

Rotary



# RotaSainik

8<sup>th</sup> Bulletin of the Rotary Club of Sainikpuri, Secunderabad  
September, 2020

RI Dt 3150

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 Holger Knaack  
2020 - 21  
Rotary International President

## Presidential Message for Sept. 2020

Rotary youth exchange — one of the many programs for youths and young adults that we celebrate this month — was my path into true engagement in Rotary. My wife, Susanne, and I began hosting exchange students soon after I joined, and the experience helped me go from simply being a member of my Rotary club to being a true Rotarian. Now Rotary Youth Exchange is a family tradition, and a strong one: Over the past 24 years, we have hosted 43 students!

*From the start, we loved it so much that, in addition to hosting students in our home, we became involved with the program by helping to organize student summer camps. During one such camp, I met Christine Lichtin, who was a German high school student at the time and whose father is a past president of my Rotary club. To try something new during this year of embracing change, I am turning this space, normally reserved for the president of Rotary, over to Christine so she can share her story.*

*My first contact with Rotaract was about 13 years ago, when I was with Susanne and Holger at a barbecue for the summer youth camp. Holger turned to me and said: "Why don't you visit a Rotaract club? You'll meet a lot of great young people who come together to have fun and to make a difference."*

*A few years later, when I was at Trier University, his words came back to me and I decided to give it a try. That was more than eight years ago, and I'm still at it. Once you are in Rotaract, you just don't want to get out. Rotaract has accompanied me everywhere, starting with the Trier club and then on to a club in Bologna, Italy, during the year I studied there. When I was in Kiel for my master's degree, I got involved with Rotaract there before landing at the Rotaract Club of Hamburg-Alstertal as I began my career. Each of those clubs has its own identity and focus, but all have the same intrinsic motivation.*

*I am now taking on a senior advisory role in my Rotaract club, which I really enjoy. I carry Rotaract in my heart, and it shapes my values, even as my interests evolve. One day, as if she had sensed this evolution, Susanne knocked on my door, wanting to introduce me to a young, modern Rotary club located between Hamburg and Mölln, my hometown. The E-Club of Hamburg-Connect, which Susanne helped charter, holds e-meetings, all of them very relaxed and personal. With members of different ages, everything just seemed to fit, so I thought, why not try it out? After all, time is precious and should be filled with fun whenever possible; the rest happens by itself.*

*Now I am in both worlds — a proud member of Rotaract and a Rotarian. And my small personal goal is to build a bridge between these two parallel worlds. All of us have very similar reasons for being part of the Rotary family.*

It took some persistence to persuade Christine to become a member of Rotary, but it was well worth the effort. It is our duty to put in this kind of effort with youth program participants and Rotaractors so we can keep them in the family of Rotary. I hope you were inspired by her story. It's up to each of us to ensure that more young people like Christine can experience the many ways Rotary Opens Opportunities for us and for the people we serve.

# Basic Education and Literacy

*Murthy Prakki, Rotary Club of Sainikpuri*

The theme for September in Rotary district 3150 is Basic Education and Literacy. During this month, all clubs in the district do some projects that augment the basic education and literacy within their local communities. It is one of the seven areas of focus of Rotary and by far the most important one.

Literacy refers to the ability to read and write in at least one language and to comprehend the information in order to communicate effectively. It also includes the ability to perform basic mathematical operations, such as money counting and telling time on the clock. Literacy is one of the most essential indicators of the quality of people in a country. It is the foundation for all forms of education, social and economic development, human development, and poverty reduction. According to UNESCO, there are about 1 billion people around the world who lack basic reading and writing skills. And about 64% of them happen to be women.

According to Census of India, the literacy rate in India has improved from 64% in 2001 to 74% in 2011. However, India still ranks 168 among the 234 countries studied. And female literacy rate is recorded at 65.5% as per Census 2011. Though the Constitution of India was amended to provide Free and Compulsory education to all children aged between 6-14 years, and lays down several provisions to ensure proper and effective implementation of educational rights to all, the fact remains that the benefits are not reaching the far corners of India, especially to the rural segments.

