



Rtn. R. Gordon R. McNally
R.I. President



Rtn. Dr. B. Shankar Reddy
Dist. Governor, RID 3150

Rotary Club of Guntur Vikas

Club ID: 57137

2023-24

R.I.Dist.3150

GUNTUR VIKASAM

October & November, 2023



Speaker Meeting on "War on Single use plastic" organized by our Club along with other 5 clubs in Guntur on 1st October, 2023 at Red Cross Building, Guntur.



Family Members greeting Rtn.P.Prem Kumar on his 60th Birthday on 11.11.2023



Our Club Members greeting Rtn.P. Prem Kumar, on his 60th Birthday on 11.11.2023



Our Club Members, Anns & Annets at 2nd Birthday function of **Chi. Riaan** Grandson of Rtn.Y.Chowdary garu & Smt.Vijayalakshmi garu, on 20.11.2023



Inmates of HEAL Children Village, Chowdavaram participated in "Chi. Riaan" 2nd Birthday Celebrations, organized by Rtn, Y.A.Chowdary garu on 20.11.2023, at HEAL Campus. Dinner was arranged to all inmates on that occasion.

నాలుగు మంచిమాటలు

పదిమందిలో ఉన్నప్పుడు
"పట్టింపులు" మరచిపో
నలుగురిలో ఉన్నప్పుడు
"నవ్వడం" నేర్చుకో
"ఆనందం" అయినవాళ్ళతో పంచుకో
కష్టార్లో ఉన్నప్పుడు "కన్నీళ్ళను" ఓర్చుకో
చేసేది తప్పని తెలిస్తే
"అలవాటు" మార్చుకో
గతం చేసిన "గాయాలు" మరచిపో
ముందున్న "గమ్యాన్ని" చేరుకో
మనిషి జీవితం అంటే
ఒక "యుద్ధం" అని తెలుసుకో

మనస్సులో ఏది కోరుకుంటే
స్పృష్టి అది ఇచ్చే ప్రయత్నంలో ఉంటుంది
అంటారు
అందుకే మన గురించి మనం ఎప్పుడూ
చెడుగా కానీ మనకి చెడు జరుగుతుందని
కానీ ఆలోచించకూడదు
ఒక్కసారి మన జీవితం బాగుండాలి,
బాగుంటుంది అనే ఆలోచనకి పునాది
వేస్తూమో దానికి అనుగుణంగా అన్నీ
జరుగడమే కాదు..
అద్భుతాలు కూడా జరుగుతాయి.

చికాకులన్నీ ఎగిరిపోవడానికి
చిన్న చిరునవ్వు చాలు
కన్నీళ్ళు ఆగిపోవడానికి
చల్లని చూపుచాలు
గుండెమంటను చల్లర్చడానికి
తీయటి మాటలు చాలు
నేనున్నానని భరోసా ఇవ్వటానికి
చక్కటి నేస్తం చాలు

జీవితమంటే గొప్పగొప్ప
త్యాగాలు, బాధ్యతలుకాదు..
చిన్నచిన్న ఆనందాలు
మనల్ని ఇష్టపడేవారి పట్ల కాస్త
ప్రేమ, సాటివారి పట్ల కాస్త దయ,
ఎవరికీ హానిచేయని మనస్తత్వం,
నిరంతరం మన పెదవిపై చిరునవ్వు
అంతే.....
అంతకు మించిన ఆనందం, అద్భుతం
ఏముంటాయి మనకు.....

Celebration days of our Rotarians

DECEMBER	CELL NUMBER	WEDDING DAYS	BIRTHDAYS OF THE ROTARIANS & THIER FAMILY MEMBERS
1	9848530315		M.B.V.SATYANARAYANA
2	8374394099		Pudota Chinna Chowdary
5	9989854567		P. SIVANNARAYANA
5	9440164342	P. BASANTH KUMAR	
7	9440632442		V. Ramachandra Reddy
11	8143406789	Prakash Chalagoni	
11			Manjusha W/o. J. Sivarama Prasad
12	9246737666	M.RADHAKRISHNA	
16	9441756162		Rama Devi W/o. I. Mahesh
20	9440164342		P. BASANTH KUMAR
20	9848870315		P. MEHATAB KHAN
29	9440033532		B.V. Appa Rao

Rotary's two official mottoes

"Service Above Self" and "One Profits Most Who Serves Best"

At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottoes of Rotary: *He Profits Most Who Serves Best* and *Service Above Self*.

