

# ROTARACT CLUB OF COIMBATORE TEXCITY

SPONS BY: ROTARY CLUB OF COIMBATORE TEXCITY  
GROUP 3 ROTARY INTERNATIONAL DISTRICT 3201

# TEX



# TALE



SPECIAL EDITION

A TRIBUTE TO ALL DOCTORS AND  
FRONTLINE WORKERS



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# VOICE OF PARENT ROTARY PRESIDENT



Dear Rotaractors

It gives me immense pleasure to address you all at this time of a new Rotary year.

First of all, to introduce myself, I am Dr V Ravendran MBBS, FRCS (London), FRCAS (Australia) MCh, PhD, Ortho. I will take over as President of Texcity Club for the year 20-21. I have been a Rotaractor when I was a student at Coimbatore Medical College. Now, you are the Pillars of the future Rotary. Why do you have to join Rotaract? Rotary is a Service oriented selfless self-financed club, with over a Million Members around the world. Selfless, as we do a service to an unknown person / persons / Organisation -- without expecting anything in return. You will become one of them. Rotary leads you to gain Friendship, Contacts, Fellowship and Explore New avenues in life. Rotary started the "Polio prevention" many years ago. Now, by a large majority of this disease is prevented in the world. However, we have a difficult year ahead due to COVID 19.


The theme for the Rotary District 20-21 is YES.

Y -- Youth Development .

E -- Environment (like water, Sanitation, Trees plant, Reduce Pollution etc) &

S -- Shelter for the needy, Toilets etc





Now my Motto , for this year is " Health Care & Literacy " Osteoporosis (ie Weakness of Bone ) affects many persons after age 40 years , & especially in old people can be life threatening when they end up in a fracture .Fracture risk is very high in Osteoporotic bones .With this in mind , I am planning to do BMD – " Bone Mineral Density " Testing Free for All .This will normally cost Rs 1500/- per test. This tests will be done mainly for all the Sports persons , as it will prevent Osteoporosis.We hope to Prevent or Delay Osteoporosis in the Young active & Middle age persons. This is THE first of its kind in the World. Nobody has thus far brought this test free of cost. As Rotaractors , we want youll get involved to contact all Sports Coaches , so as to help their students / Trainees , and also all College friends & Family to make use of the TEST this year. As Rotaractors ,there are so many Fellowship Programs in different fields available in the District and elsewhere. I take this opportunity to welcome you all and request each Rotaractor to encourage many more to join in the world of Service. I wish you a very Good Rotaract year ahead and we will take you forward with us all along.

Thanking you  
Dr V R , The London Clinic , Coimbatore





# BEHIND VOICE



Dear Texcians,

Warm Rotaract Greetings

I am very much honoured and happy to put this message to the new bunch of young people. Who came together to revive and develop their leadership potential and serve the community.

We Texcians have a legacy from the RI Dist 320 to 3201. Now you are in the 4th generation team of Texcity history.

Rotaract club of Coimbatore Texcity is a club where I have learnt my event management skills and leadership skills by experience. Once you start putting yourself in the process of learning. Sure this is the right place and opportunities are in abundance.

This year is going to be a very challenging rotary year. I believe the president and secretary will make their best of best with the support of their team. I hope this year will give you experience that no one has faced a century before. In 1920, the whole world faced similar issues that must have refined them to face the world with strong mind and spirit.

All the best... Stay Clean & Stay Safe.

Make A Difference.....

With Love & Regards

PDRR

JC Karthikeyan Rajendran

Solution Architect

Kovai Business Solutions

Coimbatore





# VOICE OF PRESIDENT



IT'S INDEED MY PLEASURE TO SHARE A FEW WORDS ON MY PRESIDENCYSHIP OF THIS ROTARY YEAR 2020-21. BEING A PRESIDENT OF THIS PRESTIGIOUS CLUB ITSELF MAKES ME FEEL GREAT. FIRST OF ALL I WOULD LIKE TO THANK THE ROTARACT MOVEMENT FOR GIVING ME THIS WONDERFUL OPPORTUNITY FOR PROVING MYSELF. IT HAS BEEN SUCH AN INSPIRATION FOR ME TO TAKEUP THIS POSITION. THE SERVICE THAT WE DO THROUGH ROTARACT IS SUCH AN EXCELLENT OPPORTUNITY FOR ME TO EXHIBIT MY TALENTS AND SKILLS ALONG WITH A GROUP OF MANY OTHER PEOPLE WITH HIGH CREATIVENESS AND PASSION TOWARDS THE MOVEMENT. I'LL MAINTAIN THE DECORUM AND HEART OF THE CLUB TO STAY ACTIVE IN THE ENTIRE YEAR AND MAKE TEXCITY LEGACY IN THE HEIGHTS.

