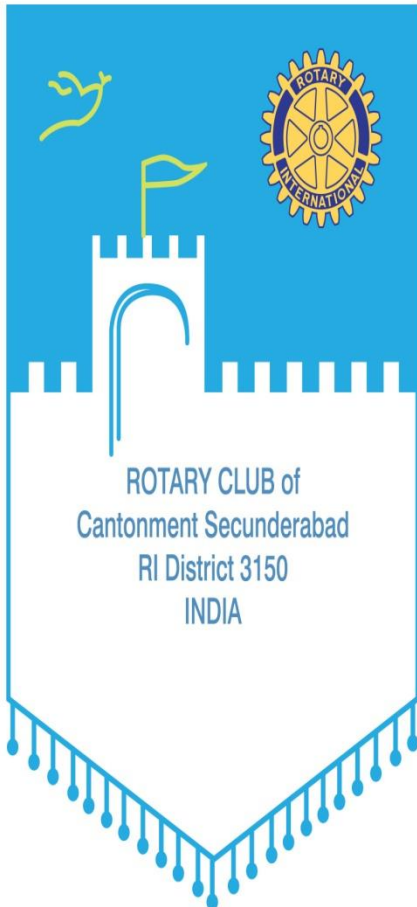




# **ROTARY: MAKING A DIFFERENCE**



# Rotary



Club of Cantonment Secunderabad  
(Club No 055482 RI District 3150)

## *The Cantonment Times* *e-Newsletter 2017-18*

**May 2018**

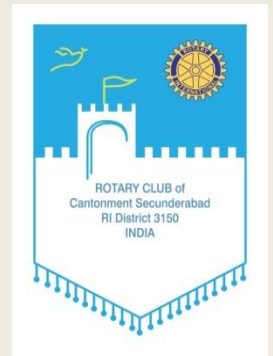
Issue 5

(For March & April 2018)

## RCCS - The Cantonment Times 2017-18 - May 2018

This edition 5 covers club events for March 2018 & April 2018

The last edition for the Rotary year 2017-18 will be released in July 2018



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# Use Diversity to our advantage



RI President  
Ian H.S. Riseley

Rotary is a massive, and massively complex, organization. As this issue goes out, we have [1.2 million members in 35,633](#) clubs in nearly every country of the world. Hundreds of thousands of participants are involved in Rotary programs such as Rotaract, Interact, Youth Exchange, Rotary Youth Leadership Awards, Rotary Community Corps, Rotary Peace Centers, and a host of local and Foundation-supported projects and programs at the national, district, and local levels. The name of Rotary is attached to countless projects every year, from blood banks to food banks, school sanitation to polio eradication. One hundred thirteen years after the first Rotary club was founded, Rotary service reaches literally around the globe.

What that service looks like on a daily and weekly basis can vary enormously by region, country, and club. Each club has its own history, priorities, and identity. It follows that the identity of Rotarians, and the purpose each Rotarian sees in his or her service, similarly has a great deal of variation. There's nothing wrong with that, as Rotary is by design a decentralized organization, intended to enable each Rotarian and each Rotary club to serve in the ways that suit them best.

Yet the diversity that makes us so strong can also pose challenges to our identity as an organization. It is no surprise that many people who have heard of Rotary still have little idea of what Rotary does, how we are organized, or why we exist at all. Even within Rotary, many members have an incomplete understanding of our larger organization, our goals, or the scope and breadth of our programs. These challenges have significant implications, not only for our ability to serve most effectively, but also for the public image that is so essential to our ability to build our membership, partnerships, and service.

Several years ago, Rotary launched a serious effort across the organization to address these issues, developing tools to strengthen our visual and brand identity. Today, we are using those tools to develop our People of Action public image campaign, which showcases the ability that Rotary grants each of us to make a difference in our communities and beyond. Last June, your Rotary International Board of Directors voted to adopt a new vision statement, reflecting our identity and the single purpose that unites the diversity of our work.

**Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.**

Wherever we live, whatever language we speak, whatever work our clubs are involved in, our vision is the same. We all see a world that could be better and that we can help to make better. We are here because Rotary gives us the opportunity to build the world we want to see – to unite and take action through [Rotary: Making a Difference](#).

