

HARMONY

Rotary Rajmahal Vilas Bulletin •
Club No. 31297 • RI District 3190

Vol 25 - Issue 11
May & June 30th, 2021



Presidents note

Dear friends in the Service of the Rotary of Club of Rajmahal Vilas,

Our Silver Jubilee year of 2020-2021 has come to an end.

It has been my great honour and privilege to serve Rotary and this club for the last 12 months and I am deeply grateful to Rotary and our 25 year old club for this.

I sincerely thank each one of you for your support during this most challenging year of Covid-19 which has shaken our world to the core.

Despite that, we had regular weekly meetings, over 40 excellent speakers and all club activities done without fail even on the zoom platform.

For the first time, we have bagged a Govt of Karnataka project (Directorate of Urban Land Transport) worth 50 lakhs which is a one year project for which work is starting now due to covid delays. The size of this project is a record for our club.

We raised over 25 lakhs during this silver jubilee year for service which was our target.

Most of the funds were raised during the second wave of covid in the last 3 months.

We have started a new endowments scheme for the first time this year which will help all future presidents year after year for small projects. 6 lakhs has already been raised in endowments.

My heartfelt thanks to Rtn. Sundar Prakash for his exceedingly generous contribution this year of over 1 million rupees and for spending hundreds of hours at the vaccination centres.

I also wish to thank New President Rtn. Shankar for his success in raising a lot of funds during the covid second wave and taking the lead to implement covid relief projects in the last 3 months.

My gratitude to PP Rtn. Usha for the tons of time spent volunteering in the last 3 months at Sanjaynagar PHC, thereby greatly improving our public image.

PP Rtn. Rajaram, Community Services Director Rtn. Ravi, and others for their continued support at all the branch vaccination centres.

By having regular Board and trust meetings and documenting and sharing minutes and resolutions and club bulletins regularly, we have set new standards in governance, and have set the ball rolling for more SOPs as ours is a growing club of over 60 members.

I thank Club Secretary Rajagopal Hegde, for his mature counsel and unwavering support during the year, and Treasurer Sarangan for the perfect accounts.

PP Rtn. Anita for bringing out the coffee table book commemorating our 25 years, Membership Director Rtn. Singhvii for adding many good new members, Rtn. Sanjeevi for her constant support for the CTB and its publishing.

Bulletin Editor Rtn. Deepa Padmanabhan for her work on the bulletins and the CTB.

Trust Treasurer Rtn. Sabareesan, for setting goals of high standards, Rtn.Vidya for fundraising, Rtn. Satish for a smooth Pulse polio program, Rtn.Vijay Pathi and Rtn. Muralidharan for their wonderful and extraordinary service in finding beds for those in covid distress, IPP Rtn. Sanjay for starting many successful fellowships including wildlife conservation.

I thank the entire club and its Rotarians for their financial contributions, their time and energy spent for service activity throughout the year.

I thank the entire board for their support and encouragement during the year without which it would have been just impossible.

Last but not the least my sincere gratitude to Rashmi for her patient and efficient executive support throughout year, without which we simply could not have managed at all.

Our public image in the district has grown by leaps and bounds and now we have nearly a dozen Rotarians representing our club in District 3190 positions.

Our 25th year has been hectic, eventful and formidable, but we have proved equal to the task.

As soon as covid restrictions are fully lifted we shall have a physical get together party at the earliest to celebrate our strength and perseverance.

For the first time ever, the incoming team has a kitty of over 15 lakhs in the Trust for service activities.

I wish the new President Shankar, new Club Secretary Sabareesan, and new Treasurer Chhaya, and his team all the success in the coming Rotary year starting July 1st 2021.

God bless all of you.

