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From the President's Desk

Rtn. Dr. Srikanth AVS



Corona is almost gone!!

The number of positive cases have gone down considerably in the country as a whole and Bangalore in particular. We did attempt a hybrid meeting which went off well.

Here, I was in July 2020, the first virtually inducted President of our Club, preparing to take over leadership during these unusual and difficult times in the history of present generations. Little did I foresee the impact it would have on our lives in Rotary.

We need to realize that we would have got disconnected but for the online communication platforms that allowed us to meet safely, in the convenience of our homes; as we continued our work as the “People of Action” in our community and around the world.

Long before Paul Harris founded Rotary, we had dealt with many crises that tested mankind’s ability to progress and endure. In the age of Rotary, the world has faced many catastrophes and challenges; however, we have survived, and in every step of the way, Rotary has helped the world heal.

As Rotarians, we look at changes and challenges as an opportunity!

We believe in creating opportunities for others and for ourselves. We believe that our acts of service, large and small, generate opportunities for people who need our help, and that Rotary opens opportunities for us to live a richer, more meaningful life, with friends around the world, based on our core values. Now is the time to put everything on the table, test new approaches, and prepare Rotary for the future.

All our projects, and to mention a few, ranging from TEACH, Heart surgeries, Cataract surgeries for the poor, Scholarships & Excellence Awards for deserving children, Anganwadi Renovation, Karunashraya, our continued initiatives under the Covid-RRR (Relief, Rehabilitation and Rebuilding), Skill Development and training for under privileged children, are very much on track and are being executed with careful planning.

I am very proud to reiterate the support of my Board and all of the Club members, for coming to work together to overcome the challenges and for continuing to serve the community.

It is up to us Rotarians to transform Rotary for these new times — to wholeheartedly embrace the ideas, energy, and renewed commitment. We must become an organization fully enmeshed in the digital age, not one that simply looks for online ways, to keep doing what we have always done.

Dr. AVS SRIKANTH
President, Rotary Bangalore Indiranagar

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Rotary International President's Message

Rtn. Holger Knaack's Message for Month of February 2021

In Rotary, 23 February is our anniversary, and February is also the month when we focus on promoting peace. There is a reason for this: Contributing to peace and international understanding has been a high priority for us since our earliest days.

We are often asked: "How can we get involved in peace now?" There are many paths to peace in Rotary. Our youth programs point us in the direction of Positive Peace, as does the work of intercountry committees and the Rotary Action Group for Peace.

Another path is the Rotarian Peace Projects Incubator (RPPI), an inspirational collaboration among Rotarians, Rotaractors, and Rotary Peace Fellows and alumni. Led by Rotarians in Switzerland and Liechtenstein, RPPI has designed 48 global projects that any club can support, either directly or through Rotary Foundation global grants. Nino Lotishvili and Matthew Johnsen, alumni of the Rotary Peace Center at Chulalongkorn University in Bangkok, Thailand, are two of the many volunteers.

During my Rotary peace journey, I have learned how personal resilience helps build inner peace and create sustainable outer peace. This was the inspiration behind the Women Peace Ambassadors for the South Caucasus project, which is based on my field research in Georgia. The RPPI team of Rotarians and peace fellows recognized the incredible potential of women from mixed-ethnicity families who live on borderlands to be role models for peace within and beyond their communities. Through workshops on building inner and outer peace that draw on the power of storytelling, 40 participants will be sharing their stories and reaching around 400 extended family and community members. These inspiring but marginalized women will reclaim their inner strength as peacebuilders at the grassroots level. In this way, we will take steps toward the sustainable, peaceful society we need so much, not only in our region, but throughout the world. — Nino Lotishvili

I was excited to join the peace incubator project and to further strengthen my ties with Rotary's peace community by working with past and current peace fellows to develop these proposals. My team wrote five proposals — three in Bangladesh, one in Iraq, and one in Poland — that focus on the arts and on education to generate dialogue across religious divisions and avert the radicalization of young people. I was inspired by how, despite the pandemic, we came together via technology with a vision to develop, test, and strengthen ideas and to produce workable solutions that clubs across the world can support to advance peace. I am excited to work with Rotary's peace community to transform these visions into reality. — Matthew Johnsen

Here is further proof that in Rotary, we prefer action to words. This is Rotary at its best. I encourage you to visit rppi.ch to explore the projects and support them.

