

Rotaract 
District 3191



Rotary 
District 3191



 **Limitless**
Chronicles

ENVIRONMENT

APRIL
EDITION

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DRR MESSAGE



Rtr. Rtn. Arun Teja Godavarthi

Dear Readers,

Welcome to the 10th edition of Limitless Chronicles! This edition, aligned with the theme of Environment, delves into the crucial role we play in protecting our planet.

As we face the escalating challenges of climate change and environmental degradation, Rotaract and Rotary clubs worldwide are to prioritize environmental sustainability in their service projects.

From planting trees and cleaning up our surroundings to promoting renewable energy and advocating for sustainable practices, Rotaractors and Rotarians have the potential to make a significant impact.

Alongside, I congratulate Rtr. Karthik Chikmath on being elected as the District Rotaract Representative for RY 2025 -2026. I am confident in his ability to lead effectively and inspire others. I am eager to see the innovative ideas he brings to the role and the positive impact he will have on the District. Let's all join together and support Rtr. Karthik Chikmath in making RY 2025-2026 a truly remarkable year for Rotaract!

Together! Let's CONNECT to PARTNER & GROW our ideas & learnings and turn them into splendid experiences. Unlocking the Endless Collaboration, Innovation, and Potential to Create Hope in the World, for we are LIMITLESS TOGETHER.

Yours in Rotaract Service,
Rtn. Rtr. Arun Teja Godavarthi
District Rotaract Representative
RY 2023 - 2024, RI District 3191



PR
MESSAGE



Rtr. Srujana Golla

Director of Design and Visual Communication

Dear Rotaractors,

As the Director of Design and Visual Communication at Rotaract District 3191, I'm thrilled to introduce this month's theme: the Environment. Together, we can make a significant impact on our planet. Let's unite our efforts to promote sustainability, spread awareness, and take action towards a greener future.

Stay tuned for inspiring stories, tips, and activities that highlight our commitment to preserving the Earth. Let's make every action count!



Rtr. Mohith Kumar

Director of Design and Visual Communication

Dear Rotaractors,

As the Director of Design and Visual Communication at Rotaract District 3191, I want to emphasize the importance of our environment. Our planet faces numerous challenges, from climate change to pollution, which threaten our natural resources and biodiversity.

It is our responsibility to act as stewards of the Earth, promoting sustainable practices and environmental awareness. By making conscious choices and engaging in green initiatives, we can help protect and preserve our planet for future generations. Together, let's make every action count towards a healthier, greener world.



Rtr. Syed Asad Raza

Director of Design and Visual Communication

Dear Rotaract Members and Friends,

As Rotaract members, we hold a profound responsibility towards our environment. Our commitment to sustainability is reflected in our various initiatives such as community clean-ups, tree planting, and promoting eco-friendly practices. We believe that small, collective actions can lead to significant changes.

We urge all members to actively participate and bring innovative ideas to our environmental efforts. Together, we can reduce our carbon footprint and inspire others to join our cause. Let's be the change we wish to see, contributing to a healthier, greener, and more sustainable future.



Rtr. Harsh Bhan Giri






Design and Visual Communication

Dear Rotaract Members and Friends,

As Rotaract members, we bear a profound responsibility towards our environment. Our dedication to sustainability shines through in the diverse array of initiatives we undertake, from community clean-ups to tree planting, and the promotion of eco-friendly practices. We firmly believe that the amalgamation of small, collective actions can precipitate significant changes.

We implore all members to actively engage and infuse our environmental endeavors with innovative ideas. Together, we possess the power to diminish our carbon footprint and ignite the passion for our cause in others. Let us embody the change we aspire to witness, contributing to a future that is healthier, greener, and more sustainable for generations to come.









MONTHLY REPORTS

Total Reported Activities	Total Number of Volunteers	Total Volunteer Hours	Total Cash Contribution	Total In-Kind Cash Contribution
 97	 1191	 12804+ Hours	 ₹27,185 approx.	 ₹82,290 approx.

AVENUE WISE STATISTICS

Club Service	Community Service	Editorial	International Service	None	Professional Development	Public Relations
30	36	1	13	5	22	8

ROTARY AREAS OF FOCUS


Basis education & literacy  19	Community & economic development  18	Disease prevention & treatment  1	Maternal & child health  4
Peace & conflict Prevention/ resolution  1	Support The Environment  12	Water, Sanitation & Hygiene  0	None  39

No. Of Projects Submitted To Editorial:


60

No. Of Projects Submitted To Showcase :

62



ARTICLE
OF THE
MONTH



As members of Rotaract District 3191, we are not just individuals living within communities; we are stewards of our environment.

In April 2024, as we embrace the essence of Earth Day, it's imperative to reflect on the state of our world's environment.

