

Rotary



**PANCHSHEEL**  
Monthly Bulletin of Rotary Central Mysore

R.I. President  
Barry Rassin

President  
Rtn. A.V. Sridhar

Secretary  
Rtn. Anil Padaki

District Governor  
Rtn. Rohinath

Editor  
Rtn. S. Vijayendra

**JUNE, 2019 EDITION**

**CONGRATULATING FIRST DGND FROM ROCEM**

A R Ravindra Bhat  
Rotarian, Entrepreneur, Builder  
Developer, Hotelier, Educationist and  
Philanthropist.



17 Years in Rotary  
Member, Rotary Central  
Mysore.

Age: 60 Years, Born on 15th  
March 1959 in Mysore.

Father – Late. Sri. Alevuru  
Ramakrishna Bhat

Mother – Late .Smt.Ramadevi  
Spouse – Smitha A R, House

Maker. Rotary Central Mysore.

Son – Shreyas A R, Daughter – Shruthi, Son-in  
Law – Sujay, Grand Daughter - Kushi



Felicitating A R Ravindra Bhat for the victory of DGN Election  
A Festive mood seen in the whole club.

**On 19<sup>th</sup> June 2019 – Club Congratulated A R Ravindra Bhat for getting elected as Dist.Governor for 2021-22.**

With full of joy ROCEM organized the felicitation program for the victory of A R Ravindra Bhat for DGN election. He is one of the few man who stood with us always and for the growth of our club, one of the few key persons, for our club to be vibrant, one of few mem who has given his Time, Treasure and Talent to the Organization, one of the few dynamic leaders of our club, man who is friend of all in and out of the club and got blessed by elder members and wished by younger members of the club.

ROCEM whole heartedly celebrate this program with 100% happiness. Dist. Governor Elect Rtn. Joseph Mathew headed this felicitation whole heartedly.

Its been a great day where the whole team decompressed and felt very proud to be the part of ROCEM. We saw first DGND from our Club, winning in the first attempt was the feather on the cap. It created a history in the club. This was the Clean, Healthy, Democratic and Ethical Victory.

**12th Feb 2019 –Doctor on roll**

Youth service director Rtn Anthony Mozes had organised health check up camp for the villagers of Lalithadripura in association with Kaveri hospital and interact club of Rotary Central Mysore. Its was a successful event more than 200 beneficiaries were part of the event.



**24th March 2019 –PETS and SETS**

Celebration starts on 24th March from ROCEM for the success of the Event.

DGE Joseph Mathew organized the training program with Rotary central Mysore as event partner at sterling resorts, sultan batheri, Wayanad, Kerala.

The training program was witnessed by more than 200 participants along with DG, DGE, DGN & Many other dignitaries like PDG's, AG's,ZS's & ZL's including host team.

Rtn. Dr. Vyankatesh Metan presented a standing ovation for the host team i.e., Rotary Central Mysore. DGN Rtn. Ranganath Bhat's appreciation for the team and exclusively for Dist. Secretary Vivek Attavar was very inspiring and encouraging the whole team.

This has set a standard milestone for future events for the coming year.



**3rd Apr 2019 – Charter Night**

This is similar to the celebration of the Birthday of the Club. Charter Night is special day of handing over the Charter to the incoming President and Secretary with huge responsibility.

Rtn. Naveen Jorge – the president Elect and Rtn. Sudhir Acharya – Secretary Elect received the Charter from the President Rtn. A V Sridhar.

Our Chief Guest Dist. Trainer. PDG Rtn. Lakshmi Narayan, ZL Rtn. S R Swamy shared the dais in the program. And many other dignitaries shared the knowledge. This was really inspiring to the new team.



**11th Apr 2019 – Know Your Rotarian**

Rtn. Sachidananda shared his experience and knowledge with our Rocemites and the presentation was so humorous that became a memorable day of Know Your Rotarian Series. Heart full thanks ot Rtn. Sachidananda.



**8<sup>th</sup> May – 2019 – Joint Meeting with Rotary JP Nagar Club**

A joint meeting with Rotary JP Nagar Club was held on 8<sup>th</sup> May. The Guest Speaker Dr. Krishnamoorthy, Scientist from CFTRI wonderfully demonstrated that how food can be adulterated. This demonstration reminded us our school days chemistry lab with lot of interesting experiments on chemicals.



**22<sup>nd</sup> May 2019 – Editors Day Celebration**  
Editor's Day Celebration

There is a say: - "A picture is worth a thousand words, but the way I paint I am going to need to contact an Editor..."  
An Editor is a powerful tool in the human society characterized for the nature of Sharp, Straight, and Strength.

We Rotary Central Mysore members are proud to celebrate Editors Day on 22nd May 2019 by Recognizing 7 Editors of zone 6, 7 & 8 RI.Dist.3181.

