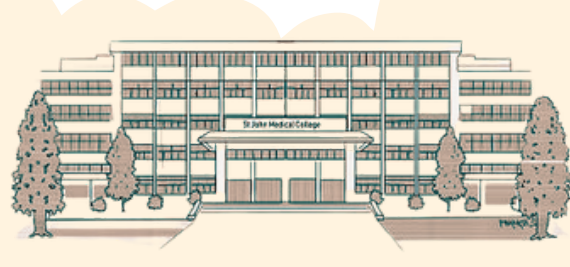
My dear RCBK Friends,

August has been a remarkable and eventful month for us, with a strong emphasis on membership development and the creation of new clubs. I'm excited to share that we've welcomed 20 dedicated and service-oriented Rotarians into our community, who are already making significant contributions in various ways.

Our commitment to the district has been evident through our active participation in key events such as ICGF and other important district activities. Simultaneously, our Avenue Service Directors are diligently working on impactful community and vocational service projects.

In line with our focus on youth engagement, we've successfully launched two new Interact clubs. Looking ahead, we will continue our efforts to establish new Interact and Rotaract clubs in the coming months. We strongly believe in the importance of engaging with the youth at an early stage, bringing them into the Rotary community, and instilling our core values and ideology.

Thank you all for your continued support and dedication. Let's keep up the great work and make an even greater impact together!





Editor's Note

Dear Readers,

I am immensely pleased to present this special August edition of Enigma, capturing the heart and soul of our beloved Rotary Club of Bangalore Koramangala's efforts and initiatives. The month of July has been a testament to the dedication and passion of our club members as we worked tirelessly to impact lives through meaningful projects. From ensuring necessities for underserved senior citizens to championing causes like drug addiction prevention, environmental conservation, and community wellness, our club has remained steadfast in its mission to serve.

July also marked some memorable highlights, including our involvement in raising awareness about reducing our ecological footprint and fitness and health-focused events like yoga and Zumba sessions, promoting a healthy lifestyle among participants. Not to forget, we paid homage to the brave soldiers of India during the 25th Anniversary of Kargil Vijay Diwas, fostering a spirit of gratitude and unity among our members.

Transitioning to August, the Rotary International theme for this month—Membership and Extension—holds special significance for our club as we grew by 20 this year. As we celebrate this milestone, we must remember that every new member strengthens our shared mission to bring about change. August is also a month of celebration as we honour India's Independence Day. The tricolour-themed events greatly reminded us of our nation's unity, diversity, and pride. Participating was a joy, and I hope you felt the same sense of belonging and camaraderie.

I would like to take this opportunity to express my sincere gratitude to Rtn. Jayshree and Rtn. Jamal for their invaluable support in bringing this bulletin, Enigma, to life. Your unwavering dedication has made this issue possible, and I'm deeply thankful for your commitment and contributions though content and design.



This edition also marks the introduction of a new feature—The RCBK Corner. This space is dedicated to all our members and their families, providing a platform to showcase their creative expressions, whether poetry, art, photography, or personal reflections. We hope this corner fosters a sense of community and allows everyone to share a piece of their world with us.

As you flip through these pages, I hope you feel the essence of RCBK—the spirit of service, fellowship, and the joy of making a difference.

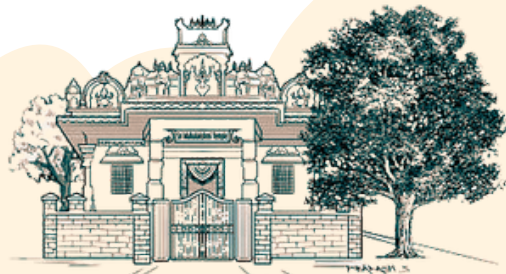
Enigma - Editor
Rtn. Arunima Biswas



July HIGHLIGHTS

RCBK's Installation Ceremony

On July 10, 2024, the Rotary Club of Bangalore Koramangala inaugurated Rtn. Anuradha Biswas as the president for 2024-25. She emphasized leveraging technology for community services and promoting gender diversity. District Governor Rtn. Satish Madhavan encouraged impactful projects. The club aims to enhance member engagement with activities like breakfast meetings and virtual gatherings. Initiatives include the Digital Sakhi app for women's empowerment and the Tech Walk for tech enthusiasts. The club also donated a screen reader for the visually impaired. The installation ceremony signaled the start of a new era for the club, committed to making a significant community impact in the coming year.