The 1989 [Council on Legislation](#) established Service Above Self as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified to They Profit Most Who Serve Best in 2004 and to its current wording, One Profits Most Who Serves Best, in 2010.

The History of Polio

Take a look at the recent history and major milestones of polio.

- 1894 The first major documented polio outbreak in the United States occurs in Vermont; 18 deaths and 132 cases of permanent paralysis are reported.
- 1905 Swedish physician Ivar Wickman suggests that polio is a contagious disease that can spread from person to person, and also recognizes that polio could be present in people who show no symptoms.
- 1908 2 physicians in Vienna, Karl Landsteiner and Erwin Popper, discover that polio is caused by a virus.
- 1916 A major polio outbreak in New York City kills more than 2,000. Across the United States, polio takes the lives of about 6,000 people, and paralyzes thousands more.
- 1929 Philip Drinker and Harvard University's Louis Agassiz Shaw Jr. invent an artificial respirator for patients suffering from paralytic polio — the iron lung.
- 1955 A vaccine developed by Dr. Jonas Salk is declared "safe and effective."
- 1960 The U.S. government licenses the oral polio vaccine developed by Dr. Albert Sabin.
- 1979 Rotary International begins its fight against polio with a multi-year project to immunize 6 million children in the Philippines.
- 1985 Rotary International launches Polio Plus, the first and largest internationally coordinated private-sector support of a public health initiative, with an initial fundraising target of US\$120 million.
- 1988 Rotary International and the World Health Organization launch the Global Polio Eradication Initiative. There are an estimated 350,000 cases of polio in 125 countries.
- 1994 The International Commission for the Certification of Poliomyelitis Eradication announces that polio has been eliminated from the Americas.
- 1995 Health workers and volunteers immunize 165 million children in China and India in 1 week. Rotary launches the PolioPlus Partners program, enabling Rotary members in polio-free countries to provide support to fellow members in polio-affected countries for polio eradication activities.
- 2000 A record 550 million children – almost 10% of the world's population – receive the oral polio vaccine. The Western Pacific region, spanning from Australia to China, is declared polio-free.
- 2003 The Rotary Foundation raises \$119 million in a 12-month campaign. Rotary's total contribution to polio eradication exceeds \$500 million. Six countries remain polio-endemic – Afghanistan, Egypt, India, Niger, Nigeria, Pakistan.

- 2004 In Africa, synchronized National Immunization Days in 23 countries target 80 million children, the largest coordinated polio immunization effort on the continent.
- 2006 The number of polio-endemic countries drops to 4 - Afghanistan, India, Nigeria, Pakistan.
- 2009 Rotary's overall contribution to the eradication effort nears \$800 million. In January, the Bill & Melinda Gates Foundation pledges \$355 million and issues Rotary a challenge grant of \$200 million. This announcement will result in a combined \$555 million in support of the Global Polio Eradication Initiative.
- 2011 Rotary welcomes celebrities and other major public figures into a new public awareness campaign and ambassador program called "This Close" to ending polio. Program ambassadors include Nobel Peace Prize Laureate Desmond Tutu, violinist Itzhak Perlman, co-founder of the Bill & Melinda Gates Foundation Bill Gates, Grammy Award-winning singers Angelique Kidjo and Ziggy Marley, and environmentalist Dr. Jane Goodall. Rotary's funding for polio eradication exceeds \$1 billion.
- 2012 India surpasses 1 year without a recorded case of polio and is removed from the list of countries where polio is endemic. Polio remains endemic in just 3 countries. Rotary surpasses its \$200 Million Challenge fundraising goal more than 5 months earlier than expected.
- 2014 India goes 3 full years without a new case caused by the wild poliovirus, and the World Health Organization certifies the South-East Asia region polio-free. Polio cases are down over 99% since 1988.
- 2019 Nigeria goes 3 full years without a new case caused by the wild poliovirus.
- 2020 The World Health Organization certifies the African region wild polio-free.