Illiteracy in India is due to a complex web of social and economic divide in the country. High population, economic disparities, gender discrimination, caste discrimination and technological barriers are just some of the major obstacles for improving literacy in India. There is a strong relationship between illiteracy and poverty because the illiterate person cannot get skilled jobs and cannot compete for higher wages. With the Government of India focusing on improving literacy rates in India, India is walking towards reaching 100% literacy target for youth by 2030.

Rotary is in a unique position to improve the Literacy rate in India. The Rotary India Literacy Mission has created an aggressive

plan via the TEACH program. It is a very comprehensive program that looks at every aspect of improving literacy in India. TEACH stands for :

- **Teacher training:** Train and recognize outstanding teachers so that students get quality education.
- **E-learning:** Upgrade the learning medium with technology to improve student participation, comprehension and retention.
- **Adult literacy:** Ensure that people of all ages can read, write and comprehend.
- **Child development:** Send children who could not afford to go to school or those who dropped out back to school.
- **Happy schools:** Improve the facilities in schools to create a good environment for learning.

TEACH gives a holistic approach to literacy and creates a lasting change across India. Rotary clubs could review these areas and plan projects for improving literacy across India and in local communities.

Illiteracy is a curse that affects individuals in all walks of their life. Illiteracy causes poverty and poverty causes illiteracy. Though the Government has created several programs to improve the literacy rates in India, the benefits are not reaching to the individuals uniformly. With the changing times and changing technologies, it is time for all of us to brace up to the challenge to extend the opportunities to everyone across India. Rotary plays a crucial role in this and we Rotarians must create opportunities that bring high rates of literacy in an effective and lasting manner.



# Online Education...a Marvel or a Menace?

*Prof. Henry Kishore, Rotary Club of Sainikpuri*

Due to COVID19 pandemic the education of nearly 300 million students worldwide has been disrupted. For generations such disruption of schools and universities was unheard of, but unlike any time in the past, the world now has the ability to continue education even when schools close. In these moments of uncertainty, it's important that learning continues, even if it can't happen in person. That is the reason why online learning has started for students and teachers around the globe to study, teach and work remotely from the confines of each one's home. Yes! Of course, there is no denying to the fact online education has come to rescue us in this extreme situation and has made continuation of education a reality. But online education has its own highs and lows. This article will enlighten the pros and cons of education going online.

Let us begin on a pleasant note and see the advantages first. It has changed the way of teaching. It has enabled the students and teachers to reach out to each other more effectively and more efficiently using chat groups, video meetings, document sharing, etc. Research clearly shows that for those who have access to the right technology, the learning online has become more effective. Research also points out that an average student has more ability to retain higher content online as compared to in a traditional classroom. This is due to the flexibility that one has in going at the material at one's own pace and also using all senses to learn using technologies that make learn fun and effective. With the integration of animation and games, young children fall in love with the technology and learn many skills without putting much effort.

Another major advantage of online education is its flexibility. One can study what one wants, when one wants to, how and where one wants to. All study material, lecture notes

and assignments can be sent via various online mediums available. With the reduction in commute times and costs, it offers convenience, flexibility and comfort of learning from home. Online education also helps adult education and promotes life-long learning.

On the dark side, there are several challenges to overcome. Students without reliable Internet access and technology have to struggle to participate in digital learning. This is especially so in India, due to the wide gap between the privileged and under-privileged children. It is estimated that nearly 45% of middle or lower economic class children do not have access to necessary gadgets for online learning. The network bandwidth is low and unreliable across many parts of India, which makes it further difficult to cope with online education. Further, unless a disciplined and structured approach is taken to deliver online classes, students can get distracted and their ability to learn may get impacted. By far, the most critical drawback is that it lacks the opportunity for social interaction and living the childhood.

We are at a significant turning point on how education will be delivered in future. The pandemic has caused the future to fall into the present and caught us unguarded. Yet as we walk through the path of no return, it is important to scale well and bring the online education in a phased manner, to realize all its benefits and to avoid its drawbacks as well as possible.