Rtn. Bharath Asuri
President 2020-21

Events in May 2021

Rotary District 3190 Rotary Opens Opportunities

Housie (Tambola) Conceptualized & conducted by

Rtn. Nagendra Prasad B.L.
District Governor

Rtn. Nageshwar Vijapur
District Director- Special Events

R I Dist 3190
is back with another

Sky Rocking Housie
with
Entertainment + Surprises on

5:00 pm onwards
on

Zoom

₹ 200
PER TICKET
(Limited to 500 Tickets)

TAMBOLA
7 90 18
43 HD

A Cultural Evening for Rtns. Anns, Annets, Friends & Relatives From Club Service & Spl. Events Teams

For Details Contact : 98450 66266

Club Assembly

Rotary Bangalore Rajmahal Vilas

Inviting all members to attend the Club Assembly this Friday with the following agenda:

- Voting for District Governor Elect 23-24
- Updates on Club Activities
- Followed by our online Covid Warriors- Rtn. Vijay Pathi & Rtn. Muralidharan R., giving us a talk to guide us with tips on **how to handle the Covid Situation.**

Friday, 14th May, 2021
7:25-7:30 pm Login
7:30-8:30 pm Meeting

ON ZOOM
Meeting ID: 823 5785 9254
Passcode: 140521

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

Phone number: 6364364141 | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>

Artificial Intelligence

Rotary Bangalore Rajmahal Vilas

Artificial intelligence (AI) refers to the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions. The term may also be applied to any machine that exhibits traits associated with a human mind such as learning and problem-solving.

Friday, 21st May, 2021
7:25-7:30 pm Login
7:30-8:30 pm Meeting

ON ZOOM
Meeting ID: 880 4466 6501
Passcode: 210521

By Dr. Alice Abraham
President of the IMPACT Group of Institutions

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

Phone number: 6364364141 | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>

To Mask or Not to Mask

Rotary Bangalore Rajmahal Vilas

That is the question, that Dr. Krishna Mohan, is going to answer at this week's meeting.

Friday, 28th May, 2021
7:25-7:30 pm Login
7:30-8:30 pm Meeting

ON ZOOM
Meeting ID: 861 1296 3128
Passcode: 280521

By Dr. Krishna Mohan
Surgeon, Prabhu Hospital

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

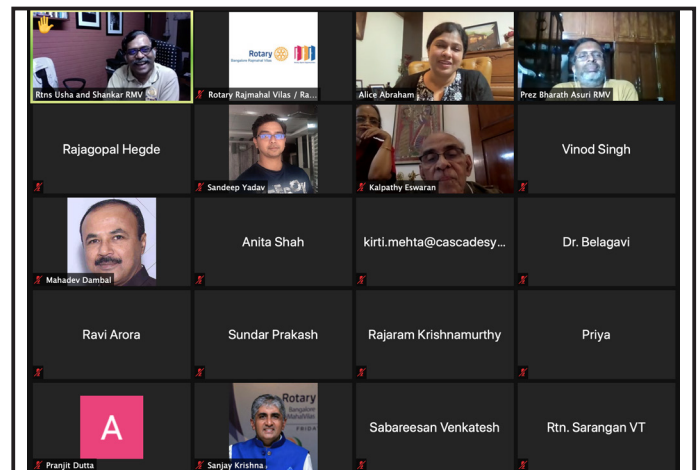
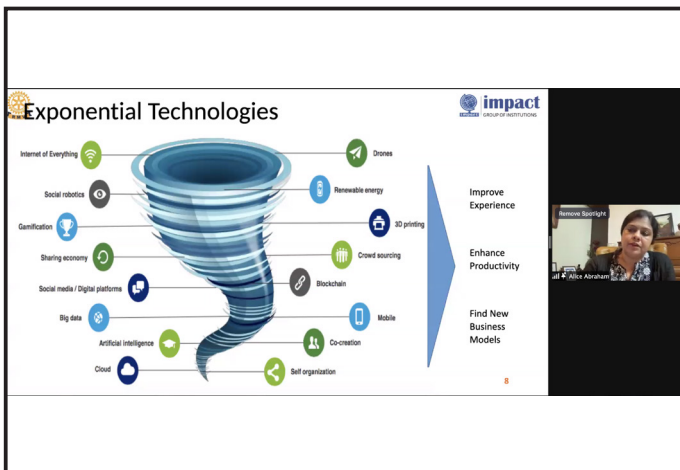
Phone number: 6364364141 | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>

A Tambola and Music district event was sponsored by three clubs celebrating their Silver Jubilee Year - Rotary Bangalore City centre, Cubbon Park and Rajmahal Vilas.

