



# RotaSainik

RI Dt 3150

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Club Id 88296

9th Bulletin of the Rotary Club of Sainikpuri, Secunderabad

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Rtn Holger Knaack  
2020 - 21  
Rotary International President

## Message from Rotary International President – Oct 2020

During a recent Zoom meeting with Rotarians and Rotaractors, I looked at the smiling faces on my screen and realized how much our organization has changed in a short period. It is clear that there is no going back to the "old normal" in Rotary — and I see that as an exciting opportunity!

Innovation and change are happening at so many levels as we rethink and remake Rotary. Rotary's new flexibility is blending with digital culture to drive change in ways that many of us have never seen before. We can learn a lot from Rotarians like Rebecca Fry — who, at age 31, already has 15 years of Rotary experience.

*I see Rotary as a phenomenal platform to change the world. I believe I can have the greatest influence by empowering others to create the change they wish to see in the world. I've gained leadership insights through my experiences in RYLA and Rotaract, and now, as charter president of the Rotary Social Impact Network, a new e-club.*

*Engaging Rotary program alumni is key in forming new clubs. Our club is proof that Rotaractors and other alumni want to join Rotary — but sometimes they can't find the Rotary club that's right for them. Our club has 31 members, all between the ages of 23 and 41, and almost all of them are alumni of Rotary programs.*

*We need to be able to integrate and align Rotary with the other personal and professional goals we're pursuing. In chartering this club, we set out to design a personalized model of Rotary that is focused on added value for our members. We have also sought to leverage connections — through Rotary Fellowships, Rotary Action Groups, and other international partnerships — in order to elevate our members' experiences beyond the club. Our club meets and manages most of its projects online, using Microsoft Teams to engage 24/7 in topics that interest our members. This also means our club is not geographically bound to any one location: Although many of us are in Australia, we also have members in Germany, Italy, Mexico, Tanzania, and the United States.*

*Also key for our club is measuring the impact of our projects. For Plastic Free July this year, we created an awareness campaign promoting ways that individuals could reduce their use of plastics, and we reached more than 6,000 people. It's a project with a tangible impact that anyone can take part in wherever they are. I'm proud that, through our club, we are bringing people together for a new type of Rotary experience. I am excited for our future.*

All Rotary clubs have the opportunity to be innovative clubs, just like Bec's club. Let's trust those clubs, learn from them, and lend them our support. Change in Rotary happens at the grassroots level, as clubs lead the charge, defining what this new Rotary can be. Change is constant, and we have more work to do in many areas. It is important that we celebrate the contributions of people of all backgrounds and promote people from underrepresented groups so that they have greater opportunities to participate as members and leaders in Rotary.

The tools to make Rotary more inclusive, more relevant, and more fun for everyone are at our fingertips. Let's use them now, and we will see how Rotary Opens Opportunities for ourselves and for those yet to discover us.

# Take outs from District Positive Health Seminar

Murthy Prakki, Rotary Club of Sainikpuri

On 20th September 2020, district 3150 positive health seminar was held and it brought out some very aspects of how we should conduct our life to keep us healthy. The primary focus of the seminar was on preventing Non-communicable diseases (NCDs). Inspiring speakers such as RID Dr. Bharat Pandya, Dr. A. GopalakrishnaGokhale from Apollo Hospitals, Dr. HariKishan from Yashoda Hospitals presented the theme very well. Dr. Vasanth Kumar and Dr. Vishnu Babu have given much insight into what we can do as Rotarians to raise the awareness and take preventive actions. Here are some of the take outs.

Non-communicable diseases refer to non-infectious health conditions such as cardiovascular diseases, cancer, diabetes, chronic respiratory diseases, etc. They cannot be passed from one person to another. The root causes for such diseases include genetic, physiological, lifestyle related and environmental factors. About 68% of deaths around the world are due to NCDs. In India, about 5.87 million people die from NCDs. India is considered the world capital for diabetes.

The good part is that they are preventable for the most part. While genetic and environmental factors play an important role, the most primary reason for getting NCDs is improper lifestyle. Constant rush to do things, too much stress, lack of sleep, too much time with TV or mobile, improper diet, lack of exercise and lack of awareness are the prime causes. Smoking, alcoholism, and even overdose of medication can also contribute to degrading the health of internal organs.

A 3-step approach had been suggested to fight the NCDs.

**1. Know your numbers:** Keeping a watch on the numbers is essential. Height, weight, body mass index (BMI), blood pressure, heart rate – all tell the story of how healthy we are. It is important to get periodic health test and ensure that the numbers of in healthy ranges.

