



# RotaSainik

11<sup>th</sup> Bulletin of the Rotary Club of Sainikpuri, Secunderabad  
January 2021

Club Id 88296

Rtn Holger Knaack  
President, RI 2020-21

Rtn N.V. Hanmanth Reddy  
DG, Dt 3150 2020-21

Rtn Murthy Prakki  
Club President 2020-21



Rtn Murthy Prakki  
Club President 2020-21

## Live and Let Live

Two of the most fundamental aspects of true living are health and happiness. Health leads to happiness and happiness leads to health. Yet, in our daily rush of things, we forget both. We ignore true health and we struggle to seek something that is not true happiness.

The month of December has been phenomenal for Rotary club of Sainikpuri on both these aspects. We had our district designated activity under the banner **Disease Prevention and Treatment** on Dec 5<sup>th</sup>. We were fortunate to have Dr. Suresh Koruganti with us on that day and give us a wonderful session on keeping to good health. Along with the members of the club, local residents of Sainikpuri have benefited from this talk and enjoyed the informative and interactive session. It has been especially relevant in the current times when the Covid-19 wave 2 is raising its ugly head. Dr. Suresh is a 77-years young man and is a veteran in the field of preventive medicine. He has retired from his services in Indian Railways and is currently running a free clinic in the Sainikpuri area. Though he has acquired many a credential from prestigious universities, including some from John Hopkins University of USA, he is very

simple and very humble. Listening to him on a quiet and peaceful morning was very refreshing. The article '**Health A Crucial Resource**' in this issue captures the essence of his talk and it is a great read.

December is also the joyful month of giving. Giving brings happiness which is the other important aspect of true living. As Christmas lights sparkle on the houses, the giving hearts sparkle in the lives of the needy. In the article '**Generosity Knows No Bounds**', Rtn Philomin Raj brings us the true story of a person who primarily lived for giving and who inspired many to do the right with their might. December also brought many of our club members together to contribute generously towards TRF and Polio fund. That with many other service projects executed, including donating a new deep freezer for Aarohi Blood Bank, 25 sewing machines to improve economic situation of Tribal families in Andhra, and distribution of winter clothes and blankets to the needy makes the month of December a true star on the calendar for this Rotary year 2020-21. Wishing you all a happy and healthy new year 2021.

# Health A Crucial Resource

Dr. Suresh, Sainikpuri

Human beings, no doubt are, the most privileged living beings on this planet.

By virtue of their highly evolved brain and thinking power are able to rule over this planet and exploit the resources of this universe.

The quality of life in general of humans is far more comfortable and hassle free, compared to all other species.

However, the quality of life, in turn, depends on the health of the individual .

Health as defined by WHO (World Health Organisation) is "A state of physical and mental well being, and not mere absence of disease or infirmity."

Attitude is the key, and a positive attitude makes a very favorable and decisive impact on health.

In a nutshell it is the pre requisite, for good health. Positive and responsible life style, balanced intake of food in moderate quantities, regular physical exercise, timely relaxation including adequate sleep, contribute immensely towards good health.

The role of Personal hygiene and environmental cleanliness can not be overemphasized in this context.

Substance abuse in any form is to be scrupulously and meticulously avoided.

The world has overcome the threat of microbial diseases to a great extent and until recently had an impression that humans (especially in developed countries) have insulated themselves from microbial infections and related diseases as per disease statistics.

The recent outbreak of Covid-19 pandemic exposed the chinks in the armors of many nations, including developed nations.

Even our country suffered a great deal apart from sickness, deaths, and its health consequences, the economic and social impacts are huge, cutting across all regions and cross sections of the country.

The causative pathogen, Covid-19 is a RNA virus of about four nano meters size and is infectious, spreading from person to person mostly through droplets of saliva and nasal secretions. No documented record of previous outbreaks attributable to this virus exists.

Covid-19, Viral Respiratory tract infection, is being extensively reported in a majority of adult patients, even though involvement of other systems also has been reported.

The incubation period :- from infection to manifestations of the disease is between 2-7 days.

Many people infected also remain asymptomatic in spite of being reported positive.