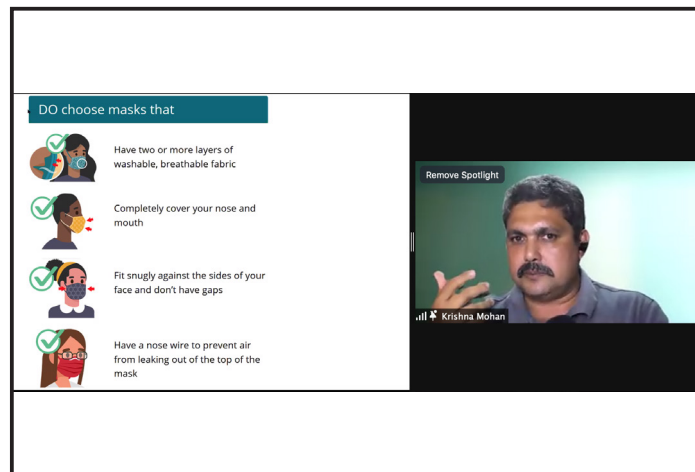
A club assembly was held with the following agenda and discussion points:

1. Voting for District Governor Elect 23-24, with past presidents views
2. Updates on Club Activities - the Covid Relief activities and appeal for fundraising was presented by Rtn. Shankar Subramanian.
3. Tips on how to handle the Covid situation was conducted by Rtn Vijay Pathi and Rtn. Muralidharan

“The future belongs to those who prepare for it today” was the opening remark by Dr. Alice Abraham, President of IMPACT group of institutions, and a doctorate in Computer Networks, gave a talk on the emerging technology, AI -the simulation of human intelligence in machines that are programmed to think like humans and mimic their actions, and where we might be heading in the future of AI technology. This was followed by an interactive Q&A.



To mask or not to mask by Dr. Krishna Mohan, a Surgeon at Prabhu hospital, Moodabiri. Dr. Mohan is also a past Rotarian who has been guiding our club volunteers with medical advise during the second Covid wave. The talk covered the different types of masks that are suitable at different situations and protocols and practices to minimise the spread of covid.



SERVICE ACTIVITIES

Vaccination Drive May, 2021

As the vaccination drive took place across India, Rotarians of Rotary Bangalore Rajmahal Vilas stepped up to help at our local Primary Health Centre in Sanjaynagar. Rotarians have consistently lent a helping hand since March 8th, 2021 till present date, every day to help organise and manage the crowds, guide the citizens and the assist the doctors at the PHC.

Since March, an average of 3 Rotarians per day spend around 5 hours per day, amounting to over 800hrs of service. There have been over 5000 vaccinations given to citizens of the locality.

One of the main areas of Rotary is working with the community, and we happy to stand by Rotary International's motto of Service Above Self, always.

Rtn. Sundar Prakash also ensures that there is a visible notice board with information pertaining to the days status and availability of vaccines.

Average man hours per day since March 8th:

3 Rotarians x 5 hours - 15 hours a day

84 days x 15 hours a day - 1260 hours

23rd May - Other centres were opened up in schools located in the Ward 18-19 areas.



Medicine & Equipment Distribution & Covid Relief

May, 2021

1st May - 200 Body bags were procured and supplied by our club, on behalf of Rotary Lakeside

Helping Hands - Spearheaded by two of our Rotarians Rtns. Vijay Pathi and Muralidharan, they helped people in need of a hospital bed, and helped educate people about the system to get admitted. It was aided by other Rotarians at the club.