The world we inhabit today is facing unprecedented challenges, from climate change to biodiversity loss, demanding our urgent attention and action. Secondly, biodiversity loss poses a significant threat to the delicate balance of life on Earth. Human activities such as habitat destruction, overexploitation of natural resources, and pollution have led to the extinction of countless species and the degradation of ecosystems worldwide. Biodiversity is not just about protecting charismatic species like tigers and elephants; it's about safeguarding the web of life that sustains us all. As Rotaractors, we can play a vital role in promoting conservation efforts, raising awareness, and supporting initiatives that aim to preserve and restore biodiversity in our communities and beyond.

In conclusion, the state of the world's environment demands our immediate attention and concerted action. As Rotaractors, we have a unique opportunity and responsibility to be agents of change in our communities and beyond.

**PROTECTING
OUR PRECIOUS
PLANET: A CALL
TO ACTION**



Let us commit
ourselves to
protecting and
preserving our
precious planet
for future
generations.

Together, we can make a difference and
create a more sustainable and resilient
world for all.



Rotaract 
District 3191 

LIMITLESS AVENTURA 2.0

23 June
2024

Stay tuned for
more information

Are you ready for an unforgettable adventure?

Rotaract District 3191 is thrilled to announce

Limitless Aventura 2.0

Date : June 23, 2024

Check out the list of attendees who can be a part of the adventure:

- District Officials
- Presidents
- Vice Presidents
- Secretaries
- Joint Secretaries

Get ready to embark on a journey that promises excitement, exploration, and endless fun!

Stay tuned for more updates.

For more information, contact:

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#TeamLimitless

#Rotaract3191

#LimitlessTogether

District Awards - Stay tuned!!

DISTRICT UPDATES





UGRAM Awards

South East Asia Rotaract Information Centre or SEARIC presented the UGRAM Awards; Honoring the Rotaract Clubs with the most inspiring Projects executed. These are the Projects which speak the lore of competence and commitment of the Rotaract Mission in contributing towards the very communities they serve. Some remarkable Clubs put in their days and nights of selfless preparations, perspiration and perseverance to give back to the communities they are located in. SEARIC have looked out for them, honoring them and showcasing their contributions which not only make all Rotaractors and people from the Rotary Constellation proud alike, but also serve as a guiding light towards their future plan of actions.

These are the clubs awarded from RI. District 3191 :

Award Winner :

Party in Pink - Rotaract Club of Bangalore JP Nagar

Certificate of Encouragement :

1. Uptown Junk - Rotaract Club of RVCE
2. MegaTrek V7.0 - Rotaract Club of Rotaract Club of Banashankari
3. Active Eyes 2.0 - Rotaract Club of Bangalore Revolution



DRRN Elections 2023-24

"Leadership is the capacity to translate vision into reality."

Rotaract District 3191 is thrilled to announce Rtr. Karthik U Chikmath from Rotaract Club of Bangalore JP Nagar as the District Rotaract Representative, RY 2025-26.

PP. Rtr. Karthik U Chikmath is a second-generation entrepreneur and a dedicated Rotaractor. He gravitates towards leadership roles and prioritizes maximizing available opportunities. With a strong service-oriented mindset, he focuses on improving the lives of those around him and the community. Rotary has been integral to his life for 21 years, starting as an Annet of Rotary Bangalore JP Nagar in 2003. At the age of 14, he became the Charter Interact President of VET School, JP Nagar in 2010, leading over 25 interactors in organizing various large-scale community service events.

In 2021, he became the Charter President of Rotaract Bangalore JP Nagar, overseeing a team of over 50 members and earning notable awards for the club. He excelled as the ZRR of Zone Jaguars in 2022, guiding more than 20 clubs with his knowledge and experience. As the co-chair of ERA 3190, he led various departments during the last conference of RI District 3190, leaving a lasting impact. Currently, he is serving as the DRS - Training and Initiatives, curating major district events and overseeing orientation sessions while emphasizing time management, effective networking, administration, communication, and teamwork as his core strengths in leadership.

We wish you all the best as you navigate the challenges and opportunities ahead. Together! Let's CONNECT to PARTNER & GROW our ideas & learnings and turn them into splendid experiences. Unlocking the Endless Collaboration, Innovation, and Potential to Create Hope in the World, for we are LIMITLESS TOGETHER.



Rotaract and Rotary Relations Training Session at RZI 2024

The Rotaract Zone Institute (RZI) 2024, held in Pune, featured a pivotal training session on "Rotaract and Rotary Relations," led by PDRR. Karthik Kittu. This event marked a significant milestone as it continued the tradition of the first-ever RZI initiated by RSAMDIO, which unfolded in Hyderabad from April 17 to 20, 2014. The Institute caters to the training needs of Rotaract District leaders across India, Sri Lanka, Nepal, Bangladesh, Pakistan, Bhutan, and the Maldives.

Under the esteemed leadership of PDRR. Karthik Kittu, the RZI gained official recognition from Rotary International, further solidifying its importance. PDRR. Karthik Kittu, the training leader, made a notable presence at the event, ensuring high-quality training and engagement. Alongside him, DRR Rtr. Rtn. Arun Teja Godavarthi contributed as a trainer for District Rotaract Representatives (DRS) and participated in a panel discussion.