Find Your Balance: A Journey Through Yoga

Yoga is a holistic practice that unites the mind, body, and spirit through breath control, meditation, and physical postures. It promotes flexibility, strength, and mental clarity, helping individuals achieve balance and inner peace. Regular practice of yoga enhances overall well-being, reduces stress, and fosters a deep sense of self-awareness.



Dance Your Way to Fitness: The Zumba Experience

Zumba is a high-energy fitness program that combines dance and aerobic movements set to upbeat music. It's a fun and effective way to burn calories, improve cardiovascular health, and boost overall fitness. With easy-to-follow routines, Zumba makes exercise feel like a dance party, helping participants stay motivated and energized.



Awareness is Key: Taking Charge of Your Health

Heart health awareness is vital for preventing cardiovascular diseases, one of the leading causes of death globally. Key risk factors include high blood pressure, cholesterol, smoking, obesity, and inactivity. Maintaining heart health involves regular exercise, a balanced diet rich in fruits, vegetables, and whole grains, and avoiding tobacco and excessive alcohol. Routine check-ups and monitoring blood pressure and cholesterol levels are crucial for early detection. Raising awareness empowers individuals to make proactive lifestyle choices for a healthier, longer life.





Note book distribution to under privileged

As part of our ongoing effort to support education in rural areas, we provided educational kits to 115 primary school children from 12 villages. Each kit was thoughtfully assembled to ensure the children have the resources they need for learning and creativity. The kits included:

- 2 one-line books
- 2 two-line books
- 2 four-line books
- 2 box books
- 3 pencils and 2 erasers
- 2 sharpeners
- 1 drawing book
- 1 set of coloring pencils
- 1 pencil box

For older children, the kits were enhanced with pens, and the schools received geometry boxes to aid in their mathematics education. With a total budget of ₹40,000, this initiative will empower children and foster their educational journey.

Gubbachi : A Zero Hunger project

Founded in 2015, **Gubbachi** is a Section 8 organization committed to providing educational opportunities to underprivileged children from migrant families. The organization takes a holistic approach by not only focusing on education but also ensuring the well-being of these children through nutritious meals like **Ragi Kanchi**, served to children of construction workers.

In the 2022-2023 period, under the leadership of President Anil, Gubbachi's initiative gained momentum. Generous contributions from Rtn. Manoj, amounting to ₹60,000 in the first year and ₹1,50,000 in the second year, have helped sustain the program. **This year**, a sum of **₹1.25 lakh** has been allocated to cover the expenses for the entire year, ensuring the continuity of this impactful work.





Career Counselling - Armed Forces

On 20th July 2024, the Rotary Club of Bangalore, Koramangala (RCBK), in collaboration with the Metamorphes Foundation, organized a career counselling session for 80 students from Karnataka Public School (Government), Jeevanbima Nagar. The session aimed to inspire students to consider non-conventional career paths, particularly the Armed Forces.

The session began with an introduction to the Armed Forces, providing insight into the discipline, values, and opportunities it offers. This was followed by a screening of the movie "Saga of Brave Hearts," which showcased the lives and experiences of military personnel. Students actively engaged in Q&A sessions, learning from real-life stories and experiences shared during the session.

By the end, 8-10 students expressed interest in pursuing a career in the Armed Forces and will be referred to the Metamorphes Foundation for further guidance and mentorship.

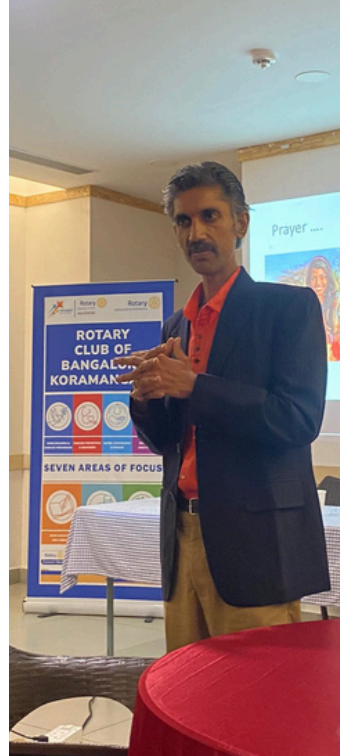


Cyber Security Training

Cybersecurity training is essential in schools to safeguard personal data and promote safe online practices. It helps students and staff recognize and prevent cyber threats such as phishing, malware, and cyberbullying. The training includes guidance on creating strong passwords, recognizing suspicious emails, and managing privacy settings.

