



RI President

Rtn. Stephanie A. Urchick

Dist. Governor

Rtn. Dr. M. Venkateswara Rao

President

Rtn. PHF. K. Venkata Ramana

Secretary

Rtn. Kailash Agarwal

Board of Directors

Immediate Past President

Rtn. R. Ramakrishna Rao

Vice Presidents

Rtn. K. Srinivasa Reddy

Rtn. S. Suryanarayana Raju (Chitti Raju)

Treasurer

Rtn. Anik Kumar Vijay

Joint Secretary

Rtn. Usha Priya Kodali

Sergeant At Arms

Rtn. P.A. Satish Kumar

Club Service

Rtn. K. Madhuri

Community Service

Rtn. A. Narasimha Raju

Vocational Service

Rtn. B. Sivaji

Youth Service

Rtn. Dr. L. Chandra Sekhar

Rtn. Lade Kishore Kumar

Online Tools

Rtn. Harsh Baid

The Rotary Foundation

Rtn. S.A. Ram Mohan

Rtn. Mayank Khatri

Pulse Polio

Rtn. I. Bhaskar Rao

Projects & Grants

Rtn. N.S.N. Raju

Public Image

Rtn. PP. U.S. Sarma

Rtn. Ch. Lakshminarayana

Membership Development

Rtn. PP. Indira Vadlamani

Rtn. PP. A. Kasi Visweswara Rao

Club Learning Facilitator

Rtn. PP. G.S. Raju

Advisors

Rtn. PP. Kamal Baid

Rtn. PP. K.V. Srinivasa Rao

Pilot Editor

Rtn. PP. Muralidharan Pillai

Cell : 9848132873

Pilot Sub Editor

Rtn. Ch. Lakshmi Narayana

Cell : 9550811945

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



18th 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 27th 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 13th 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



10th 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. Murali Krishna



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

**NURTURE
JOYFUL
LEARNING
FOR
HOLISTIC
GROWTH**



With best compliments

SRI PRAKASH

VIDYANIKETAN

day - cum - residential school

SEETHAMMADHARA | PENDURTHI | KAPULUPPADA
Visakhapatnam | www.sriprakashschools.com



Photo's Gallery Oct 2024



26th Oct: Dr. VSRK Prasad, Former & Founder Director of Indian Institute of Petroleum and Energy (IPE) 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.

Birthdays - Nov 2024

Narasimham. M.K.V.L.	03 rd	90101 17555
Muralidharan Pillai	25 th	98481 32873
Anik Kumar Vijaya	30 th	99724 75588

Wedding Anniversaries Nov 2024

Vijaya Krishna C.	08 th	90146 85118
-------------------	------------------	-------------

Blood Centre Report - October

No. of Camps Conducted - 10

No. of Units Collected - 463

No. of Units Issued - 955



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



2nd October 2024
150th Gandhi Jayanti



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.

QUOTABLE QUOTES

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

MAHATMA GANDHI

With Best Compliments



The ROYAL PARK
Home.. away from Home

Special
Discount for
Rotarians

1. EXCELLENT PARK VIEW LUXURY ROOMS
 2. @ EXECUTIVE DOUBLE A/C.
 3. @ STANDARD DOUBLE A/C.
 4. @ STANDARD SINGLE A/C.
- WITH OUTSTANDING FEATURES**
1. COMMON SPACIOUS LIVING AREA IN EACH FLOOR.
 2. FREE WI-FI.
 3. 24 HRS HOT WATER.
 4. 24 HRS POWER BACK UP.
 5. MORNING WALK IN THE GARDEN AND FREE PARKING



Opp. Brindavan Park, TPT Colony, Seethammadhara, Vizag - 530013.
Contact Details: 0891-2545656 & 9849913445 email : theroyalparkvsp@gmail.com