Useful information on the procedures and health care tips were curated and compiled and shared on social media.

4th May - 1st round of medicines were contributed amounting to over 1.3 lakhs. These were put together as quarantine medicine kits by the PHC staff, with the help of our Rotarians.

Rtn. Anil Sharma donated Masks for volunteers at the PHC and has helped source and procure medicines and equipment at the best prices.

10th May - A new wheelchair was donated to the PHC to support elderly with the help of well wishers, via Rtn. Shankar Subramanian's contacts.

Disposable Bedsheets (37 nos)were given to the new Covid Care Centre at GKVK.

14th May - 2nd round of medicines were handed over to the PHC costing over 1 lakh.

Rtn. Shankar Subramanian was associated with setting up of the District 3190 Covid war room



AECS Park Maintenance May, 2021






As an continued effort for the second year, the club sponsored Rs. 2 lakhs to the AECS RWA for the upkeep and maintenance of the AECS park in Sanjaynagar.




Events in June 2021

Breath Re-visited

Rotary Bangalore Rajmahal Vilas

Did you know Simple Breath reeducation could resolve respiratory problems, cure competition anxiety, remove fatigue, better sleep, sharper mental faculties.. and much more. More on this to be addressed by Certified Oxygen Advantage Coach Mr. Dutta.



Mr. Debabrata Dutta
Breath re-education Coach

Friday, 4th June, 2021
7:25-7:30 pm Login
7:30-8:30 pm Meeting





ON ZOOM
Meeting ID: 861 6302 1621
Passcode: 4621

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

Email: rotaryrajmahalvilas@gmail.com | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>


Your mind is not on lockdown

Rotary Bangalore Rajmahal Vilas

Using the Power of NLP to transform how you handle the current situation.

Take a **deep dive into your mind** through **Neuro Linguistic Programming**



Mr. Amruth Kumar
NLP Master Practitioner & Coach

Friday, 11th June, 2021
7:25-7:30 pm Login
7:30-8:30 pm Meeting

On Zoom
Meeting ID: 832 3490 6610
Passcode: 11621

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

Email: rotaryrajmahalvilas@gmail.com | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>

Club Assembly

Rotary Bangalore Rajmahal Vilas






Rotarians Get Ready to Welcome the Change Makers of Rotary Rajmahal Vilas as they Prepare to Serve to Change lives




ENGAGE EMPOWER COLLABORATE CELEBRATE

Friday, 18th June, 2021, on Zoom
7:25-7:30 pm Login
7:30-8:30 pm Meeting

Meeting ID: 8811282 8165
Passcode: 18621

Rtn. Bharath Asuri President
Rtn. Rajagopal Hegde Secretary
Rtn. Sarangan Treasurer
Rtn. Pranjit Dutta Director Club Service

Email: rotaryrajmahalvilas@gmail.com | Website: <https://rcbangalorerajmahalvilas.rotaryindia.org/>

Rotary District 3190





Rtn. B L Nagendra Prasad District Governor
PDG Rtn. Manandi Suresh District Director International Service
Rtn. V G Kiran Kumar District Director International Service

ICGF INTERNATIONAL SERVICE Sunday, 13th June 2021 10.30 am

– Panel Discussion –
Bilateral Friendships, Trade And Investment Opportunities, Humanitarian Service Across Borders

Honourable **Achim Burkart**
Consul General of the Federal Republic of Germany, Bengaluru

Honourable **Vikram Vishwanath**
Hon. Consul of Peru, Bengaluru

Honourable **K P Balasubramaniam**
Hon. Consul General - Latvia, Bengaluru

Rtn Gitesh Agarwal
Country Director INDIA, CWEC
Commonwealth Enterprise and Investment Council

Event Managed by
Rotary Rajmahal Vilas

Meeting ID: 873 2802 7956
Passcode: 331358

Rotary District 3190





Rtn. B L Nagendra Prasad District Governor
PDG Rtn. Manandi Suresh District Director International Service
Rtn. V G Kiran Kumar District Director International Service