Common Symptoms are fever, with or without chills, sore throat, body aches, malaise, extreme weakness. The fever usually lasts for 3-4 days and subsides. Loss of smell and taste, loss of

appetite are other symptoms. Many of the patients recover spontaneously without any sequelae. Some develop breathing problems, cough and a few suffer breathlessness even during rest. Majority of such patients do well with supplementary oxygen and recover, Some patients, may suffer severe degree of breathlessness requiring supportive ventilation and intensive unit care. Those suffering from co morbidities are prone to develop complications. (Diabetes, heart and lung ailments, High Blood pressure etc).

Diagnosis is based on identification of virus particles from body fluid samples like mucous, saliva, throat swabs, nasal mucosa etc.

Indirectly by estimating antigens specific for the virus and antibodies which develop in the body after exposure to the virus.

Immunity is specific to a particular viral organism and there is nothing like a blanket immunity in humans.

To boost the individual's immunity, adequate rest, protein rich diet, physical exercise based on individual's condition, disease progression, and recovery.

No specific curative drug has been identified till date for this virus.

Vaccines are being prepared at several sites (countries) by adopting different strategies to accord protection to individuals at risk, to the care givers and ultimately to the community as a whole.

We have to watch the outcomes after the execution of the strategies in multiple centers.

With the experience gained in last 8 months, better / effective management skills have evolved and better treatment regimes have been developed. Perhaps, the virulence of the virus might have also declined.

Presently recovery rates are going up, >95% positivity rates among tested people is also going down steadily <4%.

We are to be prepared for a long haul as the virus may not disappear from the horizon abruptly.

Mandatory practices like Personal hygiene,(frequent hand washing) social distancing, and use of masks to cover mouth and nose are to be followed / continued to protect ourselves besides others with whom we interact.

# Generosity Knows No Bounds!

V Philomin Raj, Rotary Club of Sainikpuri

Here is a story that will make all Rotarians proud. Elachipalayam, a tiny village near Karumathampatti in Coimbatore District of Tamilnadu is the epicentre of this story. In this small rural village there is a panchayat school in which about 150 students study. After they complete their 7th Std in this middle school, the students from here have to pedal about 15 kms to the nearest Govt. high school. As a result many drop out of the school and join their parents to assist them in their farming.

For several years the farmers from this village approached the school authorities with a request to convert this school into an high school so that their children need not bike 15 kms to attend high school. But the Govt authorities always ignored their appeal telling that there is no place to expand. Having exhausted all the possibilities of getting their appeal heard by the Govt authorities, the villagers have finally approached the industrialist Mr G Ramamoorthy (GR) who owns the farming land adjacent to the school. After hearing their plea patiently he promised them to help.

Within a week he met the school HM and the other higher ups to understand how much land they need to convert the middle school into an high school. The District Educational Officer (DEO) has told him that they need a minimum of 1.5 hectares of land to convert this school into a high school. Without a second thought Mr Ramamoorthy has immediately agreed to donate 1.5 acres of prime agricultural land that costs about Rs.3 crores for this noble cause.

Of course, this generous gift is not the first time from the family of GR. His father had earlier donated 50 cents of the

agricultural land in the year 1957 to convert the elementary school into a middle school. Helping for a good cause runs in his family.

By the way Mr Ramamoorthy is a Rotarian. He is a member of the Rotary Club of Coimbatore. Ramamoorthy and myself studied in St Mary's High School, Karumathampatti and both were classmates from 1960 to 64. Later he did his B.Tech in civil engineering, and currently he is a leading Builder in Coimbatore. We passed out of St Mary's High School in the year 1964. After a lapse of 53 years 22 of our 1964 batch classmates (we were 42 students when we passed out) met in Coimbatore in June 2017 at Jenny's Club where Ramamoorthy is a member. He was our host for that meeting. Ever since we are meeting regularly at least twice a year in Karumathampatti.

As many of you might be aware that our club was chartered in 2017 by the initiative taken by Rtn. Ravishankar (PP of RC of IT corridor) of Chennai. Once again he had taken an initiative to form one more Rotary Club in Coimbatore in the year 2018.

Ramamoorthy was the host for the first meeting we had in Coimbatore in this connection. This initiative is yet to take a final shape. Ramamoorthy has supported our service projects generously in the past. For the cycle project he had donated 5 cycles and for the Internet Project he had donated Rs.15,000/ recently.

A rare entrepreneur who donates liberally without any second thoughts. May the Almighty bless him with good health and a long life so that his giving will continue for a long long time to come.