For staff, it also covers best practices for data security and breach response. By fostering a culture of security awareness, this training makes the school environment more secure and responsible in the digital age.



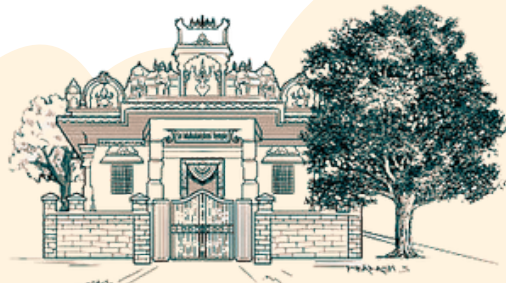


Speaker Meet

On 19th July, Dr. Raghavendra was the speaker at RCBK's weekly speaker meet. He spoke extensively on Dengue and the importance of overall sustainable health and lifestyle. He interacted with members and answered pertinent questions on Geriatrics and health of the aging population. Overall it was an insightful session for awareness on health.

International Service

In the month of July, Rtn. George during his visit to Australia had a flag exchange with clubs in Sydney. This highlighted the friendship between RCBK and International clubs. Projects and discussions took place in the spirit of Rotary. A deep discussion of the Digital Sakhi project also took place with the Rotary Action Group at Australia.





NCS Updates - Highlights of July - Interact Club of Sophia High School



Installation - 25th July 2024

The Sophia Interact Club 2024-25 had a magnificent Installation on July 25, 2024, welcoming 47 new members in a ceremony filled with hope and commitment. The event took place at Sophia High School and was attended by dignitaries from RCBK and Rotary Dist. 3191. Efforts of the outgoing interactors were also recognised at the event. The ceremony featured speeches, the induction of new members, and a heartfelt acknowledgement of the powerful role of youth in community service.



World Environment Day

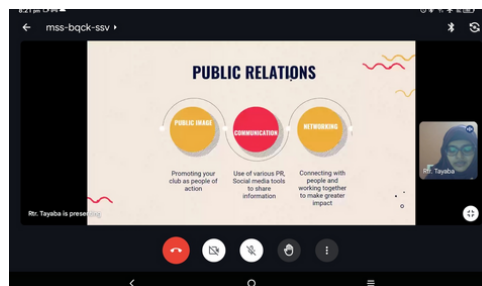
The Department of Forest, Ecology, and Environment, along with the Karnataka State Pollution Control Board, celebrated World Environment Day and Vana Mahotsava 2024 with a Walkathon on 3rd July 2024. The event was presided over by the Chief Minister of Karnataka, Siddaramaiah, Forest Minister Eshwar Khadre, and other government officials. Students from Sophia Interactors and the Environmental Studies program, along with two teachers, participated in the Bengaluru Schools Walkathon for the Environment. They pledged to plant one tree each to help restore Karnataka's forest cover and wildlife and were gifted a sapling each as a token of the pledge.

NCS Updates - Highlights of July - Rotaract Club of Koramangala



Installation - 21st July

Rotaract Club of Koramangala held a ceremony to induct its new Board of Directors, installing Rtr. Rtn. Sowmya Prasad as president for RY 2024-25. Esteemed dignitaries from RCBK and Rotary 3191 attended, emphasizing the club's commitment to "Service above self." The event reviewed 75 projects from the previous year, led by Rtr. Rtn. Ram M Narayanan, and honored members with awards, including the Face of Change award. This ceremony marked a vibrant start for the young leaders to expand their impact through community service.