Why the Rotary year begins 1 July

Ever wonder why 1 July is the beginning of the Rotary year? Initially, our conventions played a key role in determining the start date of our fiscal and administrative year.

Rotary's first fiscal year began the day after the first convention ended, on 18 August 1910. The 1911-12 fiscal year also related to the convention, beginning with the first day of the 1911 convention on 21 August.

Attendees at Rotary's first convention in Chicago in 1910. Rotary's first fiscal year began the day after the convention ended.

The next August, the Board of Directors ordered an audit of the International Association of Rotary Clubs' finances. The auditors recommended that the organization end its fiscal year on 30 June to give the secretary and treasurer time to prepare a financial statement for the convention and board, and to determine the proper number of club delegates to the convention.

The executive committee agreed and, in April 1913, designated 30 June as the end of the fiscal year. This also allowed for changes to the schedule for reporting club membership and payments. Even *The Rotarian* changed its volume numbering system to correspond to the fiscal year (beginning with Volume 5, No. 1, in July 1914).

Rotary continued to hold its annual conventions in July or August until 1917. Delegates to the 1916 event in Cincinnati, Ohio, USA, approved a resolution to hold future conventions in June, mainly because of the heat in cities where most of them occurred. The next one was held 17-21 June in Atlanta, Georgia.

The term "Rotary year" has been used to signify Rotary's annual administrative period since at least 1913. An article in *The Rotarian* that July noted, "The Rotary year that is rapidly drawing to a close has been signaled by several highly successful joint meetings of Clubs that are so situated as to assemble together easily and conveniently."

Since the executive committee's decision in 1913, the end of the Rotary year has remained 30 June.

The origins of Paul Harris Fellow recognition

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to [The Rotary Foundation](#).

Rotary established the [recognition](#) in 1957 to encourage and show appreciation for substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships.

A.Z. Baker, 1955-56 RI president, admires a newly minted Paul Harris Fellow medallion at the 1969 Rotary Convention in Honolulu, Hawaii, USA.

The first Paul Harris Fellows included past RI Director Allison G. Brush, who served during the 1937-38 Rotary year, and longtime RI Treasurer Rufus F. Chapin, both for donations made in 1946. Mrs. Adan Vargas was the first woman to receive the recognition, for a gift made in 1953. Mrs. Harry L. Jones was the second, and one of only five people recognized for contributions actually made in that inaugural year.

Early Paul Harris Fellows received a certificate of recognition. In 1969, the Foundation unveiled the first Paul Harris Fellow medallion at the Rotary Convention in Honolulu, Hawaii, USA. Japanese metal artist Fiju Tsuda created the piece under the direction of former Foundation Trustee Kyoza Yuasa. Today, Paul Harris Fellows receive a certificate and pin. They are also eligible to buy a Paul Harris Fellow medallion.

Rotarians have a tradition of supporting the Foundation by honoring others. Ida LeTulle Taylor became a Paul Harris Fellow in 1978 when her husband, Vann Taylor, who was serving as a district governor, made a donation in her name in honor of their 34th wedding anniversary. The gift also made her the 25,000th Paul Harris Fellow.

At the International Assembly in 1979, incoming RI President James Bomar challenged each Rotary club to make one non-Rotarian a Paul Harris Fellow. The Rotary Club of Pikesville, Maryland, USA, responded by making a donation in the name of Mother Teresa in 1980. The entertainer Pearl Bailey also became a Paul Harris Fellow through a joint effort of the Rotary clubs in Cape Cod, Massachusetts.

Many other notable figures have been named Paul Harris Fellows, including U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, UN Secretary-General Javier Perez de Cuellar, and polio vaccine developer Jonas Salk.

The number of Paul Harris Fellows reached the 1 million mark in 2006.

Who We Are

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Solving real problems takes real commitment and vision. For more than 110 years, Rotary's people of action have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end.

What we do

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 46,000+ clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies
- Protect the environment

Get involved

Our mission

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

Vision statement

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

పసందైన పల్లీ ఉండలతో చలికి చెక్.. బోలెడు ఆరోగ్య ప్రయోజనాలు !