## Be an Angle - Donate Plasma

If you have fully recovered from COVID-19, you may be able to help patients currently fighting the infection by donating your plasma. Because you fought the infection, your plasma now contains COVID-19 antibodies. These antibodies provided one way for your immune system to fight the virus when you were sick, so your plasma may be able to be used to help others fight off the disease.

Call **Give Red**

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**Thank You!**

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## Mrigasira Kumar Khandavalli — The Pride of Rotary Club of Sainikpuri

*Col. (Retd.) Kamesh Penumarthi, Rotary Club of Sainikpuri*

It is with great regret that I inform the demise of my closest friend and a true Rotarian Wg.Cdr. (Retd.) Mrigasira Kumar Khandavalli on Aug 15th 2020.

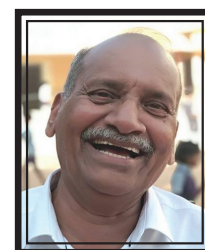
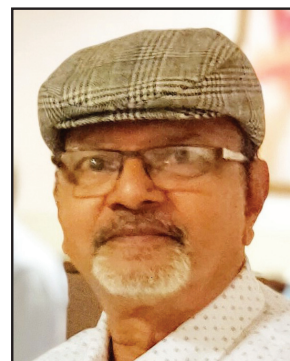
Wg.Cdr. Khandavalli was born on May 29th 1945. Right from childhood, he was very inquisitive and explorative. His enthusiasm got him involved in everything that's around him. He completed his engineering in a reputed university and soon after that secured a job. However, his heart was pumping to join the Indian Armed Forces. He started studying a lot of airplanes and flying, and within a year, he got the opportunity to join the technical wing of the Air Force in 1972.

He had a long career of 24 years with Indian Air Force. And his record had been quite exemplary. He was involved with maintenance of MIG 29 aircrafts. He flew to Russia for taking training on that and brought back a wealth of knowledge and experience. During his long tenure, he served in many places in India – Halwara, Jodhpur, Madras, Wellington, Pathankot, Pune, Delhi, Dundigal, just to name a few. Subsequently, he was posted in the inspection team of the Air Force for the entire country to check on the technical issues pertaining to aircrafts. (Late Wg.Cdr. Rtn Khandavalli)

I happened to serve along with him in one of the Air Force stations. Though it was a short tenure with him, I have learnt a lot from him. He was highly reputed in the station and every pilot looked up to him for technical advice. His knowledge and command on aircrafts was so rich that he was considered a guru by most everyone. His last posting had been in Dundigal and he retired from Services in 1996 at the age of 54, to settle peacefully in the Sainikpuri area in Hyderabad.

Since his retirement, he had been actively involved in many humanitarian projects, such as looking after a temple, serving the Defense veterans and helping the needy. He has been a charter member of the Rotary Club of Sainikpuri since March 2017 and lived true to the spirit of a Rotarian. He has been always in the forefront in all community projects, a motivational force in the team, highly disciplined in his approach to solving problems, punctual in all meeting, critic when things happen without plan or control, and always with a broad smile.

We, at Rotary Club of Sainikpuri, really miss him very much. Though he had been suffering with multiple ailments in the last several months, we were hopeful that it was only a matter of time that he would come back into circulation and bring the warmth into the team. Yet, as God might have a different plan for him, he was liberated from his material existence on the Independence Day Aug 15, 2020. We know the good memories with him would last for a long time in all our minds and he would be in our daily conversations for many months to come. We all pray for his final journey to be peaceful. May his soul rest in peace.



*(Late Wg.Cdr. Rtn Khandavalli)*

## The Coronavirus – Now What !

*Dr. Srija Dhanalaxmi, Rotary Club of Sainikpuri*

The sudden emergence of the disease throughout the world raised many questions about the uncertainty of human life, causing unsettling effects on physical and mental health of many. Unprecedented times like this remind us that we, as human beings, are the only species on this planet who can make or break a society in such perilous periods.