G. RAMAMOORTHY

## Go-Getters Rotaractors

- 15 countries || 40 Rotary International districts || 85 clubs || 1 Project
- Rotaractors become santa 2.0  
(Initiated by - Rota News & RAC MNIT)

In cooperation with RID 3054 Jaipur We at Rotaract club of Go-Getters, Dt.3150, have participated in a novel project code named Rota Santa 2.0 and distributed blankets and fruits to inmates of an old age home in Jagtial. The smiles on their faces were priceless. We played the role of Santa and reaffirmed their hope that there is indeed a world outside which cares for the Abandoned.



# Muchas Gracias.....

From this edition onwards, we will be publishing on a quarterly basis the names of donors who supported us in various projects. It is with the kind support of generous donors that we can execute projects and help the underprivileged and the needy. On behalf of the Rotary club of Sainikpuri and the entire Rotary world, please accept our sincere thanks for being so kind. Muchas Gracias.

Below are the names of donors who made our service projects possible. Due to space constraints we have picked only 4 projects to showcase this information, but every penny that we got from everyone for all projects has been very valuable and our sincere thanks to all kind hearted donors.

◆ **Project-1: Bicycle distribution (Rotary years 2018-19 and 2019-20)**

Distributed 300 bicycles to Girl students of Government schools studying 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> classes, and who had to walk for at least 3 kms to reach the school. Giving them bicycles had improved their attendance, their learning and reduced the school dropout rate. Cost of the project: 900,000 rupees.

◆ **Project-2: Donation of a deep freezer (Rotary year 2020-21)**

Donated a deep freezer to Aarohi Blood bank to freeze the blood components at minus 40 degrees centigrade. Aarohi Blood bank uses these blood components for transfusion to Thalassemia children, who without frequent blood transfusion might lose their lives. Cost of the project: 235,000 rupees.

◆ **Project-3: Enabling online education (Rotary year 2020-21)**

Applied data plans on the mobiles of 48 students of 10<sup>th</sup> grade of Zilla Parishad High School of Kowkooor, who could not otherwise attend the online classes. Cost of the project: 59,500 rupees.

◆ **Project-4: Economic development in a Tribal community (Rotary year 2020-21)**

Donated 25 sewing machines to the hard hit tribal families near Sathenapalli area. Also conducted a training session on tailoring jointly with Rotary club of Sathenapalli. In addition, donated 7 other sewing machines to poor families near Hyderabad. Cost of the project: 186,300 rupees.

**The following are the donors who helped make these projects happen. We salute to them.**

Abhishek	Dr. Dhanasekaran	Murthy VLN	Shareef
Amarchand Vuppala	Dr. Ranjeesh	Nagaraj Vootakuru	Sharma
Anish Chacko	Dr. Sriram Thirumalai	Nethra Reddy	Simon Amallraja
Appala Aishwarya	Ganapathiappan	Pavan Kumar	Singh RK
Reddy	Gopalan	Philomin Raj	Sneha Goutham
Appi Reddy	Harimurthi Autolux	PiniHarush	Soma Goswami
Arulraj Louis	Havish Kakumanu	Raghavan S	Sravanthi Maslekar
Arun Ganapathiappan	Jagadha Nagarajan	Raghavendra	Srihari M
Badrinath Krishna	Jessica Ratan	Raghuram Prabandham	Srikanthan
Basha	John Peter	Rahul Kulkarni	Srinivasa Rao TVAP
Benjamin	Joy Kenneth	Rajagopalan	Srinivasan T & Jayal
Bhargava	Kameswara Rao	Rajyalakshmi V	Sriram & P VS
Bhavana Musluri	Kameswari Sarma	Ramamoorthi G	Subbaraman
Bhuvneshwari	Krishna Prasad	Ramkumar Hariram	Suma Gajwelly
Capt. Manoj	Krishnamoorthy	Ranganathan	Tara Badrinath
Chacko ST	Laxman Chippa	Ratnarao	Thelma Sameet
Chandra Sekhar	Madhusudan V	Ravishankar RV	Vamsi Mandula
Chowdhury	Mahender Reddy	Reddy DS	Venkat Reddy
Clement Legori B	Mallikarjuna	Saminathan R	Venkata Ramani
Col. Kamesh	Manoj A Tork	Sandeep Kumar	Venkata Siva
Col. Mohan Gopalan	Margaret Charles	Saroja Vanacharla	Venkateswaran
Col. Verma MC	Molugu Krishnamurthy	Seetharam M	Vignesh
Devi Seshadri	Muralimohan	Seshadri	Vijay Bhasker Reddy Y
Dhanamjaya Rao	Murthy Potukuchi	Shaik Moulali	Vijayalaxmi M
Dr. Balaji	Murthy Prakki	Shankarachary S	Wg.Cdr. Khandavalli