We have lasted 116 years because of our strong ethics, our passion for Service Above Self, and our unique approach to problem-solving. One of our greatest strengths is how we reach across our communities and across national, ethnic, religious, and political divisions to unite people of all backgrounds and to help others. This month, let's celebrate our history and the many ways that Rotary Opens Opportunities to advance world understanding, goodwill, and peace, our ultimate mission.

Through strategic planning, we explore this question to define the very nature of our club and the value it offers to its members and to the community. Each club is different, and each club's value will be unique. During the planning process, clubs may also find that some of the activities they used to do are no longer relevant or attractive.

HOLGER KNAACK
President, Rotary International





Club Service



The articulate & suave Director - Rtn. Vipin Labroo

The first meeting of the New Year on the 4th of January started with a highly illustrious speaker, Dr Meena Chadawarkar Former Vice Chancellor Karnataka State Women's University Vijayapura and currently Chief Advisor Quality Assurance BVV Sangha Bagalkot. She spoke on Exploring Opportunities to Serve - National Education Policy 2020.



A Panel Discussion on the 4 Way Test was organised on the 11th of January. It was a very interesting evening with four of our own Rotarians being the panellists Rtn. Dr. Nagesh Simha, Rtn. Ranganath, Rtn. Kavita Paramesh and Rtn. Samarth. For more information, please refer to the Vocational Service section.

20th January saw the first physical meeting of the year, when we organised the valedictory function for the first batch of the IT Technicians course at NTTF. It was well attended by 18 Rotarians and others using the YouTube link. After the valedictory function, we had a meeting with the management of NTTF where we discussed the various courses, the budgets and RBI's desire to have a long-term MoU with NTTF for skill development.



The twenty-eighth meeting for the RY 2020-21 was held on 25th Jan 2021. The speaker was Mr. Nagesh Rangappan, Co-founder of iMedrix Inc who spoke on Community based Cardiac Risk Management. Mr. Rangappan spoke about the latest developments in technology and how inexpensive cardiac testing can be taken to the masses.



to the Rotary Family!



Congratulations to Rtn. PP Peeyush Jain and Namrata for another great milestone in your family. Our best wishes to your son Karneet and daughter-in-law Dr. Nikita.



Rtn. Anita and PDG Suresh Hari enjoying time with their grandson, **Tejasu** in the US. Congratulations to the proud Thatha and Paati.



Congratulations to the proud grandparents, Rtn. AK Sugunan & Anne Prabhavathi and parents, Ashwini & Ranjit for a beautiful addition, **Agastya** to your family.



Community Service



The untiring & relentless Director - Rtn. Philip George

Vidya Daan

Scholarships worth around Rs. 1.16 Cr have been disbursed to 480 students, till date.

Heart Care

11 surgeries were conducted during Jan '21.

Eye Care

Statistics at the two Nethradeeps

	At Kolar	At Tumkur
Surgeries during Jan	152	224
Total Surgeries	475	557

GS Khanna Awards for Excellence

With Covid easing, the first of the GSK Awards were presented to the students of Bhavan's BBMP School at Srirampura to coincide with their Republic Day celebrations. President Srikanth unfurled the national flag after which the GSK awards were given to the students who were outstanding in academics, sports, dance/music, debate, etc. The awards consisted of trophies, citations and cash. While President Srikanth informed the students regarding RBI's activities, PP OP Khanna exhorted the youngsters to aim high in their lives.