Rtn. Dharmapura Narayan was the chief guest of the program. President Rtn. A V Sridhar welcomed all the Dignitaries and members of the club.

A brief Introduction of Chief guest happened along with the other editor members.

Rtn. Dharmapura Narayan shared his practical knowledge about the editorial work and the effort, dedication, knowledge and risk behind the scene. He also explained the responsibilities of an editor towards the welfare of the society. He promised his support towards Rotary Central Mysore for developing a school for needy.



**2<sup>nd</sup> Jun 2019 – Plantation of Saplings**



We along with CIPET college students, Yuva Brigade, forest department Mysore and Inner Wheel club of Rotary Central celebrated environment month (Vanamahotsava) by plantation of 40 saplings in front of CIPET, hebbal industrial area. PP Rtn Vivek Attavar, President elect Rtn Naveen Gorege and Sudhir Acharya along with inner wheel members graced the Occasion.



**5<sup>th</sup> Jun 2019 – Plantation of Saplings at Foundation Silicon**

On 5<sup>th</sup> June we celebrated environment month by planting 6 saplings in front of Foundation Silicon. President Rtn Sridhar, PP Rtn Swamy, PP Rtn Jayaprakash, PP Rtn Vivek, Rtn Pratap Shetty, Rtn Savitha Shetty and Rtn Sudhir Acharya graced the occasion.



**12<sup>th</sup> June 2019 – Donating 21 Chairs**

We witnessed the inspiring event of donating 21 chairs for the primary class students of Govt. Higher primary school. Thonachikopplu Mysore.(near maruti temple) . Thanks to Secretary Elect Rtn. Sudhir Acharya for sponsoring the event. President Elect Rtn. Naveen Jorge, Rtn. Umesh, Rtn. Savitha P Shetty and Rtn. Vivek Attavar and Rtn. Vijayendra S graced the occasion.



**17<sup>th</sup> Jun 201- Inaguration of English Speaking Course.**

On 17<sup>th</sup> June 2019, Rotary Central Mysore inaugurated class for developing Communication Skills in ENGLISH for 8<sup>th</sup> and 9<sup>th</sup> students of Someshwara Government High School, Kudanahalli, in association with RCC Kudanahalli, Immediate Past President of RCC Swamy along with his team were present.

Our President Rtn Sridhar inaugurated the Event grandly and incoming President of ROCEM Rtn. Naveen George, Rtn Rajesh Darira, incoming Secretary Rtn. Sudhir Acharya graced the occasion.



**19 Jun 2019 – First club assembly conducted by Incoming AG**

ROCEM had the first club assembly of the incoming year which was lead by incoming AG Rtn. Raghavendra preceded by ZL Rtn. Manohar, President Rtn. A V Sridhar, Secretary Rtn. Anil Padaki President Elect. Rtn. Naveen George, Secretary Elect. Rtn. Sudhir Acharya. Assembly started by welcoming the dignitaries and members. Each avenue directors explained their plan for the incoming year.

AG Rtn. Raghavendra was impressed about the plan and wished the team with good luck to continue with their good work. Prospective members were also invited for the program and were impressed by the Rotary activities.

**DISTRICT PROJECT 2019-20; RID 3181****Introduction**

Human Life is truly a precious gift by Almighty if properly leveraged for the good of humanity. Each and every moment of human life brings us an opportunity to serve the world and humanity. The ultimate goal of a life is to become a respectable person and should be helpful to the society. The famous Kannada poet Dr. D.V. Gundappa in his own words describe the importance of life and how an individual must be useful to the

world. In the midst of the complex and uncertain world, life becomes more challenging and depends on how we respond. The life is precious, it has to be protected and should bring happiness from all directions both during young and old ages.

District 3181 has diligently selected the theme on protecting the life under i) Save a life & ii) Jeevan Sandhya where the former addresses the need for help and later addresses the need of care for old age people during end phase of their life. Both the district projects cover Rotary Areas of Focus mainly in the following areas:

- \* Economic and Community Development
- \* Disease Prevention and Treatment
- \* Water and Sanitation
- \* Basic Education and Literacy

**SAVE A LIFE – PROJECT – I**

Life is like a roller coaster and expecting smooth journey is not always correct as we live in a complex world. Sudden and unexpected jolt in the life makes us shock and vulnerable to deep stress which ultimately leads to end of life. The jolt could be in many ways like unexpected diseases, accidents, lack of awareness and self-made disasters. For example, the accidents could be, i) Snake bite, ii) Road accidents, ii) Falling from a tree, iii) consuming poison iv) Fire accidents and so on.

The unexpected diseases and late detection is one of the major cause for an early end to life.