# Projects and Events

## Event - 01

Date : 1 July 2020  
Name of the event: **Doctors Day – Speaker meeting**  
Description : **Dr. Subbalakshmi, Additional Professor at NIMS, Hyderabad, Dr. PN Rao, Cardiologic Surgeon at Sunshine Hospital and Dr. Prathibha Post Graduate student at Niloufer Hospital gave an excellent speech to the members. RC Sainikpuri Donated 150 masks to Dr. Subbalakshmi.**



## Event - 02

Date : 8 July 2020  
Name of the event: **Installation of the new team of RC Sainikpuri**  
Description : **RC Sainikpuri conducted the installation function of the new board members on this day over zoom platform. 9 new members were inducted.**



## Event - 03

Date : 11 July 2020  
Name of the event: **First club assembly and Know-Your-Rotarian**  
Description : **The first club assembly and Know-Your-Rotarian were conducted over the zoom platform to meet and greet the new members. All new members participated enthusiastically.**



## Event - 04

Date : 18 July 2020  
Name of the event: **First Board of Directors meeting**  
Description : **First board meeting was conducted. Several resolutions passed.**



## Event - 05

Date : 19 July 2020  
Name of the event: **New members training**  
Description : **Assistant Governor Parthasarathygaru has organized a joint club orientation meeting for all new members in three clubs. Trainer PDG Suresh.**



## Event - 06

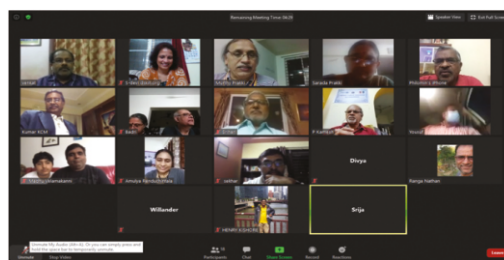
Date : 25 July 2020  
Name of the event: **Club Fellowship meeting**  
Description : **Virtual meeting by the members to RC Sainikpuri. Other than the regular proceedings, we had 2 members speak on some topics of general interest.**



# Projects and Events

## Event - 07

Date : 8 August 2020  
Name of the event: **Club Assembly**  
Description : **Club meeting to discuss new member induction plans and upcoming district designated project on Environment.**



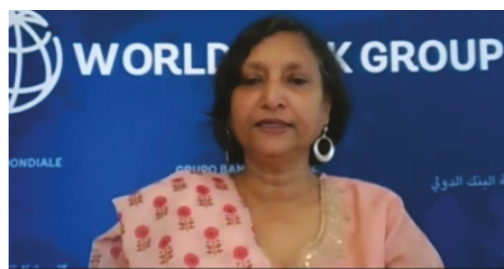
## Event - 08

Date : 14 & 15 August 2020  
Name of the event: **Tree plantation – District Designated Project**  
Description : **As a Joint club project by about 10 clubs, 300 tree guards have been donated to GHMC for tree plantation. RC Sainikpuri club subscribed to 50 tree guards. Also planted 20 trees in a residential community and adopted 8 trees for maintenance.**



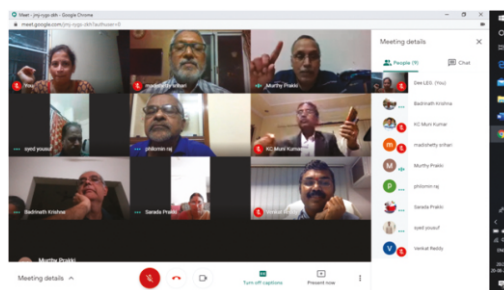
## Event - 09

Date : 14 August 2020  
Name of the event: **Twin Cities Joint club speaker meet**  
Description : **Twin cities clubs have jointly conducted a speaker meet on this Independence Day eve by the Managing Director and the World Bank Group CFO, Ms. Anshula Kant.**