## Club Activities & Events – March 2018

Date	Event	Agenda & Activity
04-03-2018	Aikaarthy Project Inaguration	RCCS Member attended the inaguration of the Aikaarthy project at Francis College, invite them to be rotractors
04-03-2018	Pets & Sets Training	President Elect and Secretary Elect attend the PETS & SETS
06-03-2018	Participation in 30 Years of Women in Rotary	Club members participated in large no. for the Women Participation in Rotary organized by Jubilee Hills Club
08-03-2018	Board Meeting	Board Meeting held to discuss regarding ongoing GG project and new fund raising projects
28-03-2018	Para Sailing for 20 Govt School children	RCCS & Interact Club of St. Micheals School organized for parasailing for 20 Trishul Park Govt Children in Loyola College Grounds
29-03-2018	Speaker Meet - Importance of knowing your genes	Dr Poulami Chowdhary spoke about genes and future of your unique identity. Club members attended in large member and appreciated the speaker

## Club Activities & Events – April 2018

Date	Event	Agenda / Activity
01-04-2018	Board Meeting	Regular Board Meeting was held to discuss the ongoing projects and plan for fund raising events
05-04-2018	Know your Rotarian	New Member, Rtn Ramakrishna spoke about his vast experience. Members were glad to welcome a person from a different field
17-04-2018	RO Plant Inauguration at Anathagiri	DG was the chief guest for the inauguration and was attended by the members. Highly appreciated by locals and covered in local newspapers.
25-04-2018	Participation in the Joint Meeting	Members participated in the Joint Meeting held by RC Hyderabad. Topic - Cyber Crime





## రోటరీ క్లబ్ ఆధ్వర్యంలో శుద్ధజల ప్లాంట్లు ఏర్పాటు

అనంతగిరి(ఇల్లంతకుంట), న్యూస్ టుడే: ఇల్లంతకుంట మండలంలోని అనంతగిరిలో మంగళవారం రోటరీ క్లబ్ ఆఫ్ సికింద్రాబాద్ కంటోన్మెంట్ ఆధ్వర్యంలో మంచినీటి ప్లాంట్లను రోటరీ గవర్నర్ జముళ్లముడి అబ్రహం ప్రారంభించారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ ప్రజలకు శుద్ధ జలం అందించాలనే లక్ష్యంతో రోటరీ క్లబ్ ఆధ్వర్యంలో శుద్ధ జల కేంద్రాలను ఏర్పాటు చేస్తున్నట్లు తెలిపారు. క్లబ్ సామాజిక అవసరాలకనుగుణంగా పనిచేస్తుందని అన్నారు. సేవా కార్యక్రమాలలో రోటరీ క్లబ్ ముందుంటుందని అన్నారు. కార్యక్రమంలో రోటరీయన్ జాల మధుసూద



అనంతగిరిలో ప్లాంట్ ప్రారంభిస్తున్న రోటరీ గవర్నర్

న్ రెడ్డి, సర్పంచి అరుకాల శ్రీమతి, వింగ్ కమాండర్ రాజేంద్రకుమార్, రాజిరెడ్డి, ప్రతాపరెడ్డి, వడియాల సత్యనారాయణరెడ్డి, తదితరులు పాల్గొన్నారు.









## Parent's lifestyle and Child's Mental Health 7 Interesting FAQ's & Answers

*By Invitation - Rtn Geeta Mahesh*

### **1. Do you know that the foundation for your baby's intelligence is built in the mother's womb?**

Premature delivery, congenital malformations, maybe unescapable, but there are many factors that can be avoided and taken care during pregnancy, as this stage of your baby's life shapes the child's intelligence and personality and that is the 'WOMB'.

Let's see some critical factors that can affect the child even before we welcome them into this world.

### **2. Did you ever guess that your age can affect your child's mental and physical health?**

If you are in your 40's and planning for a child, there are high chances of your child having down syndrome, autism, ADHD, psychosis etc., Research shows that with very 5-year increase in mother's age, her risk of having an autistic child rises by 18%.

Screening for Down syndrome is offered as a routine part of prenatal care in the United States, if a woman is over 35, the father is over 40, or if there's a family history of Down syndrome. It is a disorder where the chromosomes don't separate properly and the baby ends up with three copies leading to mental retardation, problems with hearing, vision, speech and major physical problems too.

### **3. How about fast generation moms taking alcohol, smoking, cocaine.....?**

Fast generation moms need to understand that alcohol and nicotine travel faster than them. These substances cross the placenta and intoxicate the foetus. This leads to microcephaly (small head circumference which damage the brain), permanent central nervous system damage, speech and language disorders and many more. *Cont'd...*



**4. How does stress, depression or mother's mental health affect the child?**

The foetus in the womb is highly sensitive and can be affected by the mother's mental state. They prepare for life after birth based on the messages that the mom is providing. Stress referred here is not the usual anxiety of daily life but those that are severe like emotional shock, marital conflicts, death in the family and others. Stress hormone called cortisol interferes with the development of the foetus impairing the neurodevelopment and increasing the risk of schizophrenia.