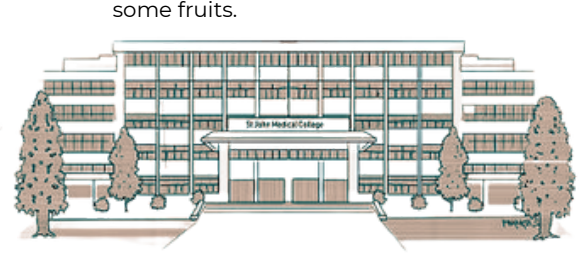
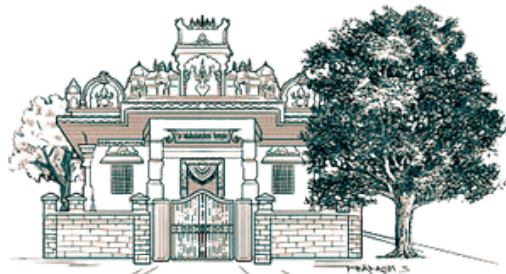
Reach and Resonate Ep 1 & 2

The "Reach and Resonate" series started with its first episode, "Unlocking PR Potential," an online event aimed at teaching Rotaractors about the basics of Public Relations (PR) and how it can be used. The event was a great success, with active participation from attendees. Episode 2 of Reach And Resonate focused on video editing and was a successful online session that provided valuable insights and practical tips to the audience. Rtr. Tayaba and Rtr. Aravinth shared their expertise.



Parivarthane

Parivarthane was a heartfelt event dedicated to bringing joy and positive change to orphanage children. The celebration was filled with activities, games, and performances that brought smiles and laughter to the faces of the children. We greeted them and had a small introduction session with the club members and children, followed by a creative drawing session. Then we played kabbadi and a few games to engage with them. After playing the games, we donated some sports equipment and some fruits.





NGS Updates - Highlights of July - Rotaract Club of Jyoti Nivas College



Ageless connections 2.0

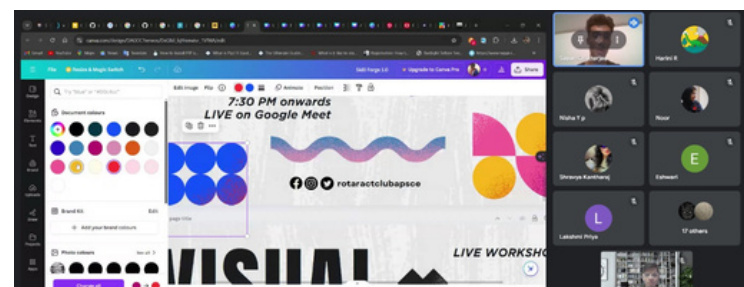
Rac JNC visited Little Sister of the Poor to start the Rotary year. During our visit, 19 volunteers spent meaningful time with the elderly residents, we had the privilege of meeting some truly inspiring individuals. Some such interactions were with Tulsi Raman, a former auto driver who found solace at home, Krishna Murthy, whose art defies age, and Violet, whose singing touched our hearts. As a gesture of our support, we donated essential groceries, including 1 kg of Urad dal, 100g of jeera, 100g of saunf, and 2 packets of Maggi. This visit was a beautiful way to begin our Rotary year, filled with compassion and the enduring spirit of community.



Parisara

As part of Nature Conservation Day, Parisara was held at St. Rock's Girls' School on July 28, 2024, from 11:00 AM to 1:00 PM. A dedicated group of 14 volunteers visited the school with a variety of plants, including Crotons, Jasmine, and Hibiscus, to beautify the school's premises. The hostel students actively participated and observed the event, which added to the day's excitement. Following the plantation drive, the volunteers engaged with the children in playful activities, fostering joy and camaraderie. The volunteers also distributed biscuits to the kids. The event, which significantly contributed to the beautification of the school's premises, exemplified the spirit of giving back and left a positive impact on everyone involved, making it a truly memorable weekend.

NGS Updates - Highlights of July - Rotaract Club of APSCE



SKILL FORGE 1.0 ft. CANVA

Skill Forge 1.0, the first in our series of hands-on workshops from our Professional Service Team designed to equip you with essential tools and techniques. In the session, we dived into the world of Canva, where we learned how to create eye-catching posters tailored for your club's events and activities. Whether you're a design novice or looking to sharpen your skills, the workshop was the perfect opportunity to enhance your creativity and make a lasting impression.



ECOCYCLE (collaboration with RaC COMITO)

An event to create awareness on the lifecycle of plastic. Through an interactive session we highlighted the journey of plastic from production to disposal, its long-lasting impact on our ecosystems, and the urgent need for sustainable alternatives. It aimed to educate participants on responsible consumption, recycling practices, and the importance of reducing plastic waste. By inspiring mindful choices, Ecocycle encouraged everyone to play a part in building a cleaner, greener future.