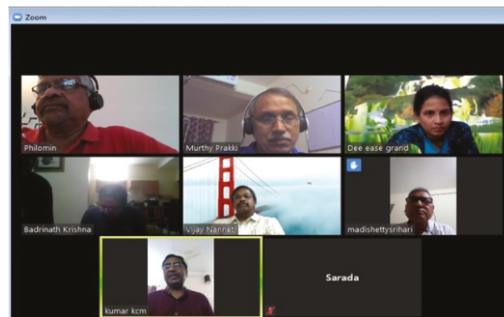
## Event - 10

Date : 20 August 2020  
Name of the event: **Board meeting**  
Description : **Governing board of RC Sainikpuri has met to discuss the progress on membership drive as well as to plan activities for September.**



## Event - 11

Date : 22 August 2020  
Name of the event: **Club Fellowship meeting and welcoming new members**  
Description : **6 new members joined Rotary club of Sainikpuri and took part in this meeting.**



## Event - 12

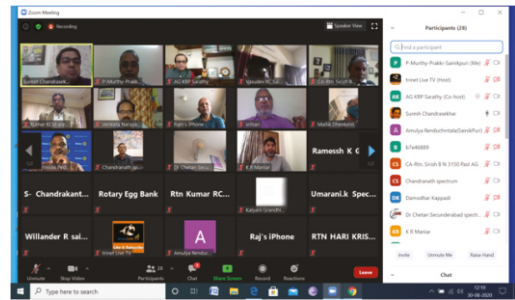
Date : 23 August 2020  
Name of the event: **Membership Seminar**  
Description : **Members of RC Sainikpuri took part in membership seminar. 6 new members were inducted. Rtn Kumar gave a short presentation.**



# Projects and Events

## Event - 13

Date : 30 August 2020  
Name of the event: **New member orientation**  
Description : **Membership orientation was conducted jointly by 4-clubs by AG Parthasarathygaru. Training was given by PDG Suresh garu. 6 new members and 4 existing members from RC Sainikpuri attended this training session.**



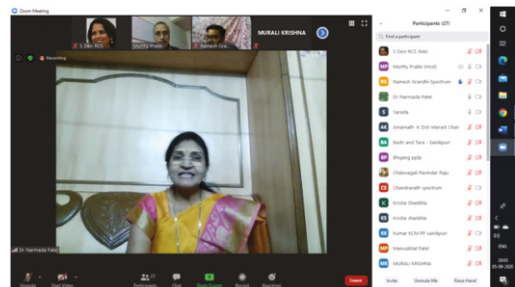
## Event - 14

Date : 1 September 2020  
Name of the event: **Club Board meeting**  
Description : **Governing body of the club has met to review the activities of September and make specific plans.**



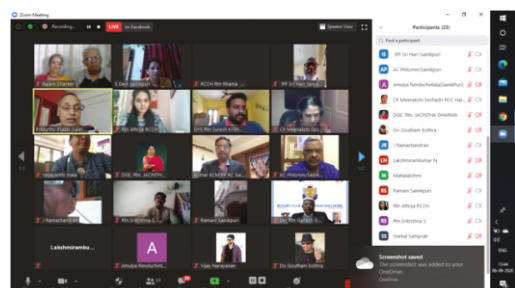
## Event - 15

Date : 5 September 2020  
Name of the event: **Speaker meeting (Teachers' Day)**  
Description : **Rotary club of Sainikpuri has invited 2 dedicated teachers to felicitate them and to have them as guest speakers. Dr. Narmada Patel talked about the importance of education for human evolution. Sri Muralikrishna talked about the actions taken in ZPHS Kowkooor to bring it to 100% pass rate in 10th grade.**



## Event - 16

Date : 6 September 2020  
Name of the event: **Joint club speaker meet**  
Description : **Rotary club of Sainikpuri, Dt. 3150 and Rotary club of Chennai Hallmark, Dt. 3232 conducted a joint speaker meet by Mrs. Rajam Shankar on the healing power of classical music.**



## Event - 17

Date : 8 September 2020  
Name of the event: **International Literacy Day-Teachers felicitation**  
Description : **Over 18 clubs of Twin cities recognized and felicitated about 25 teachers for their dedication and commitment in imparting education to students. Rotary club of Sainikpuri has recognized 2 teachers.**

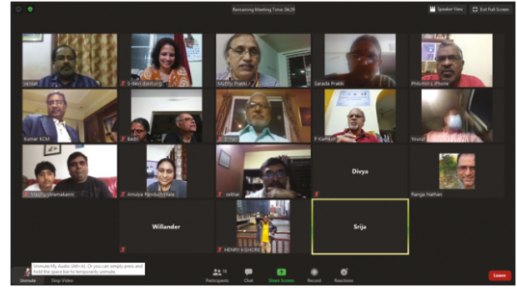




# Projects and Events

## Event - 18

Date : 13 September 2020  
Name of the event: **Club Assembly**  
Description : Club assembly was held on virtual platform. Updates given to the members on recent board decisions and plans for September and in October were discussed.