Also, 25 tabs preloaded with course material were given to the 10th Class students to help them prepare for the Board exams. Apart from President Srikanth, Secretary Balakrishnan N, PP Col Subramaniam and PP OP Khanna were present. Also present were PE Fazal, PP Mahesh Parikh, PP Peeyush Jain, PP Jagadeesh M, PP Ajith Rai, PP Shashank Kekre, Rtn. Narssimhan Kannan and Rtn. Philip George.



National Immunisation Day (NID) against Polio

As in every year, RBI members donated generously for conducting the Pulse Polio campaign on 31st Jan at three PHCs located at Bhuvaneshwari Nagar (CV Raman Nagar), Murphy Town and Byapanahalli.

Rtn Thomas Abraham worked tirelessly arranging the logistics and coordinating with the PHC staff.

Rtn Ashok Saraf and our own Raju at Bhuvaneshwari Nagar, Rtns Manju Verma and Abraham Cherian at Murphy Town and Rtns Kesavadas and Dr Seema Satish were at the PHCs early to ensure that the operations proceeded smoothly.

Apart from President Srikanth, PE Fazal, Thomas Abraham and self, other Rotarians, viz., Mahesh Parikh, Sivasankaran, Rakesh Nayyar, Supriya, Sridhar Pishay, Kavitha Pishay, Vijay Mane and Ambika Narayan as well as Rotractors were present at the PHCs.

Many thanks to the Rotarians and Rotractors who volunteered to spend their Sunday morning for a noble cause.

A total of 30434 children were administered polio doses with 2 PHCs clocking 100% and Murphy Town with 98%.

Special thanks to PP Prabhakar, Dr. Sundar Ram Shetty, Karunashraya and Damodar Nawka for their invaluable help in providing vehicles for movement of the para medical staff to their respective booths





Vocational Service



A multi-faceted & ever-dependable Director – Rtn. Narssimhan Kannan

Skill Development

The new year began with a great news! The twenty students who underwent rigorous training of 6 weeks at NTTF as IT Technicians under the Skill Development initiative of Rotary Bangalore Indiranagar, successfully passed the interview conducted by Telecom major Airtel and all of them were offered employment on immediate basis with a monthly salary ranging from 16K to 20K! What could be more satisfying than this?

The 'IT Technician' course is a customised course designed by NTTF for Rotary Bangalore Indiranagar with an intention to make school and college dropouts employable and provide them a skill for lifetime. This project is initiated by the Skill Development Committee under the Vocational Services Avenue. It is a 6 weeks programme offered to 10th Std or plus 2 students and trains young people on the basics of networking, hardware, electrical, electronics, PC assembling and troubleshooting and communication, with employment assured with the telecommunication companies such as Airtel, ACT etc.

The convocation of the first batch was held on 20th of January 2021 at the Electronics City Campus of NTTF. Nearly 20 Rotarians attended the event physically and more than 25 Rotarians participated online. The Students were provided with course completion certificate. The Students thanked Rotary Bangalore Indiranagar and NTTF for enrolling them to this course and creating the opportunity. One of the students, while sharing his experience, stated that this training has not only provided employment but also given him a dignified living. The President of our club, Rtn. Dr. AVS Srikanth addressing the gathering, thanked NTTF for considering our request and conveyed best wishes to the students on behalf of our Club.

It was the first physical meeting of our Club post COVID-19 Pandemic. Rotarians were excited to meet their fellow Rotarians. NTTF had organised a sumptuous lunch which gave Rotarians a chance to reconnect and continue the camaraderie. In toto, the Convocation was a cent percent Rotary event with both service and fellowship motives accomplished.

Kudos to Rtn. Narsi, Vocational Services Director, Co-ordinator PP Rtn. Jagadeesh and Skill Development Committee Chair Rtn. Kavitha Paramesh for successful launch and completion of the first batch. Wishing them the best for many more such events. A big Thank you to all the Donors for supporting such a noble cause.