ICGF INTERNATIONAL SERVICE Sunday, 13th June 2021 10.30 am

An International Crossover Entertainment
by **Mike Kerr & Shruti Bhide**



Event Managed by
Rotary Rajmahal Vilas

Meeting ID: 873 2802 7956
Passcode: 331358

Providing Meals to Migrants

26th May, 2021

In association with Rotaract Club of RIMS, the club sponsored meals to be given to migrants and the needy. This distribution took place by the Yeshwanthpur Railway station.



Breath Re-visited

4th June, 2021

Certified Oxygen Advantage Coach Debabrata Dutta gave a talk on how normal breathing could resolve respiratory problems, cure anxiety, fatigue, and help with better sleep and sharp mental faculties. He explained the science behind it and how to deepen the practice.

2000 years back,
It was known.
A perfect man breathes as if
he is not breathing
Lao Tzu

Today it is known -
All Chronic pain, suffering &
diseases are caused from a lack
of oxygen at the cell level.
Prof. A.C. Guyton, MD

Remove Spotlight
Debabrata Dutta

Heart Rate Variability (HRV) In Sport: What It Is And How It Works

What Heart Rate Variability (HRV) Measures
Heart Rate Variability (HRV) is the measure of variance in time intervals between successive heartbeats (i.e. cardiac cycles; R-R intervals)

How Heart Rate Variability (HRV) Works
Brain
Autonomic Nervous System (ANS)
Exercise and Stress → Sympathetic Nervous System Activation → Fight or Flight → Decreased HRV: Fatigue → Reduced Performance
Rest and Recovery → Parasympathetic Nervous System Activation → Growth and Repair → Increased HRV: Readiness → Increased Performance

Use Of HRV To Monitor Athlete Training Stress
Heart Rate Variability (HRV) is a valid and reliable predictor of Autonomic Nervous System (ANS) function, which controls the sympathetic-parasympathetic balance of the body. This balance is altered in response to training stress; HRV could, potentially, be used to better understand the training adaptation and maladaptation in response to training stress

A Few Factors that Impact HRV Response Include
Physical Activity, Drugs and Alcohol, Age, Genetics, Ethnicity, Emotional Stress

Your Mind Is Not On Lockdown

11th June, 2021

As we wait to emerge from this pandemic, we need to pay attention to our mental health. Mr. Amruth Kumar, an NLP practitioner, guided us on how to transform our minds using NLP to achieve desirable outcomes and handle the current situation.

Understanding NLP

Filters: values, beliefs, memories, decisions, meta-programs
Mindsets: Pictures, sounds, feelings, tastes, smells
Body State
Senses
Outside Events
Behaviour
Outcomes

There is nothing so stable as change.
Bob Dylan

Your MIND is not on Lockdown

President Rtn. Bharath and PP Rtn. Rajaram, event chair, kicked off the International ICGF held virtually this year. There was a panel discussion by Hon KP Balasubramaniam, Honorary Consul General, Latvia; Hon Achim Burkart, Consul General, Federal Republic of Germany; Hon Vikram Vishwanath, Honorary Consul of Peru; Rtn Gitesh Agarwal, Country Director India, CWEIC on what ties countries together.

Rtn. Sanjay Krishna launched the Fellowship of Ice-cream lovers. The event ended with an international concert featuring singers Shruti Bhide and Mike Kerr.



