

ROTARY
OPENS
OPPORTUNITIES



E-SUHRITH

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Dear fellow Rotarians,

More things are wrought by prayer
Than this world dreams of. Wherefore, let thy voice
Rise like a fountain for me night and day.
For what are men better than sheep or goats
That nourish a blind life within the brain,
If, knowing God, they lift not hands of prayer
Both for themselves and those who call them friend?
For so the whole round earth is every way
Bound by gold chains about the feet of God.

Alfred Lord Tennyson (1809-1892)

These words are soothing medication during these days of Covid-19 pandemic. Though our prayers do not change God's mind, He ordains prayer as a means to accomplish His will. We can be confident that prayer does change things—including our own hearts. ... Though our prayers do not change God's mind, He ordains prayer as a means to accomplish His will. We can be confident that prayer does change things—including our own hearts.

Though prayer may be supported by varying degrees of faith and may therefore be associated with all the benefits that have been associated with the placebo response. Clinically significant treatment gains have been observed with placebo in numerous disorders, including anxiety, depression, schizophrenia, obsessive-compulsive disorder, tardive dyskinesia, ischemic heart disease, cardiac failure, Parkinson's disease and even cancer, among a host of other conditions. Medicine or vaccination alone may not work we have to be mentally prepared to accept the medicines, for which meditation, prayers are the ways to achieve.

We being Rotarians in spite of serving community by our various projects during this Covid-19 pandemic shall also pray for the humanity to overcome the prevailing pandemic.



Yours in Rotary
P Raghavendra, President

We Celebrate the Wedding Anniversary of
Poornima-Shridhar TN on 3rd of June.

E SUHRITH Conveys our Special Greetings to them on this special occasion.



Of the things we think, say or do

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 ?



Editor Rtn. Dr. Harikrishnan S Rao 9740556156
www.rcsurathkal.org email: esuhrithbulletin@gmail.com
Facebook Connect: [SuhrithRotarySurathkal](https://www.facebook.com/SuhrithRotarySurathkal)

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E SUHRITH

the
Way
Test

The week that was.....

On **17th May** our club members took responsibility of **feeding for a week, a family of 7 in covid isolation**. (Beneficiary's Name Girija, site No. 180A, 4th Block Katipalla).

In the picture, apart from **Ms Girija**. The beneficiary (inside the house) and Rotary members, are local corporator **Mrs. Lakshmi Shekar** and Asha worker **Mrs. Rajani** who recommended the family for the donation.

The **PHC staff** had been provided with **food** for 9 days (till 23rd May) The total cost has come



up to around Rs. 60,000/- to 70,000/-. (Now, The local Indra Canteen has promised to continue with the service to the PHC staff, failing which we may continue with the service.)

We personally **supplied food kit for a week** (consisting

rice, dhal. Oil and vegetable) to a family consisting of 6 members of Mrs. **Varija Shettigar** 3rd Block, Katipalla on **20th May**.

Rotarians in the News:

Our Rotarians **Y Raveendra** and **Shreekanth Kamath** have donated Rs 1 lac to our fight against CoVid, through CREDAI CSR Fund .



SHEKHAR MEHTA'S INITIATIVE

CLUB CLINIC

Rotary



Mehta's presidential initiatives

Rotary International President-elect Shekhar Mehta will have three special initiatives for the 2021-22 Rotary year aimed at increasing our impact through service and expanding our reach by introducing new members to Rotary. Mehta is asking every Rotarian to make membership a responsibility through the Each One, Bring One campaign.

His initiatives are:

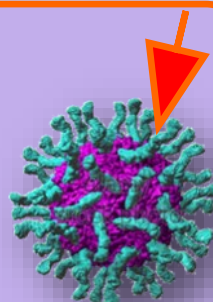
- Empowering girls. To address the inequities that girls face worldwide, members will be encouraged to launch a club-based initiative or be part of a district or global grant that improves the health, well-being, education, and economic security of girls in their communities and ensures their access to resources.
- Rotary Day of Service. Clubs will be asked to collaborate to conduct hands-on service activities with members of their communities and share those activities on Rotary Showcase.
- Presidential conferences. A series of presidential conferences will highlight club humanitarian efforts in their communities and around the world. Members should invite a friend to one event so they can learn about Rotary's work and be inspired to join us in our commitment to service.



Learn more on the [president-elect page](#) of My Rotary.



On 13th January 2014
India was officially
declared as **Poliofree.**
**NOW IS THE TIME
FOR MORE VIGIL**



PolioPlus



Rotary International

Need for Behavioral change

Behavioral change

I bought bananas from this fruit vendor. He handed me the bananas and then wiped his hands with a sanitiser kept near his cash box. I was amazed. I told him so. He thanked me.

A kilometre away, there is a popular wine shop . Over 25 people were standing close to each other with their masks pulled down. The lure of alcohol on a Saturday evening made them forget the dangers of the virus.

These are 2 contrasting behaviours that need to be understood by us.

*We don't need lockdowns. We need **behavioral***

change. How long can you lockdown a nation?

The reason why Europe is back on its feet is because of behavioural change voluntarily implemented by their citizens. The reason why USA suffers is because conservative Americans refuse to change their behaviour. Same with Brazil. And same with India.

Which is perhaps why it's said, "Between stimulus and responses there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Survival is not compulsory. It is our choice.

HELIOTROPISM

Sunflowers turn according to the position of the sun. In other words, they "chase the light."

This facing the sun phenomenon is called HELIOTROPISM

You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy and rainy days when the sun is completely covered by clouds?

...

This is an interesting question. Isn't it?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind?

Well, that's incorrect!

This is what happens?

They turn towards each other to share their energy.

Nature's perfection is amazing. Now let's apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed.

How about following the example of the beautiful sunflowers i.e. "Supporting and empowering each other". Nature has so much to teach us.

Wishing everyone a "Sun flower" trait of turning towards each other on their cloudy and gloomy days