Congratulations!!!

On 30th January, the District held an ICGF for both Vocational Service – Shresthatha and Public Image - Sadbhavana. Rotary Bangalore Indiranagar was awarded the Vocational Service Project Recognition, for Skilling for Employment. This was for the NTTF project that Rotary Bangalore Indiranagar had initiated. Hearty congratulations to President, Rtn. Dr. AVS Srikanth and Vocational Services Director, Rtn. Narssimhan Kannan. The Career Guidance project under the aegis of Rtn. Ganesh Balakrishnan was also recognised as a significant milestone in providing quality counselling to students of 9th and 10th grades of various schools.

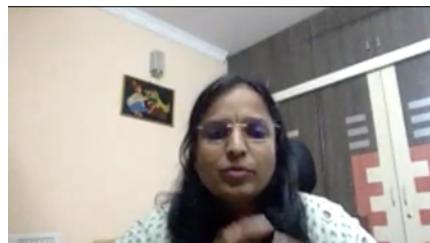


4-Way Test

We had a Panel Discussion on the 4 Way Test on the 11th of January. It was a very interesting evening with four of our own Rotarians being the panellists representing four diverse professions. It was a big DEAL – Doctor, Engineer, Auditor and Lawyer on the same panel. The four panellists were: Rtn. PP Dr. Nagesh Simha, spoke about the 4-Way Test in the medical profession; Rtn. Ranganath Kuntumalla who runs a construction company, represented the construction industry; Rtn. Samarth Srinivas, a practising advocate, brought in his wisdom vis-a-vis the legal profession and finally, Rtn. Kavitha Paramesh, a practising Chartered Accountant illustrated her challenges in the field of finance and audit. The session was moderated by Rtn. Narssimhan Kannan.

The objective was to ask relevant questions to each of the panellists pertaining to their specific industry as to how easy or difficult it was for them to adhere to the principles of the 4-Way test. Their journey and experiences gave the listeners an insight as to the struggles people face in the path of being ethical and how they overcome those challenges.

The session was highly interactive and enlightening with each panellist giving some thought provoking answers to the questions. We also had very interesting questions by some senior members of the Rotary. It was very well received by all the Rotarians and the meeting itself was very well attended.





Youth Service



A technocrat & dynamic Director – Rtn. Gopinath

Rotaract Club of Surana College

Rotaract Club of Surana College in Collaboration with Smitham NGO organised a Polio Drive. We were able to vaccinate 520 Children at KEB Layout and surroundings.

Rotaract Club of Bangalore Indiranagar

Rotaract Club of Bangalore Indiranagar participated in the National Immunization drive on Jan 31. Several Rotaractors participated in the immunization drive.



Congratulations!!!

Rotaract Club of Surana College's Gundlupet Eye Camp was adjudged the **BEST COMMUNITY SERVICE PROJECT** 🏆 for Institution Based Clubs at Panther Awards 19-20 organised by Rotary International District 3190.



Emotional Eating v/s Mindful Eating

On 20th Jan our First Lady Soumya organised a talk on Benefits of Mindful Eating by our Anne. Varsha Koppikar, a registered dietician with 27 years of experience, who also counsels' patients.

The program started with a welcome address by Anne. Chaitra. A brief introduction of Anne. Varsha was given by Anne. Jayashree Kesavdas.

Pandemic has led people to eat more due to loneliness. Sometimes people eat food to deal with stress instead of satisfying their hunger. Varsha mentioned that a balanced diet with exercise is important to stay healthy. She also told us about the benefits of mindful eating.

She advised us to modify our eating habits according to our lifestyle.

Eat slowly, appreciate what is on our plate and eat only till full were some of the tips, that Varsha gave us. In conclusion, she said that mindful eating with the right exercise was the only route to fitness.