**2. Diet and Exercise:** Dr. Bharat Pandya coined the phrase EkChumacchKum, ChaarKadamAage.Reduce consumption of salt, sugar and oil in the diet, and increase exercise. Exercise need not be elaborate, it could be just as simple as a 30-minute walk each day, for 5 days in a week. The golden rule of 75/50/25 says to cut sugar intake by 75%, oil intake by 50% and overall food intake by 25%. Adding more vegetables and fresh fruit in the diet is essential.

**3. Emotional balance:** This is absolutely critical because emotional imbalance will affect physical health directly. To save from emotional imbalance, it is important to keep off the stress. Activities such as playing with children, reading books, socializing with friends, taking up fine arts – all will improve the emotional balance. Taking part in community service works magic in maintaining emotional balance.

So, how can a Rotarian help keeping the community healthy? There are several ways.

1. Conduct awareness camp and rallies
2. Organize medical camps
3. Make the slogan viral - EkChumacchKum, ChaarKadamAage
4. Conduct seminars on healthy diet and habits
5. Exercise and Yoga classes
6. Encourage people to take medical insurance and frequent testing, etc.

The following 4 dates are recommended to promote health through campaigns.

1. World Heart Day (29th Sept)
2. World Diabetes Day (14th Nov)
3. Rotary Birthday (23rd Feb)
4. World Health Day (7th April)

It's time we recognize that health refers to a state of wellbeing physically, mentally, socially and spiritually, and not just the absence of a disease. Health of an individual health translates to the health of the nation. With rapidly changing lifestyles and diet habits and life in fast lane, the risk of NCDs is high to everyone, especially to the younger generation. As Rotarians, it is our duty to take care of ourselves and our family, and give a helping hand to others. With thousands hands and common mind share that we have, we at Rotary are in a unique position to bring this health change in the society.



## BE AN ANGEL - 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.

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# Rotary – A destination for Undeterred Selflessness

-- Shanthi Chunduri, Rotary Club of Sainikpuri

By and large it is commonly understood that we should conduct ourselves in a manner that leads to a happy life and to self-realization. In the recent past, the understanding of the term “self” has spread around faster than ever and touched the minds of many people, irrespective of their age, gender, sociological or physiological status.

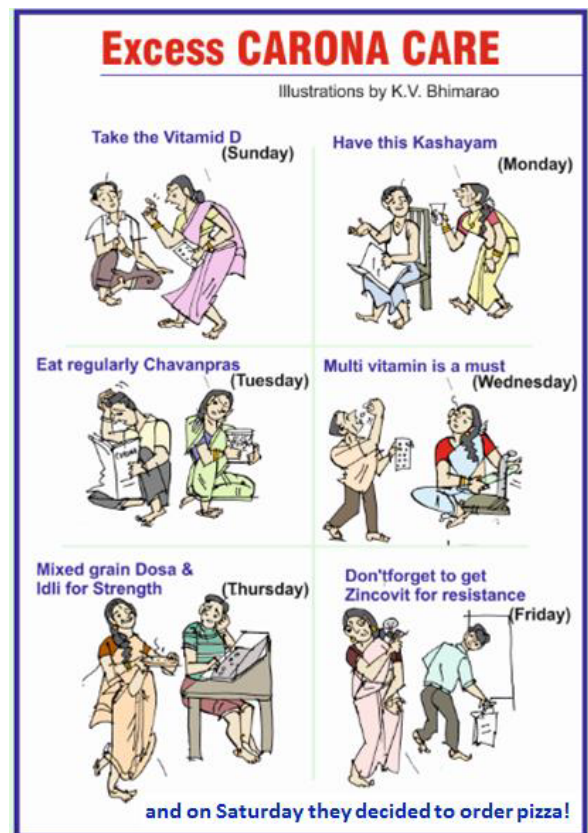
Based on just a few interactions with others, most people categorize others as either selfish or selfless. These words have become justifiable in contemporary days. Sometimes, the so called selfish person would look selfless, and sometimes the so called selfless person looks selfish. The sharpness of our mind allows us to make such categorization constantly. Many a time, a selfish person demands the due credit and a selfless person does not fathom himself with recognition or accolades. What we are today is the result of our selfish and selfless acts, and it could give us pain or ecstatic and blissful moments.

Looking at how Rotary has sustained across times, geographies and cultures for more than a century, it comes out clearly that selfless acts have no barriers or boundaries. Service to a cause opens boundless opportunities. For one who had undeterred selflessness, every small opportunity is a blissful transformational and transcendental experience.

Ever since I joined Rotary, in every meeting and every interaction, the act of selflessness was vividly visible among members. The motto “Service above Self” has been upheld in an undeterred manner. Right from the oath as new member, the 4-way test and the 5-values of Rotary, the principles and process of Rotary is binding Rotarians together and help them experience undeterred selflessness.



I bow down with gratitude to all the wonderful people taking this legacy forward. Humanity needs us and needs much more of such selfless acts. I’m proud to be a Rotarian.