**5. Can't I take some common medicine when I am sick during my pregnancy?**

As a rule, pregnant women are advised not to take any medication especially during the first trimester of pregnancy. A common medicine like aspirin, for example, can cause bleeding in a child's brain. Most of the painkillers cause birth defects and other serious pregnancy problems, so it is always better to consult our experienced grandmas or doctors for a better solution.

**6. Heard that lead is dangerous, can that harm my child?**

Exactly, lead is a highly toxic metal and a very strong poison too. This is found in paints, gasoline products, some toys, kajal (kohl), contaminated dust and water pipes. When lead builds up in the body it leads to muscle weakness, encephalopathy (brain disease), low IQ and behavioural problems.

**7. What is the food to be taken?**

In the recent years, many foods are found to be unhealthy, so avoid preservatives and colours used in processed food or readily available snacks. Low-fat diet during pregnancy results in brain disorders, lower birth weight, development problems, sick children, and miscarriage, so eating a diet rich in healthy fats provides us with stronger and healthier babies.

Also, get enough exposure to sunshine, a rich source of Vitamin D, avoid pollution, stay away from stress, eat healthy, sleep well and be the happiest lady, proud to bring a new life on this earth.



# TELL ME WHY

*By Invitation - Rtn PP Raaj Sree Ram*

## *Let us Change from the dormant and unconcerned to active and participating.*

I remembered the famous song 'TELL ME WHY' and thought it appropriate to reiterate and create awareness in this month of 'New Generation'. It is my way of reminding ourselves of the conditions today. If we all listen to the song with our heart our actions will automatically change .

Sharing the Lyrics of the song here, to help you join the singing and eventually participate and live up in it's spirit. [Here's the YouTube link; https://www.youtube.com/watch?v=j6lBdHW\\_rY](https://www.youtube.com/watch?v=j6lBdHW_rY)

In my dream, children sing  
A song of love for every boy and girl  
The sky is blue and fields are green  
And laughter is the language of the world  
Then I wake and all I see  
Is a world full of people in need

Tell me why(why) does it have to be like  
this?

Tell me why (why) is there something I  
have missed?

Tell me why (why) cos I don't understand  
When so many need somebody  
We don't give a helping hand  
Tell me why?

Everyday I ask myself  
What will I have to do to be a man?  
Do I have to stand and fight  
To prove to everybody who I am?  
Is that what my life is for  
To waste in a world full of war?

Tell me why(why) does it have to be like  
this?

Tell me why (why) is there something I  
have missed?

Tell me why (why) cos I don't understand  
When so many need somebody  
We don't give a helping hand

Tell me why? tell me why?

Just tell me why, why, why?

Tell me why(why) does it have to be like  
this?

Tell me why (why) is there something I have  
missed?

Tell me why (why) cos I don't understand  
When so many need somebody  
We don't give a helping hand  
Tell me why?

Tell me why (why, why, does the tiger run)  
Tell me why(why why do we shoot the gun)  
Tell me why (why, why do we never learn)  
Can someone tell us why we let the forest  
burn?  
( why, why do we say we care)

Tell me why (why, why do we stand and  
stare)  
Tell me why(why ,why do the dolphins cry)  
Can some one tell us why we let the ocean  
die?

( why, why if we're all the same)

Tell me why(why, why do we pass the  
blame)

Tell me why (why, why does it never end)  
Can some one tell us why we cannot just be  
friends?  
Why, why

## Adhaar Seeding – Benefits slowly percolating to Welfare Schemes like PDS

Ann Padma Rangan



*Telangana Government proposes to fully automate Fair Price Shops in the State, with ePOS (electronic point of sale) machines and CCTVs in godowns and Ration Shops connected to a central control room. The proposal is to use Aadhaar to improve the public distribution system and arrest wilful pilferage. Read on for the highlights.*

- ❑ Telangana is one of the few states where 100 per cent Aadhaar seeding has been done for the ration cards, leaving us in a good position to leverage the benefits of Aadhaar-based transactions to reach about 2.75 crore PDS beneficiaries in the state.
- ❑ Government Officials confirm that Aadhaar linking would ensure that PDS benefits are delivered only to intended beneficiaries, prevent diversion of essential commodities and improve transparency and accountability in operations. *Several lakh Bogus Ration cards (Bogus names & Identities) have been weeded out through this exercise*
- ❑ The PDS department also plans to send bulk SMS to FPS dealers and ration card holders on availability and movement of stocks.
- ❑ A WhatsApp number would soon be made available to the public through which they can lodge complaints. For eg A ration-card holder can soon send photos of closed FPS when it's supposed to be open.

**Interesting times are ahead when Technology ensures Transparency to assure greater good.**

# APPS ARE THE NEW BRAIN

## SMART APPS = DUMB PEOPLE?

### IN THE NOT SO DISTANT FUTURE ...



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