Blessings of the Divine

It has almost become a tradition that we, at Rotary Bangalore Indiranagar, start the New Year with the blessings of Sai Baba at the Sri Sai Spiritual Centre, Thyagaraja Nagar.

This year was no different, as we all congregated on the 10th of January at the temple as the darshan on this date was specifically

reserved for members of Rotary Bangalore Indiranagar by the Chief Trustee, Rtn. Srichand Rajpal.



Members of Rotary Bangalore Indiranagar invoked the Baba's blessings by rendering some melodious bhajans.

A sumptuous prasad (lunch) was organized by the temple management. Members returned with a feeling of total fulfillment and gratification. Indeed, it was a great way to start the New Year.



Sheer Nostalgia

Candid moments...





The Pampered Palate

Adding flavours and spices to your taste buds...



Mushroom, Sweet Corn & Pepper Quiche

By Anne. Remya Abraham

Ingredients

Pie Crust

All-purpose flour – 250 gms
Unsalted cold cubed butter – 125 gms
Salt – $\frac{1}{4}$ teaspoon
Cold water – 3 to 4 tablespoons
Superfine sugar – 1 pinch

Quiche Filling

Eggs – 3 (lightly beaten)
Unsweetened cream – 250 ml
Sweet corn niblets – $\frac{3}{4}$ cup
Half-cooked mushrooms – $\frac{3}{4}$ cup
Mixed peppers – $\frac{1}{2}$ cup
Parmesan cheese – $\frac{1}{2}$ cup

Preparation (Pie Crust)

Pre-heat oven to 175° C. In a large bowl, mix flour and salt using your fingertips. Rub the butter into the flour until it resembles the coarse crumbs. Add cold water to the mixture, 1 tbsp at a time and incorporate gently till the dough holds together.

Using the palm of your hand, work the dough by pushing it away from you 4 to 5 times until smooth. Roll into a ball then lightly dust the counter with flour and roll the dough with light strokes and even pressure. Keep turning it as you roll.

Roll out the dough, until it is 2 inches thick all around the 10-inch circular baking pan. Lift the dough on to the rolling pin and unroll it on to the pan. Lightly press the dough into the edges of the pan and into the flutes. Trim off excess dough with a knife.

Chill the pastry shell for 20 mins in the refrigerator to avoid shrinkage during baking. Prick all over the dough base with a fork to release trapped air.

Blind bake the base for 20 mins until slightly brown on the edges.

Preparation (Quiche Filling)

Layer the dry ingredients on the pie crust ending with beaten eggs and cream.

Bake for 30 mins until set. Serve warm.



			
Rtn. Lata Amashi Anne Sri Shaila Raja Rtn. Promilla Mathur Rtn. Shalini Sethi Rtn. Shyam Aggarwal Anne Chitra Krishnamurthy Rtn. Richard D'souza Rtn. Rajesh Xavier Anne Sabita Agrawal Rtn. Dr. Lokesh Bangappa Kenkere Spouse Sudhir Kumar Sethi Anne Sharada Vidyut Shenoy Anne Simi Rakhra Rtn. Richard D Souza Anne Remya Cherian Rtn. Naresh Kumar Agrawal Rtn. Vidyut Bhaskar Shenoy Anne Savita Hegde Rtn. Jermey Johnson	1 st February 4 th February 10 th February 10 th February 11 th February 11 th February 12 th February 14 th February 15 th February 16 th February 17 th February 19 th February 19 th February 22 nd February 22 nd February 23 rd February 25 th February 26 th February 28 th February	Guna Thantry & Rajeev Namrata & Peeyush Jain Preeti & Sanjay Dugar Sarita & Ashok Gupta Shamim & Fazal Ur Rahaman Sheela & Nagaraj R Soumya & Ranganath Kuntumalla Manju & Manoj Agarwal Esha & Ashok Kumar Prabhavathi & Sugunan A K Alice & Roshan Jacob Sri Shaila & G J Raja	
			
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