One example could be cancer. Nearly 70% to 90% of common cancers are due to environmental factors and therefore potentially preventable. Though most of the deadly diseases, like cancer, could be cured with early detection but no awareness or lack of facilities is the main cause for many deaths particularly in rural areas. More than

30% of cancer deaths could be prevented by avoiding risk factors which includes: tobacco, poor diet, physical inactivity, alcohol and air pollution. Focused preventive measures and counselling is needed to address and save the life. Our district project mainly aims towards bringing awareness, early detection, proper counselling and post medication. The district has identified several areas where Rotary clubs and individual Rotarian could help in saving the life.

**Role of rotary club in general:**

Following focus areas may help rotary clubs to easily select their area of interest and work passionately towards “Save a Life”:

1. **First Aid Kits(FAK):** (Providing right and instant medical facilities) a. By offering first aid help to accidental cases like road, fire and domestic accidents b. By Providing First Aid Kits to school, colleges and villages to save life c. By Providing fire extinguisher to the needy organization for fire accidents
2. **Medical Assistance & Service** a. By providing immediate medical assistance to sudden heart attack cases in a family and individuals b. By providing equipment's to health centers to diagnose disease like cancer c. By providing mobile van fitted with all equipment to diagnosis Cancer and related diseases
3. **Awareness and Training Programs** a. By conducting camps on awareness & prevention of cancer, spot diagnosis and post cure counseling b. Educative programs on ignorance of cancer diseases c. By conducting, counselling and confidence building programs to cancer affected patients and Educative programs on ignorance of d. Conducting training programs for common citizens on CPR e. Conduct/Facilitate educational programs for schools and colleges on lifesaving like Evacuation &drilling, Fire accidents, Kitchens disasters and snake bites.

**Jeevan Sandhya –PROJECT –II**

Old age is not a sin but a natural process in our life. We need to embrace this natural phenomenon by respecting and adopting it properly in our society. However, societal challenges and individual greediness sometime made senior citizens to face an uphill task for leading a peaceful and dignified life for the rest of their life. The District project Jeevan Sandhya mainly concentrates on providing old age homes across the district and providing facilities to them and making them happy.

Role of rotary club in general:

Following focus areas may help rotary clubs to easily select their area of interest and work passionately towards “Jeevan Sandhya”:

**1. Medical Assistance**

- a. Provide First Aid Kit (FAK) with necessary items suitable for old age citizen
- b. Providing nursing facilities either to old age home or to individual houses
- c. Providing doctor assistance on demand for individuals and organizations

**2. Counseling and Voluntary service**

- a. Providing mental peace by organizing various programs suitable for old-age people
- b. Engaging old-age home periodically by joining lunch with them, spending time with them, and take them out if they are fit
- c. Offering services to senior people in their activities like bill payments, resolving post death records of the spouse, Govt. schemes available and related areas.
- d. Providing old-age home facilities to the individual homes where needy old individuals reside alone in their homes

**3. Infrastructures**

- a. Renovate the old-age homes which are already available for a better living
- b. Provide Mobile infrastructure (Van, entertainment cell, etc.) to old age homes as well as individuals

**“Everyone will die. We're all here on a temporary contract”**

~ Anonymous

**4-WAY TEST**

**Of the things we think, say or do.**

- 1. Is it the Truth
- 2. Is it fair to all concerned?
- 3. Will it build goodwill and better friendship?
- 4. Will it be beneficial to all concerned?

**One Rotary, Infinite Charity!!!**

Rotary connects 1.2 million members from more than 33,000 Rotary clubs from 200 countries and geographical areas. Their work impacts lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world.

Rotaract is one of the largest youth organizations in the world with around 175000 members in about 7500 clubs in 156 countries of the world.

Costing:- On average, according to the survey this cost came up to \$2122 per year per Rotarian, of which a bit more than half was for dues and meals (most clubs meet for breakfast, lunch, or dinner, and charge for meals whether Rotarians attend the meeting or not, but there are exceptions).

Non-Religious:- “Rotary is a non-political, non-religious humanitarian organization,” the Chicago-based group said in a statement. “Each Rotary club uses its own judgment in conducting its meetings in a manner that reflects Rotary's principle of tolerance and emphasizes shared Rotarian service ideals and projects.”

Why Join Rotary?-

- Community service
- Networking
- Leadership skills
- International service
- Friendship

Joining Rotary: - Rotarian membership is by invitation only. You can be invited to join the club by someone who is already a member, or you can start attending a few meetings before filling out your own Prospective Member Form. ... Rotary International is also offering some pilot programs. In this case, the sponsor submits the candidate's name to the club's membership committee.

**Thank You One and All  
Vijayendra S  
Editor 2018-19**



**Rtn. Paul Harris**  
Founder



**Rtn. Barry Rassin**  
R.I. President, 2018-19



**Rtn. Rohinath P.**  
Dist. Governor, RI Dist 3181



**Rtn. A.V. Sridhar**  
President, 2018-19



**Rtn. Anil Padaki**  
Secretary 2018-19



**Rtn. Vijayendra S.**  
Editor