# THE PORT CITY

**BULLETIN OF RC VISAKHA PORT CITY** 











Issue - IV **Oct 2024** 

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#### **CULTIVATE ONE GOOD HABIT**

A single good practice we might adopt and stick to can go a long way in bringing success to our lives. If we examine the lives of great heroes, this becomes apparent. For instance, Raja Harishchandra always spoke the truth. Irrespective of the adversities that came his way, he firmly stood by his principle.

The Mahabharat's hero, Karnan, sincerely embraced generosity and charity. Though he was in bad company and could never shrug off their influence, the one good practice he adopted was liberal charity, which made him stand apart from the evil people surrounding him.

Another epic hero, Arjun, remained focused on his archery. Each time his guru, Dronacharya, assessed his skills, he came out with flying colours because of his sheer determination and good concentration.

In the modern era, Gandhiji's adherence to ahimsa freed India from the shackles of colonialism.

Thus, adopting one good policy and strictly adhering to it can make our lives meaningful and successful. For instance, a simple good habit, like taking a walk daily, can make it easier for us to adopt other good habits. You might want to wake up early is another good habit you might have unknowingly adopted. This one single practice can change your life completely.

#### ADOPT ONE GOOD HABIT AND SEE THE CHANGE IN YOU

- Editor



**18**<sup>th</sup> **Sept.** Distribution of 75 high speed sewing machines to destitute ladies as part of a CSR Project of Coal India Ltd., executed by RD 3020 in the august presence of Chief Guest Dr. Shankhabrata Bagchi, IPS, Commissioner of Police, Visakhapatnam City and other dignitaries.



#### From the President's Desk

Caring and sharing is all about life. The happiness we derive while caring and serving the needy is beyond description. October has been hectic with service and

club activities. From dinner and fruits to the inmates of Generation Yuva, a welfare society for orphans to commencement of providing training in high speed sewing machines to deserving poor women to installation ceremony of Interact Club at Viswa Teja School, Thatichetlapalem on the eve of Club Charter Day on 3rd October to HPV vaccination to 32 girls at PAPA home, Seethammadhara on 10th to distribution of 75 high speed sewing machines to destitute women on 18th to Participation in Rotary Foundation Seminar at Vijayawada on 20th to Speaker meet by Dr VSRK Prasad, former Director of Indian Institute of Petroleum and Energy (IIPE) on topic 'Protection of the

Environment' on 26th to International End Polio Day and Breast Cancer Awareness Walk on 27<sup>th</sup> and Deepavali Celebration with girl children at PAPA home on 31st October to conclude the month with a happy note.

Club Charter Day and 1st anniversary of Rotary Diagnostic Centre was celebrated in fun and fervour with all the participants enjoying the occasion thoroughly at Waltair Club on 13<sup>th</sup> October.

We are grateful to Dr.V. Murali Krishna for providing expensive vaccine to orphan girls for free. Our sincere thanks to PP Rtn GS Raju for his sponsorship of dinner to the inmates of Generation Yuva.

Friends, I'm thankful to you all for your active support and participation. Together we can serve the community better.

Yours in Rotary

Rtn. PHF. K.V. Ramana

President.

#### **MEETINGS AND SERVICES**





3rd Oct : Sewing Machines Training Programme at Jana Shikshan Maddilapalem



3rd Oct: Installation ceremony of Interact Club at Viswa Teja School, Thatichetlapalem.



3rd Oct: Distribution of fruits and dinner sponsored by PP Rtn GS Raju to children at Generation Yuva, a welfare society for orphans on the eve of Club Charter Day.

#### **MEETING AND SERVICE ACTIVITIES**



10<sup>th</sup> Oct: HPV vaccination to 32 girls at PAPA home, Seethammadhara. Vaccine provided free of cost by Rtn Dr.V. Murali Krishna, MD, Mahatma Gandhi Cancer Hospital and Research Institute. We are greatfull to Rtn. Dr. V. MuraliKrishna



13th Oct: Club Charter Day and RDC 1st anniversary celebration.



18th Oct: Felicitation to the Commissioner of Police. Rtn RV Subba Rao (Datta) is addressing the beneficiaries after distributing the high speed sewing machines. He got this project from Coal India Ltd., during his tenure 2023-24 and implemented it now. We are grateful to him.



20th Oct: Participation in Rotary Foundation Seminar at Kakinada

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#### Photo's Gallery Oct 2024



26<sup>th</sup> Oct: Dr. VSRK Prasad, Former & Founder Director of Indian Institute of Petroleum and Energy (IIPE) addressing the club on the topic 'Protection of the Environment' at Rotary Grandeur.



27th Oct: International End Polio Day and Breast Cancer Awareness Walk on RK beach Road.



31st Oct: Deepavali Celebration at PAPA home for girl children, Seethammadhara.

### HEALTH CAPSULE

#### **TURMERIC AND OTHER SPICES**

Curcumin, a compound found in turmeric, has been linked to reduced inflammation. Spices such as ginger, cardamom and garlic can also help with inflammation.

#### Birthdays - Nov 2024

 Narasimham. M.K.V.L.
 03<sup>rd</sup>
 90101 17555

 Muralidharan Pillai
 25<sup>th</sup>
 98481 32873

 Anik Kumar Vijaya
 30<sup>th</sup>
 99724 75588

#### **Wedding Anniversaries Nov 2024**

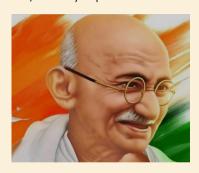
Vijaya Krishna C. 08th 90146 85118

#### **Blood Centre Report - October**

No. of Camps Conducted - 10 No. of Units Collected - 463 No. of Units Issued - 955



20<sup>th</sup> Blood Donation Camp at Rotary Grandeur Organized by our Charter member Rtn. Santhosh K. Bucha, Rtn. Jayadip & Rtn. Harsha Baid



2<sup>nd</sup> October 2024 150<sup>th</sup> Gandhi Jayanti

#### **QUOTABLE QUOTES**

"Be the change you want to see in the world "

**MAHATMA GANDHI** 

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