REGARDS

RTR LOGESH BHARANI

PRESIDENT



# VOICE OF SECRETARY

IT FEELS GREAT FOR ME TO SHARE MY VOICE OF THIS RESPONSIBLE ROLE. SECRETARYSHIP IS ONE OF THE TOUGHEST TASKS TO MAKE IT SUCCESS. IT PLAYS THE VITAL ROLE IN THE CLUB IN MAKING IT SUCCESSFUL

. I WISH TO SERVE WITH FULL DEDICATION AND INVOLVEMENT.

I LEARNT A LOT OF THINGS TO IMPROVE MYSELF AND LOADS OF LEARNING MADE ME THE SECRETARY. MAINTAINING SUCH LEGACY AFTER TREMENDOUS EFFORTS BY PAST SECRETARIES IS COMPARATIVELY TOUGH BUT THIS GIVES ME HUGE EXPERIENCE TO LEARN AND EVOLVE. I FEEL THAT IT ALSO MATTERS IN MAINTAINING THE CLUBS LEGACY THROUGHOUT THE YEAR IN THE MONTHLY REPORTS AS WELL. ROTARACT IS THE ONE PLATFORM WHERE WE LEARN A LOT, EXHIBIT A LOT AND ENJOY A LOT.

REGARDS

RTR.ATHIRAY

SECRETARY



# ABOUT NATIONAL DOCTOR'S DAY

National Doctors' Day is a day celebrated to recognize the contributions of physicians to individual lives and communities. The date may vary from nation to nation depending on the event of commemoration used to mark the day. Although supposed to be celebrated by patients in and benefactors of the healthcare industry it is usually celebrated by health care organizations. In India, the National Doctors' Day is celebrated on July 1 all across India to honour the legendary physician and the second Chief Minister of West Bengal, Dr. Bidhan Chandra Roy. He was born on July 1, 1882 and died on the same date in 1962, aged 80 years. Dr Roy was honoured with the country's highest civilian award, Bharat Ratna on February 4, 1961. The celebration of the Doctors' Day is an attempt to emphasise on the value of doctors in our lives and to offer them our respects by commemorating one of their greatest representatives. India has shown remarkable improvements in the medical field and July 1 pays a perfect tribute to all the doctors who have made relentless efforts towards achieving this goal irrespective of the odds.

The theme of Doctor's Day 2019 is "Zero tolerance to violence against doctors and clinical establishment". Indian Medical Association announces the theme every year. The theme will raise awareness about the violence happening with the doctors across India.





# DOCTORS AND COVID-19

- DR. ABIRAMI ANBARASU



With this ongoing outbreak of Coronavirus, the already busy doctors are facing higher workload than ever. This time, with huge risk to the health of their families and their very own personal health. The pandemic situation of doctors varies in each medical set-up. In the Government Hospitals, the post-graduates are on rotational duty in the COVID ward and face direct contact with COVID positive patients. They have to spend a minimum of 6 long hours in the uncomfortable PPE( Personal Protective Equipment) without food or drink or even a chance of biological breaks. In private hospitals, the doctors may not have to spend time in COVID wards, but every patient they come in contact with could be an undiagnosed COVID patient. Doctors now deal with a mindset tortured and divided between saving patients, saving themselves and dealing with hospital authorities. The mental anguish they face on those days when PPE kits are not sufficient yet they are forced to do their job, is intolerable. Every healthcare professional is shaken to the core with the possibility of transmitting the virus to their family. Those doctors that own a hospital or their own private clinic, have the control to equip themselves and their staff with appropriate PPE, masks,

However, the same cannot be said for doctors working under others, be it a Government or private set-up. I have a Post-Graduate friend working at the Government Hospital who said they have long hours of duties in the wards, meeting and treating COVID patients, following which they are quarantined upto a week, away from their family and children. The branch of the doctor also determines their exposure level. For example, Surgeons are much more exposed than any other kinds of doctor as they have to carry out emergency surgeries even if the COVID status of the patient is unknown.