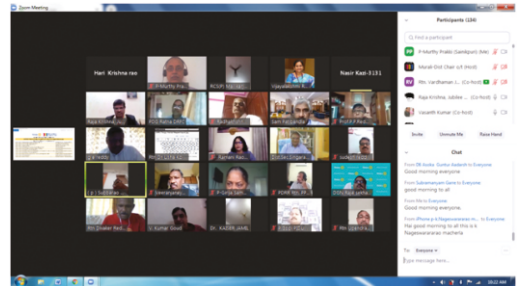
## Event - 19

Date : 20 September 2020  
Name of the event: **Board meeting**  
Description : Members of the board had a virtual meeting to discuss and plan literacy project in the month of September. It was agreed to purchase internet data plans for 40 students of 9th and 10th grade in Kowkooor ZPH School, to enable them for online education. New Rotaract club charter application process was also discussed.



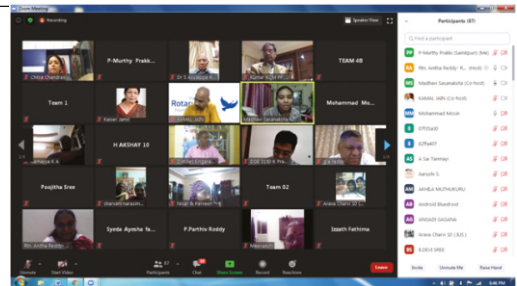
## Event - 20

Date : 20 September 2020  
Name of the event: **District Positive Health Seminar participation**  
Description : Members of RC Sainikpuri participated in the District positive health seminar on 20th September 2020.



## Event - 21

Date : 21 September 2020  
Name of the event: **International Peace RYLA participation**  
Description : RC Sainikpuri worked with 3 schools to send close to 50 students to this RYLA competitions in various tracks. Several club members attended the event.



## Event - 22

Date : 26 September 2020  
Name of the event: **Joint club speaker meet on Food as Medicine**  
Description : RC Sainikpuri co-hosted the speaker meet organized by RC Spectrum on healthy food habits and how food works as medicine. Many club members joined the session. Great session by Dr. Arjun and Dr. ShobhaRayapudi.

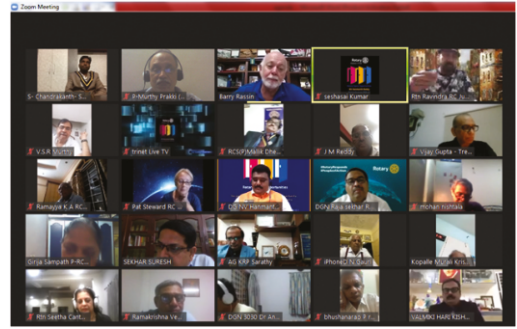




# Projects and Events

## Event - 23

Date : 29 September 2020  
Name of the event: **Participation in district level speaker meet by PRIP Barry Rassin.**  
Description : **Members of RC Sainikpuri participated in the district level speaker meet setup by RC Secunderabad, guest speaker being Past Rotary International President Rtn Barry Rassin. A wonderful session with simple and inspiring talk.**



## Event - 24

Date : 30 September 2020  
Name of the event: **Launch of pilot project – Enabling online education in offline segments**  
Description : **RC Sainikpuri has launched this unique program to support students of 9th and 10th classes in Government schools with data plans. Mobiles of 48 students have been loaded with data plans for 3-months each and the students were enabled for online education. DC Literacy RtnHari Hara Prasad garu and AG Rtn KRP Sarathygaru were the chief guests in the event.**



## Event - 25

Date : 2 October 2020  
Name of the event: **Distribution of sewing machine**  
Description : **3 sewing machines were distributed to needy women in rural community – a district focus project on Economic development and community support.**