# In Search of Plasma Donors

-- KCM Kumar, Rotary Club of Sainikpuri

A sense of uneasiness crept into Rotarians of our district when we learnt that one of our senior rotarians fell ill and all is not going to be well for the person unless we act swiftly. After careful coaxing and uncompromising persuasion, the identity of the person came to the fore, which made everyone buck up and act. The darling and respected person that he is, earnest efforts were made by everyone in all directions. While few were working towards getting permission for plasma therapy as this process was not approved, others reached out to numerous doctors to find out the possibility to administer such a therapy, if a donor was found. Thankfully, few of us had located possible donors and brought them to Hyderabad just under the wire. After the therapy was administered with clockwork precision, his journey to recovery was smooth. Everyone heaved a sigh of relief and felt a sense of accomplishment. We thank everyone whose efforts made this possible.

This whole experience beginning from recognizing the problem to recovery took more than three weeks. We were all relieved when this experience ended on a happy note. This whole endeavor taught us that even the mighty and well placed are vulnerable to the well entrenched pandemic. Amid this chaos, few of our Rotarians were motivated to attend to critical COVID patients and provide them with all possible help. Thus, the COVID rescue group was formed to provide timely solutions to needful patients.

Apart from volunteering to understand the medical attention one could give; the group also identified the need to counsel the caregivers of the patients and keep their spirits high during these uncertain times. Fortunately, three months into the lockdown, a well-defined process was established by the group to identify plasma donors and support caregivers. The same practices have now been adopted by almost every hospital.

It is evident from our Rotarian doctors and other experts that the processes adopted for treatment and medicines that were administered are all in trial mode only. It was also understood at this time that plasma transfusion from acceptable Covid recovered patients meeting specific arrived criteria by experts could be tried as a last resort. Now it is clear that Rotarians can play two roles, i.e. 1). manage and counsel care givers of the patients and 2). find and motivate Covid recovered patients to donate plasma. In this pursuit, we searched several societal organizations using web technologies who solicit and validate donors for the prescribed criteria and update and maintain their details. After careful details. After careful interactions with several of them, it dawned on us that we need to work with

an organization that is focused in twin cities and who can possibly reach Andhra and Telangana. We came across GiveRed, a section 8 registered NGO, managed by highly qualified young and dedicated professionals.

GiveRed became our obvious choice to solicit donors for the plasma therapy requests we get. We immediately formed multiple focused groups constituted by Rotarians to accomplish the following -

- **I Group** - To interact with patients
- **II Group** - To interface with GiveRed
- **III Group** - To report progress from GiveRed and patients to the main group
- **IV Group** - To strengthen GiveRed with technology and extra hands to reach donors

Rotary and GiveRed together have addressed more than 200 plasma requests with above 85% patient recovery rate. GiveRed has played a major role in finding donors apart from patients. GiveRed has also collaborated with others operating in the same space with pan India presence like Dhoond etc.

Our RC Deccan in the interim has started an extraordinary initiative to reach donors through plasma for you and taking an initiative to operate a plasma bank in conjunction with Rotary blood bank which is fully operational. This plasma bank for which Government permission is obtained is pride of Rotary district 3150. This bank is expected to help us to plan outreach to less equipped hospitals and underprivileged patients whose only hope is organizations like us. The future alone will unfold how we are going to serve all sections of the society for Covid recovery, but we are sure to serve all sections and are here to stay in this space committed. While leaving to future on methods, processes and therapy, WE ROTARIANS OF 3150 SHOULD WAKE UP AND SERVE THE NEEDY WHICH WE ARE ALWAYS BEST AT. IT SHOULD BE RESOLUTION OF EVERY ROTARIAN NOW TO IDENTIFY INDIVIDUALS, GROUPS AND ORGANISATIONS TO REACH OUT FOR AS MANY DONORS AS POSSIBLE IN TIME.





# Events & Projects

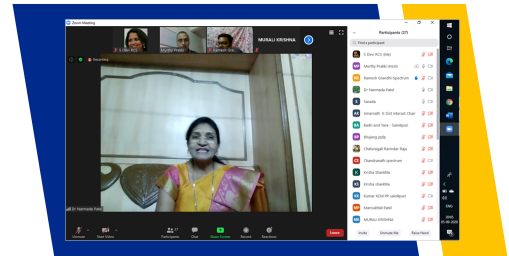
## Event-18

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.



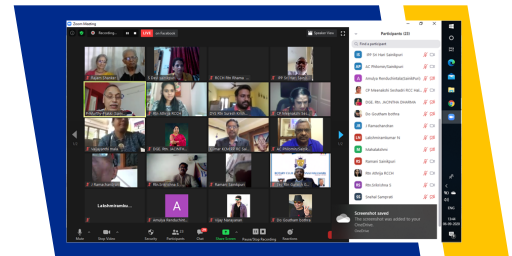
## Event-19

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 school to bring it to 100% pass rate in 10th grade.