A few situations where the patient has tested positive, hours after a surgery on them has been conducted, has left the Surgery teams in panic, with the Operation Theatre closed down and the entire team quarantined. The diagnostic test of throat swab to detect COVID is the standard being followed throughout the world, even though the sensitivity is only 70%. More and more patients are now turning towards CT Scans as a mode of diagnosis, thereby increasing exposure to CT Scan technicians and Radiologists as well. One of the most saddening issues in this COVID pandemic is however, not the exposure to patients or the long hours of duty in the wards. It is the immense price hike of all protective equipment by the Industries by a massive range of 100-500%. The business sector is cunningly exploiting a pandemic to make personal gains, while the entire world is in emotional turmoil. This adds to the already existing monetary burden of managing patients and the doctors are caught between the additional financial stress. In most hospitals, the extra expenditure is being borne by the management themselves. In few hospitals, the cost is directly shifted to the patients themselves, placing everyone in difficult financial situations. A Government policy to reduce the prices of essential equipment is the need of the hour. However, we must not fail to note the positive contributions from the side of the Tamilnadu and Central Government. Good quality 3-ply masks are being made for sale of just Rs 5/mask by the inmates of Coimbatore jail. In a world where allopathy has failed to contribute a cure for this virus, the TN Govt has done an excellent job of promoting indigenous immunomodulators like the Kabasura Kudineer, just like how Nilavembu Kashayam came to rescue in the times of the Dengue epidemic. To protect doctors and their families in these hard times, all of us can pledge to remain indoors and help reduce the spread of the pandemic.





# *Voice of Frontline worker*



## **WE THE HEART AND THE SOUL OF THE WAR AGAINST COVID-19**

Hello everyone, I am Mrs. A Jerina Begum, DNDM and I have been working at the Govt. Rajaji hospital for past 12 years. I had completed the COVID-19 duty on April 19th. I felt proud to be a part of this service. Even though my neighbors and relatives opposed me to do this, my family and my kids supported me a lot to do this service. During the days of COVID-19 duty, my work time started at 2.00 pm and it was stretched up to 8.00pm. I used to have my lunch around 1.30 pm before leaving for work. The most difficult part was wearing the personal protective equipment [PPE] for more than 7 hours. I was sweating profusely and felt suffocated being inside the PPE and it was more uncomfortable to walk with it. But I cannot deny to wear it because the safety precautions must be ensured well before going to the duty and also the safety measures cannot be compromised. The N-95 safety mask which I was instructed to wear, left back scars behind my ears and also cheeks. Since I was wearing glasses, it was so difficult and worse for me to put on the goggles over my glasses (Goggles is also a PPE). I literally felt the burning sensation in my eyes when the sweat droplets flowed down my eyes and I was not even able to wipe it off. Though we struggled a lot during those days, with the positive attitude and the fully co-operated team work we have completed our duty successfully. During the duty, I had tested a lot of patients. The patients were not only physically affected but also mentally affected. My duty in the ward was not only to treat the disease but also to ensure the patients health with utmost care. So, I gave them proper counselling that might improve their will power to fight against the COVID-19. The patients also listened to the instructions and advice given by the doctors and the nurses and also co-operated with us in a very good manner.

"Death knocks everyones life someday". So, it would be the best thing for us to make use of this opportunity to do something that benefits the society and save the peoples lives. Even if my own kids are infected, would not I take care of them? I can tell that it is the exact reason why I treat my patients with proper care.

Thanks for giving me this golden opportunity and it was a great pleasure for me to share my experience during the COVID-19 crisis.



# TEX CORNER



Rtr. Logesh Bharani



Rtr. Dhivya Varshini

## FUN CORNER



Featuring @rota.memes

100% FUN



*District 3201*  
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