## Event - 26

Date : 3 October 2020  
Name of the event: **Speaker meeting - Gandhian Philosophy on World peace**  
Description : **Rotary club of Sainikpuri has organized a speaker session by one of eminent speakers and a true Gandhian, Prof. G. Prasad, managing trustee of Gandhi King Foundation. Very interactive and educational session.**



## Event - 27

Date : 9 October 2020  
Name of the event: **Donation of a monitor to Kowkur ZPH School**  
Description : **Rotary club of Sainikpuri has donated a 21' large monitor to Kowkur ZPH school to facilitate zoom meeting and online student interaction.**



# Projects and Events

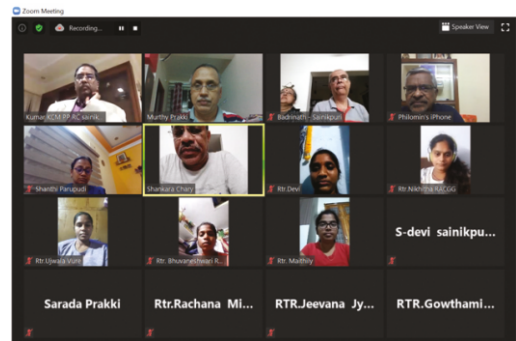
## Event - 28

Date : 10 October 2020  
 Name of the event: **Participation in an Awareness Session on Breast Cancer**  
 Description : **RC Sainikpuri is one of the supporting sponsors of this preventive health awareness event and many members participated in it.**



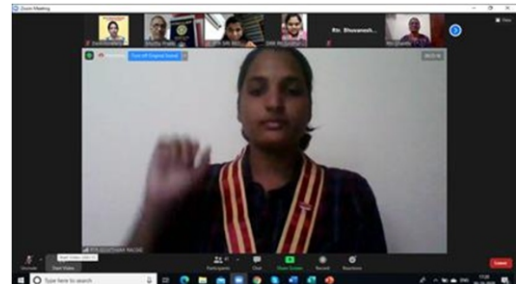
## Event - 29

Date : 10 October 2020  
 Name of the event: **Board of Directors meet - with Go-Getters board**  
 Description : **Board members of RC Sainikpuri had a meeting with the designated board members of Rotaract club Go-Getters. Roles of directors have been explained along with general interactions.**



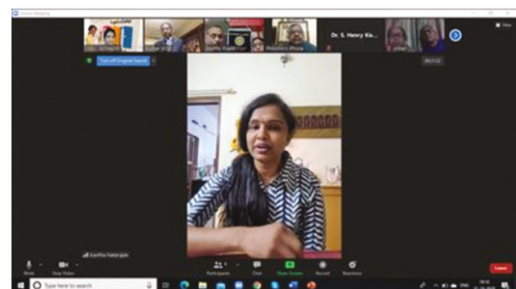
## Event - 30

Date : 30 October 2020  
 Name of the event: **Installation of a new Rotaract club Go-Getters**  
 Description : **The new Rotaract club Go-Getters has been installed, which is sponsored by the RC Sainikpuri. Several district dignitaries participated including DG Rtn Hanmanth Reddy garu, AG Rtn Parthasarathygaru and DRR Sindhura. Rtr Gowthami as President and Rtr Bhuvanewari as Secretary were sworn in along with the other BOD and other members.**



## Event - 31

Date : 31 October 2020  
 Name of the event: **Club meeting with speaker**  
 Description : **RC Sainikpuri members had a club meeting to review the happenings in the past few weeks and to plan upcoming activities of November. Speaker Ms. Kavitha Natarajan has talked about corporate funding under CSR in an interactive meeting.**



## Event - 32

Date : 1 November 2020  
 Name of the event: **District TRF seminar**  
 Description : **Members of RC Sainikpuri participated in the district TRF seminar virtually.**



# Projects and Events

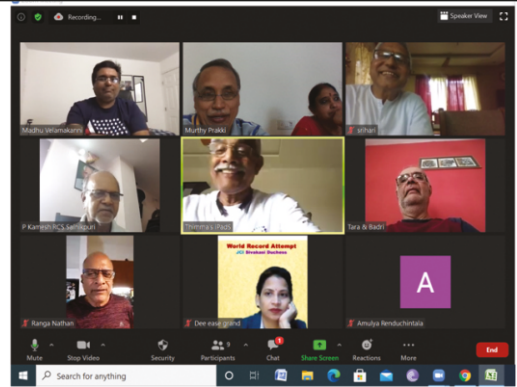
## Event - 33

Date : 14 November 2020  
Name of the event: **Orphanage visit**  
Description : 2 members from RC Sainikpuri visited Sishu Mangal Orphanage in Nallagandla on this Children's day and Diwali day. Fruits, Biscuits and crackers were distributed and quality time was spent with about 15 children.