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the virus that causes the coronavirus disease (COVID-19). When the spread is throughout the world, it is known as a pandemic. This pandemic has affected millions of people and caused more than 8 Lakhs deaths across the world. Many countries have imposed safety measures such as wearing masks and keeping social distancing, yet the end seems near nowhere. Though many people are recovering from the severe health issues, there is one common emotion across all - that is fear. The fear of losing a loved one or the fear of facing the financial burden, is causing anxiety, stress, hopelessness and taking a toll on the mental health of many.

According to major researchers, the mental health crisis is waiting for us on the other end. Study shows that 55% of Covid survivors will suffer from mental illness. Among the present day survivors over 42% have anxiety or compulsive disorders, such as depression, post traumatic stress, etc. A survey conducted in Chhattisgarh indicates that close to 20,000 patients have visited mental health care centers across the state between April and June of this year. So, as the pandemic comes under control from a medical perspective, the effects will stay for much longer period from mental health perspective.



## Here are some points to remember, when facing the present and post Covid challenges.

### 1. How to handle the social isolation?

- Keep physically active by indoor exercises to keep the mind and body fit.
- Avoid checking updates on Covid every few minutes. It won't help, it will only increase anxiety.
- Drink a lot of fluids and eat healthy and balanced food for better immunity.
- Share your thoughts and feelings with a friend or a family member.
- Talk to the family members on how the social isolation is increasing family bonding.

### 2. If you suspect of having Covid-19

- Do not panic, not every Covid suspect will become ill.
- Do not waste time, get professional consulting help.
- Isolate yourself in a room and monitor the vitals periodically.
- Ensure someone is in touch with you to provide you for the essentials.
- Create a positive environment for yourself.

### 3. If you are a Covid survivor

- The key is to avoid stress and depression.
- Recognize that stress may show up as nervousness, restlessness, feeling of being in danger, rapid heartbeat or even trembling.
- When feeling stressful, do light exercise, read a book or watch a movie.
- Take your medicine regularly and sleep well.
- Help others by sharing your experiences, educating them and if possible, support other patients by donating plasma.

We have a long road ahead for recovery. The pandemic has not just crippled economies and livelihoods of people, it is also making our generation less confident, more stressed and confused. Recovery begins at home. Consider that every action we take could have an impact on the recovery. It is an undeniable fact that keeping us safe will keep our species safe.

### 4. Across India, several help lines have been set up to deal with this crisis. Just to name a few:

- NIMHANS : 080 4611 0007
- Mumbai-based Mental health organization by the Govt. of Maharashtra : 1 800 120 8200
- Poddar Foundation and Rotary club of Mumbai: 1 800 121 0980
- Assam Police and the Dept of Psychiatry, GMCH and Clinical Psychologists and Psychiatric social worker : 602 690 1053 / 54 / 55 / 56 / 57 / 58.



## Rotary club of Sainikpuri – Governing Board (2020-21)

S. NO.	MEMBERS	ROLE	MOBILE	EMAIL-ID
1	Murthy Prakki	President	98493-40803	mprakki@gmail.com
2	Devi Seshadri	Secretary	95731-85718	Pvdevi@live.com
3	Badrinath Krishna	Treasurer	97409-44595	badrinath.k@gmail.com
4	Srihari Madishetty	Imm. Past President	99480-78660	madishettysrihari@gmail.com
5	Philomin Raj	President-elect	98481-82031	marsoengg@yahoo.com
6	Shankarachary	Club Trainer	96185-67567	shankarsangoju@gmail.com
7	Yousuf Syed	Dir - club administration	91772-02786	786yousufsyed@gmail.com
8	Sarada Prakki	Dir - membership	98663-65083	sprakki@gmail.com
9	Venkat Reddy	Dir - vocational service	99638-00599	venkatreddy@accordpower.in
10	Col. Kamesh	Dir - service projects	98484-64082	kamesh49@gmail.com
11	Philomin Raj	Dir - public image	98481-82031	marsoengg@yahoo.com
12	Gopalan	Dir - Foundation	98484-64082	kamesh49@gmail.com
13	Tara Badrinath	Dir - Youth service	80192-11011	tara.badrinath@gmail.com
14	Devi Seshadri	Dir - Internet & Web	95731-85718	Pvdevi@live.com
15	Badrinath Krishna	Dir - Literacy & WinS	97409-44595	badrinath.k@gmail.com