చలి పులి వణికిస్తోందా..? వేరుశనగలు, బెల్లంతో చేసిన పల్లీ ఉండలు లాగించేయండి. ఒంట్లో వేడి పుట్టడమే కాదు.. బోలెడు ఆరోగ్య ప్రయోజనాలను సొంతం చేసుకోండి.



అసలే చలికాలం, దానికి తుఫాన్ ఎఫెక్ట్ తోడయ్యింది. దీంతో చలి గిలిగింతలు పెడుతోంది. ఈ టైంలో ఒంట్లో వేడి పెంచేలా ఏమైనా తింటే బాగుండని అనుకుంటున్నారా..? వేడి వేడిగా పకోడిల్లాంటివి తింటే భలే ఉంటుంది కదూ. కానీ కొవ్వు పెరిగిపోతుందనే భయమా? అయితే వేరుశనగ, బెల్లంతో చేసే వేరుశనగ ఉండలు లేదా పల్లీ ఉండలు లాగించేయండి. ఆరోగ్యానికి ఆరోగ్యం.. రుచికి రుచి.. ఒంట్లో వేడి కూడా ఇట్టే పెరుగుతుంది.

బెల్లం, వేరుశనగలు కలిపి తినడం వల్ల అనేక ఆరోగ్య ప్రయోజనాలు ఉన్నాయి. వేరుశనగలో ఫోలిక్ యాసిడ్, ప్రొటీన్లతోపాటు శరీరానికి కావాల్సిన బోలెడు పోషకాలు ఉంటాయి. బెల్లంతో కలిపి వీటిని తినడం వల్ల రక్తహీనత దూరం అవుతుంది. పల్లీలు తరచుగా తినడం వల్ల రోగనిరోధక వ్యవస్థ బలపడటంతోపాటు గుండె ఆరోగ్యం కూడా మెరుగవుతుంది.

షుగర్ పేషెంట్లు మినహా మిగతావారు రోజుకు 20 గ్రాముల బెల్లం తింటే శరీరానికి మేలు చేస్తుంది. బెల్లంలో ఇనుము, కాల్షియం తదితర పోషకాలు ఉంటాయి. చలికాలంలో బెల్లం, వేరుశనగ కలిపి తింటే బోలెడు ప్రయోజనాలుంటాయి.

పల్లీ ఉండలు ఒంట్లోని విషతుల్యాలను బయటకు పంపిస్తాయి. దీంతో మీ ముఖం కొత్త మెరుపును సంతరించుకుంటుంది. వేరుశనగలో పీచు పదార్థాలు ఎక్కువగా ఉంటాయి. వీటితో ఎసిడిటీ, మలబద్ధకం లాంటి సమస్యలు దూరం అవుతాయి..

బెల్లంలో ఉండే కాల్షియం, ఇతర ప్రొటీన్ల వల్ల ఎముకలు, దంతాలు ధృఢంగా మారతాయి. కాబట్టి ఎం చక్కా పల్లీ చక్కీలను తినేయండి. ఆరోగ్యాన్ని పెంపొందించుకోండి. డాక్టర్ వద్దంటే మాత్రం వీటి జోలికి వెళ్లకండి.

Rotary Foundation receives highest rating from Charity Navigator for 15th consecutive year

For the 15th consecutive year, The Rotary Foundation has received the highest rating – four stars – from [Charity Navigator](#), an independent evaluator of charities in the U.S.

The Foundation earned the recognition for adhering to sector best practices and executing its mission in a financially efficient way, demonstrating both strong financial health and commitment to accountability and transparency.

“We are delighted to provide the Rotary Foundation with third-party accreditation that validates their operational excellence,” said Michael Thatcher, President and CEO of Charity Navigator. “The Four-Star Rating is the highest possible rating an organization can achieve. We are eager to see the good work that Rotary is able to accomplish in the years ahead.”

Charity Navigator assesses nonprofit performance based on four key indicators, including the impact of the charity’s program relative to cost; the organization’s governance and financial health including its transparency, efficiency, and sustainability; a charity’s leadership capacity, strategic development, and ability to adapt to internal and external changes; and its overall culture and connectedness to its constituents and the communities they serve.