## Event-20

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.



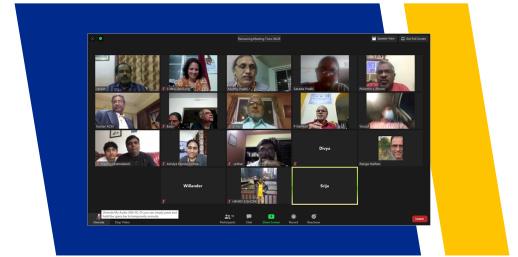
## Event-21

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.



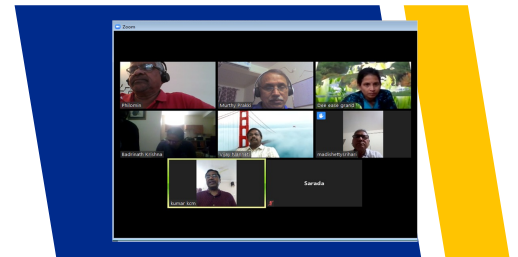
## Event-22

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 remaining time in September and in October were discussed.



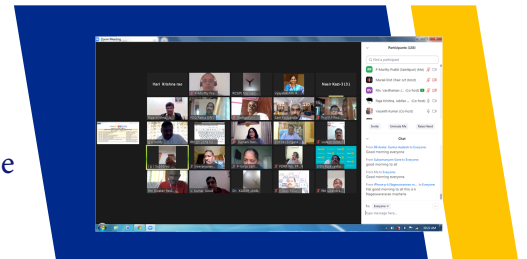
## Event-23

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 data plans for 40 students of 9th and 10th grade in Kowkur ZPH School, to enable them for online education. New Rotaract club charter application process was also discussed.



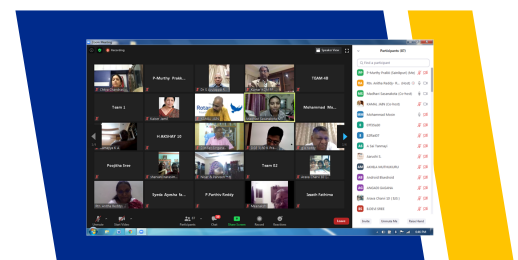
## Event-24

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.



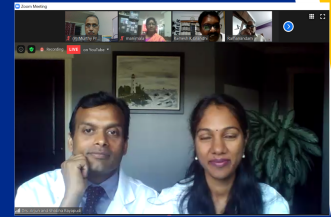
## Event-25

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.



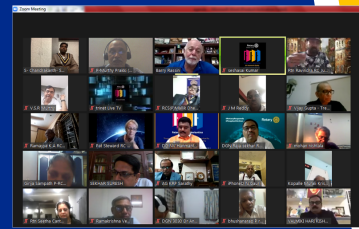
## Event-26

Date : 26 September 2020  
Name of the Event : **Joint club speaker meet on Food as Medicine**  
Description : RC Sainikpuri cohosted the speaker meet organized by RC Spectrum on healthy food habits and how food works as medicine. Many club members joined the session.



## Event-27

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-28

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 Rtn Hari Hara Prasad garu and AG Rtn KRP Sarathygaru were the chief guests in the event.



# In Search of Connectivity

## Taking Online Education to Offline Segments – Pilot Project

As schools got reopened and online classes started, we at Rotary Sainikpuri were concerned that some students might fall out of digital connect. We had some discussions with the Headmaster of Kowkur ZPH School, who also happens to be the president of Gazetted Headmasters Association of MedchalMandal, and came to an understanding that some set of students are unable to access online education, because though they have phones, they could not afford to keep the data charges. That's when we thought that it is prudent to do a pilot project of recharging their mobiles with data plans, so they could access online education.

Accordingly, we identified 48 students in 9th and 10th grades, and applied 3-months data packs on them. This was done on Sept 19th under the leadership of Rtn. Badrinath (Director Literacy) and Rtn. Philomin Raj (president-elect) and the pilot got started. The results were quite encouraging. From day-2 onwards, we could see that many more online students, which means an instant success.

It was gratifying to note that 48 students are able to receive online education, who otherwise might have missed. On Sept 30th, we had a formal launch of the pilot under the guidance of District Chair for Literacy Rtn. Hari Hara Prasad garu and AG Rtn. Parthasarathygaru. And, we would like to expand this initiative to other Government schools in twin cities and involve other clubs in the district. Together we can take the online education to offline segments and ensure that the pandemic does not disfavor the economically weaker sections of the society. Thank you.

### *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*

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