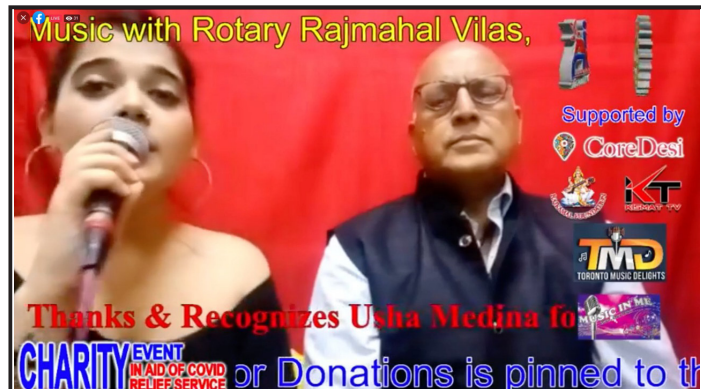
The last club assembly of the RY 2020-21 was held to welcome the incoming team and hear their plans and proposals from the incoming office bearers for the RY 2021-22

1. Presentation of provisional club financials for the RY 2020-21
2. Introduction of incoming office bearers for the RY 2021-22
3. Plan and proposals for the coming year by office bearers.
4. Presenting the budget for RY 2021-22

Charity Music Event

19th June, 2021

An online music program was organized by new member Rtn. Vidyavati Sagar on the music channel iAsia News Music run by Rtn. Vidya - as a Charity Drive to raise funds for our club's Covid relief project. Around Rs. 18,000 was collected through this initiative.



Release of Silver Jubilee Coffee Table Book

28th June, 2021

As Rotary Rajmahal Vilas commemorates its Silver Jubilee year, the club published a coffee table book highlighting the projects and service activities over the 25 years, their members, history of Rotary International and their presence in India and District 3190. The book was released by District Governor Rtn. B.L. Nagendra Prasad in the presence of members from his team.



SERVICE ACTIVITIES

Covid Vaccination drive & Relief activities

June, 2021

- The relentless effort of Rtns. Sundar Prakash and Usha Medina, was augmented with more Rotarians - Rtn. Ravi Arora, Rtn. Rajaram Krishnamurthy, Rtn. Bharath Asuri, Rtn. Rajagopal Hegde, Rtn. Sarangan, Rtn. Vinod Singh, Rtn. Mahadev Dambal, Rtn. Shanmugam and prospective member Mr. Padmanabha Rao and more- joined the vaccination efforts by volunteering their time and effort at the different vaccination centres in ward 18 & 19.
- The club also had a small gettogether in gratitude for the Front Line Workers from the Sanjaynagar PHC.
- Provision of medicines, masks, gloves etc. continued at the PHC and the Covid Care Centres.
- Rtn. Sarangan organized daily lunch for PHC staff through ISKON's Akshaya Patra.
- Supported Rural club at Maghugiri, by supplying medicines at Madhugiri PHC worth Rs. 25,000
- Supported another rural club, Malur Nandini by supplying procured medicines worth Rs. 48,500, for their local government hospital.
- Rtn. Sundar Prakash donated Rs. 5 lakhs to the Trust on the occasion of his daughter's birthday, to identify and help people devastated by Covid.
- Two oxygenerators were procured for use on a need-basis



Food Distribution at Crematoriums

June, 2021

From 1st June 2021 to 6th June 2021 our club served freshly cooked food - breakfast, lunch and dinner- to approximately 185 workers in 13 crematoriums across Bangalore. The project costed Rs.1.50 lakhs made possible by a donor from America who specifically requested our club to cater food to the crematorium workers.