## Event - 34

Date : 23 November 2020  
Name of the event: **Club meeting**  
Description : Club affairs were discussed in addition to planning for the upcoming DG official visit to the club on Dec 21.



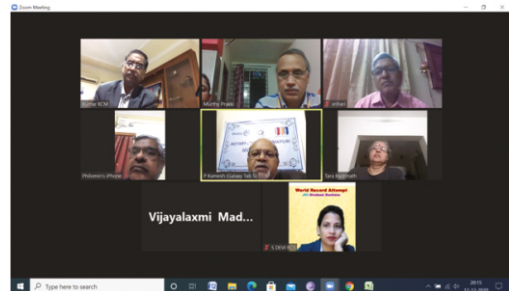
## Event - 35

Date : 5 December 2020  
Name of the event: **District event - Health awareness program**  
Description : Dr. Suresh from Sainikpuri has delivered a session on preventive care and protection from the upcoming second wave of Covid pandemic. Several members and residents have participated.



## Event - 36

Date : 12 December 2020  
Name of the event: **Board meeting**  
Description : Members of the board have met to plan for the upcoming official visit of the Governor and execution of planned activities in December.



## Event - 37

Date : 15 December 2020  
Name of the event: **Freezer handover to Aarohi Blood Bank**  
Description : Rtn Philomin Raj and Rtn Murthy Prakki visited Aarohi Blood Bank to formally hand it over to them. Also took part in blood donation for Thalassemia children.





# Projects and Events

## Event - 38

Date : 17 December 2020  
Name of the event: **Project - Winter clothes to Delhi**  
Description : As joint project between RC Sainikpuri, RC Chennai IT and RC Delhi Central Next, old and new winter clothes have been collected and dispatched to RC Delhi Central Next for distribution to homeless in Delhi.



## Event - 39

Date : 22 December 2020  
Name of the event: **Vocational Training on Tailoring**  
Description : RC Sainikpuri, along with the Friend club RC Sathenapalli, initiated a training program on Tailoring as part of economic and community development. 25 sewing machines will be setup in January for locals for stitching clothes and bags.



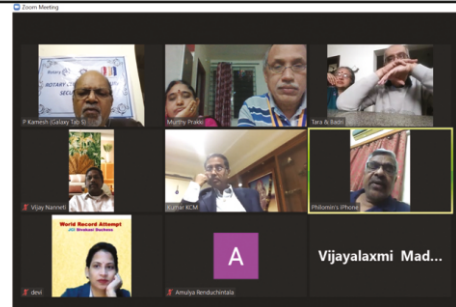
## Event - 40

Date : 22 December 2020  
Name of the event: **Blankets to Diguva Srisailam**  
Description : 50 Blankets were distributed to tribals near Diguva Srisailam with the help of a local NGO (Indian Tribal Care Trust - An initiative of ISKCON). Blankets were procured in Hyderabad and sent to Diguva Srisailam.



## Event - 41

Date : 26 December 2020  
Name of the event: **Club meeting**  
Description : A club meeting was held to review various club activities, to summarize TRF giving of the month and to plan out action for the upcoming DG official visit.



## Event - 42

Date : 27 December 2020  
Name of the event: **Blood camp to support Thalassemia children**  
Description : A blood camp was organized in ZPH School in Kowkoor with support from Aarohi Blood bank. More than 30 people donated blood to help Thalassemia children.



## The Four Way Test

Of the things we think, say, and do ;

- ⇒ is it the **TRUTH** ?
- ⇒ is it **FAIR** to all concerned ?
- ⇒ will it build **GOODWILL** and better friendships ?
- ⇒ will it be **BENEFICIAL** to all concerned ?

## Editorial Board

- Murthy Prakki, Chief Editor •
- Col (Retd) Kamesh •
- Tara Badrinath •
- S. Gopalan •
- K.V. Bhimrao •