## Rotary club of Sainikpuri – District Area officials (2020-21)

S. NO.	MEMBERS	ROLE	MOBILE	EMAIL-ID
1	K.R. Parthasarathy	Assistant Governor	93924-36486	sarathykrp@yahoo.com
2	K.C. Muni Kumar	Membership	73822-97490	kcmunikumar@gmail.com
3	Mohan Rayudu	Public Image	99850-33566	kmraidu@gmail.com
4	Srihari Madishetty	Rotary Foundation	99480-78660	madishettysrihari@gmail.com
5	Philomin Raj	New Generation	98481-82031	marsoengg@yahoo.com

# Projects and Events

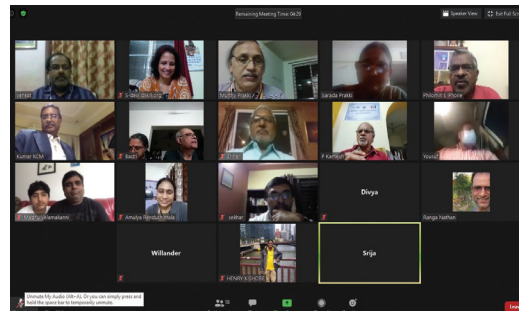
## Event - 10

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.**



## Event - 11

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.**



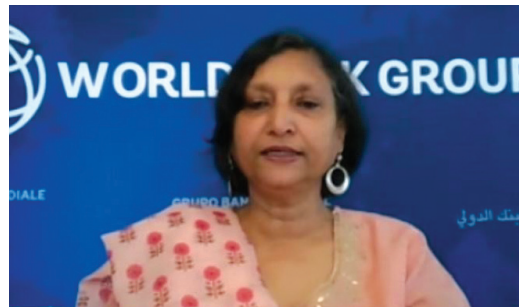
## Event - 12

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.**



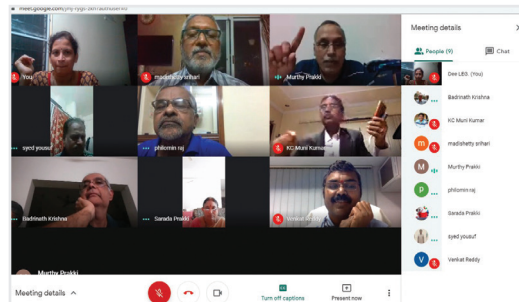
## Event - 13

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.**



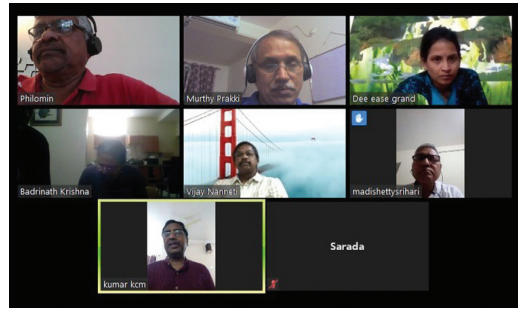
## Event - 14

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 - 15

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.**



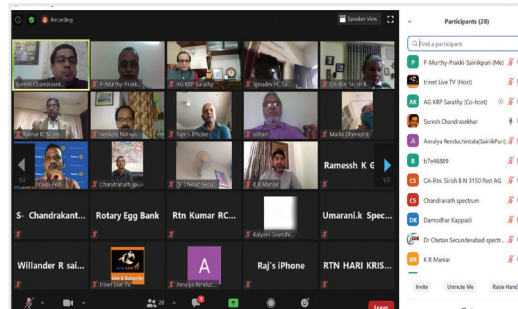
## Event - 16

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.**



## Event - 17

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



### 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 •