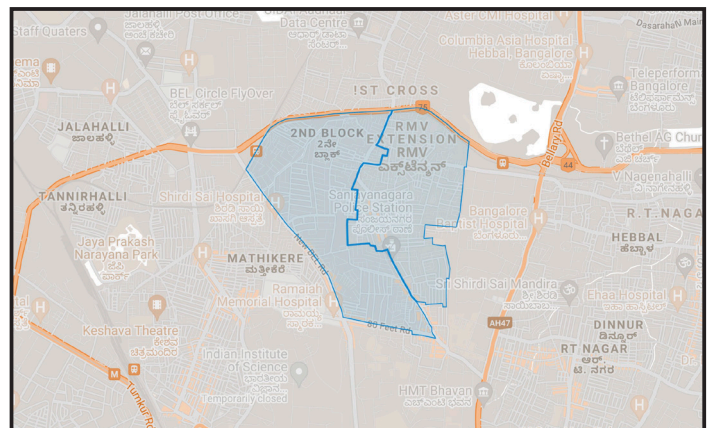
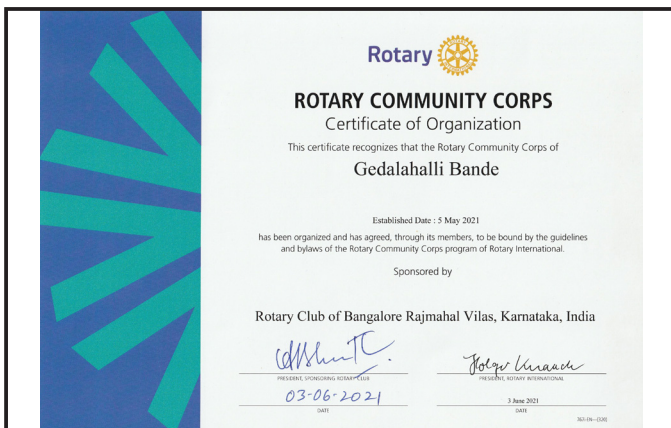
Our Community Service Director Rtn. Ravi Arora and PI Director, Rtn. Rajaram visited the crematoriums during the distribution period.



RCC Geddalhalli Bande

June, 2021

RCC Geddalhalli Bande was officially approved and chartered on the 3rd of June, 2021, constituting citizens residing in Ward 18 & 19 to help in activities carried out in these areas.



Paul Harris Fellows

June, 2021

Club Secretary, Rtn. Rajagopal Hegde and IPP Rtn. Sanjay Krishna opted to take a PHF each.

Birthdays & Wedding Anniversaries in May & June, 2021

We wish and hope all the Rotarians who had Birthdays and Wedding Anniversaries in the month of May & June had a special day.

MAY

- 4th - Anil Srinivas's Birthday
- 5th - Shanmugam's Birthday
- 6th - Usha Medina's birthday
- 6th - Arjun Merwade's Wedding Anniversary
- 7th - Deepa Padmanaban's Birthday
- 8th - Girish Babu's Birthday
- 9th - Rajagopal Hegde's Anniversary
- 10th - Anita Shah's Wedding Anniversary
- 18th - Dr. Belagavi & Rajamma's Anniversary
- 19th - Sundar Prakash & Malini's Wedding Anniversary

JUNE

- 1st- Rtn. Harikrishna's Birthday
- 7th - Rtn. Lakshmi Dev Prakash's Birthday
- 7th - Rtn. Vijay Kumar Pathi's Birthday
- 8th - Rtn. Raghuvver's anniversary
- 11th - Rtn. Col. Haridas Bhaskaran's Birthday
- 14th - Rtn. Dr. Priya & Dr. Ajay's Wedding Anniversary
- 19th - Rtn. Sameer Siddanti's Wedding Anniversary
- 19th - Rtn. Sanjay Krishna & Ashwini's Wedding Anniversary
- 22nd- Rtn. Girish Babu & Ramya's Wedding Anniversary
- 23rd - Rtn. Dr. H. Viswanath's Birthday
- 23rd - Rtn. Sandeep Yadav's birthday
- 27th - Rtn. Eswaran & Lalitha's Wedding anniversary

From the Editors Desk

This is the last bulletin for the RY 20-21, which also is our club's silver jubilee year. We have showcased our club's activities from music programs to service activities rendered for Covid relief, culminating with the International ICGF and release of the coffee table book commemorating the silver jubilee year. These events capture the vibrancy of our club, and I hope these bulletins have inspired and done our club proud. As the year comes to an end, I thank everyone for their support. Look forward to another exciting Rotary year.

Stay safe and healthy!

- Rtn. Deepa Padmanaban
Bulletin Editor

SERVICE ABOVE SELF