RCBK CORNER

*Member's Expression and
Creative Zone*

Introducing the RCBK Corner a space for members and family to share their thoughts, poetry, art, photography and more!

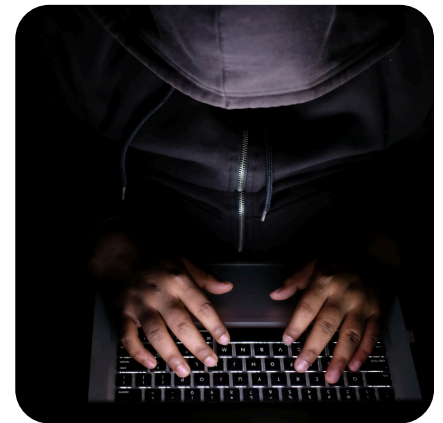
Please share files to arunima@abiswas.com by the 12th of every month

Cybercrime: Risks and Protection for Women in India - by Ann. Anumita Deverajan

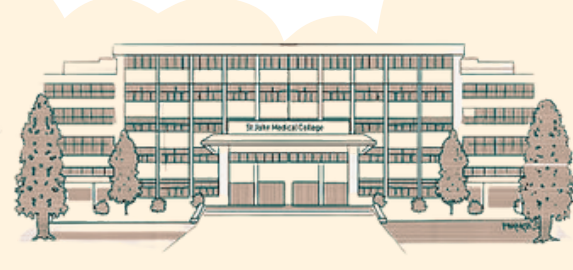
Women encounter diverse risks on the internet when it comes to cybercrime, posing a significant threat to their well-being in various aspects of their lives and work. In the modern technological era, one of the most relevant concerns in India is the safety of women's privacy and their personhood as more and more cases of cyber violence affecting women, including cyber sexual harassment, stalking, pornography, threats and blackmail, morphing, fake profiles, defamation, bullying and the publishing of obscene sexual content.

Furthermore, women are discouraged from coming forward to report cybercrimes due to social stigma and the lack of knowledge. These crimes are very challenging for law enforcement agencies to investigate due to technicalities and jurisdiction. Even if these cases get to court, Judicial delays make it even harder for victims to receive justice on time.

The legal solution is available to some extent under the Information Technology Act, 2000 (IT Act) and the Bharatiya Nyaya Sanhita Act, 2023 (BNS). The law provides remedies for invasion of privacy, sharing of obscene content, stalking and defamation. However, difficulties persist with the current laws and their enforcement. Both "Policing" and "Public Order" come under the state list as given under the Seventh Schedule of the Indian Constitution. The Central Government, however, encourages state activities through advisories and funds and establishing various schemes. The Ministry of Home Affairs had constituted an expert group for the 'Cyber Crime Prevention against Women and Children' (CCWC) to address cybercrime issues comprehensively and recruit cyber consultants to handle online crimes against women and children.



The government also opened a National Cyber Crime Reporting Portal (www.cybercrime.gov.in) to facilitate the public in reporting cases. This initiative began in 2018 and has witnessed complaints from over 300,000 women. These schemes reflect the government's concern towards cybercrimes, highlighting the significance of the collaborative efforts between the state and central governments to ensure the protection of rights and justice delivery in digital India.





HAPPY Birthday

1st Aug - Annette Nikath-Fathima
1st Aug - Rtn Satyanarayan Gupta
3rd Aug - Ann Bina Singh
4th Aug - Annette Vedant Kedia
9th Aug - Ann Anushiya Anthony George
11th Aug - Ann Sudeepta Ganguly
11th Aug - Rtn Rtr Jamal Ahmed
11th Aug - Rtn Manish Sridhar

13th Aug - PP Rtn Abhik Biswas
14th Aug - PDG Rtn Narasimhan Ramji
15th Aug - Ann Marilyn Coelho
17th Aug - Annette Krishnanq Ranjan
18th Aug - Rtn Anuradha Biswas
18th Aug - Rtn Rtr Sowmya Prasad
20th Aug - Rtn Ashok Kumar Patra
20th Aug - Annette Rohit R
25th Aug - Rtn Menon K Ramesh
29th Aug - Annette Aditya