The training session spanned three days, during which attendees were educated on a wide array of topics crucial for effective district leadership. These included year planning, district administration, strengthening bonds with other Multi-District Information Organizations (MDIOs), and generating innovative project ideas for various avenues. The comprehensive training aimed to equip Rotaract District leaders with the knowledge and skills necessary to drive their district's goals and initiatives successfully.

By offering targeted training and fostering a collaborative environment, the RZI plays a vital role in ensuring that Rotaract leaders are well-prepared to lead with confidence and competence. This initiative underscores the importance of continuous learning and development in maintaining the strength and impact of the Rotaract movement across the region.



ZONAL UPDATES

ZONE WARRIORS



Warriors Cohesion 6.0

Every beginning is yesterday's end

Zone Warriors had its 6th connect - "Warriors Cohesion 6.0" on 21st of April 2024. The connect was a great success with 30+ members of the Warrior Clubs attending and actively participating in the Zonal connect.

Rotaract club of PES university, Rotaract club of PES university ECC, Rotaract club of Bangalore prime and Rotaract club of NMIMS jointly hosted the connect.

All the warrior members were equally enthusiastic and supportive. The meeting started with initial introduction of the clubs followed by ZRR's updates and Club updates.

The club service teams of the host clubs jointly hosted fun games including treasure hunt to all the members.

It was a pleasure to see all the club members indulge in the activities.





INTERACT UPDATES



INTERACT UPDATES



The Interact Club of St. Joseph's Indian High School, along with the Interact District 3191, embarked on a journey to the "MADHU MANSION CHARITABLE TRUST." Filled with anticipation and excitement, we neared the orphanage, greeted by the sight of children peering through the windows, their faces lighting up at our arrival. Their warm welcome touched our hearts deeply.

We began our visit by distributing the items we had brought for them. The joy on their faces as they received the pencils, snacks, and other essentials was priceless. It was a humbling experience to see their gratitude for things we often take for granted.



The highlight of our visit was the unveiling of the water purifier. The children clapped and cheered as we presented it to them. We were moved by their appreciation, knowing that this would significantly improve their daily lives.

We spent the rest of the day interacting with the children, playing games, and sharing stories. Their energy and enthusiasm were infectious, filling the room with laughter and happiness. Despite the hardships they had faced, their spirit was unbroken, teaching us valuable lessons about resilience and positivity.

As we bid them goodbye, we were filled with a sense of fulfillment. We had not only brought smiles to their faces but also learned important life lessons. This visit was not just about giving but also about receiving - receiving love, gratitude, and a renewed perspective on life.

The memory of this visit will forever be etched in our hearts. We left the orphanage that day, not just as visitors but as part of a larger family - a family that taught us the true meaning of resilience, gratitude, and unconditional love. We look forward to our next visit, eager to create more such memorable experiences.

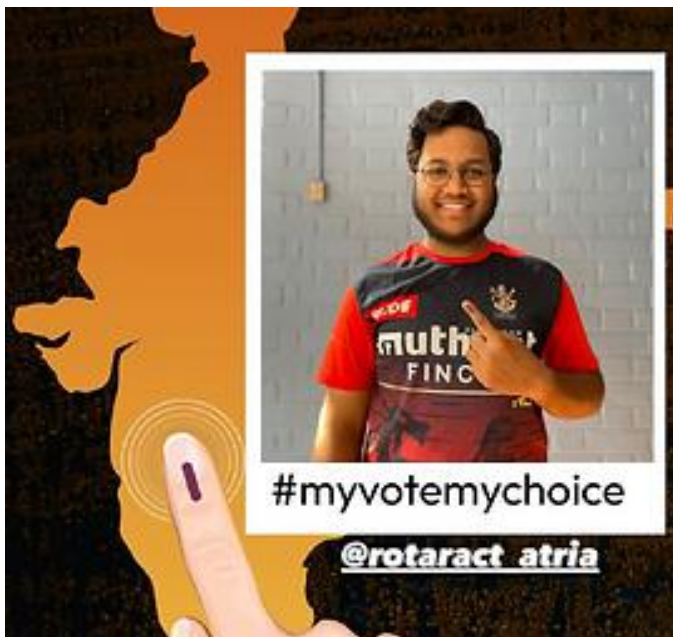


CLUB UPDATES

"Voters Experience 2.0," hosted by the Rotaract Club of Atria I.T., was an impactful event aimed at fostering awareness and responsibility among voters. Through this initiative, attendees gained a deeper understanding of the importance of voting and the role each citizen plays in shaping the future of their country. The event provided a platform for individuals to share their voting experiences and encourage active participation in the democratic process. By highlighting the significance of voting, the Rotaract Club of Atria successfully inspired citizens to take their civic duties seriously and actively engage in shaping their nation's future through the power of the ballot.

Voters Experience 2.0

Rotaract Club of Atria Institute of Technology



A memorable day was organized by the Rotaract Club of Bangalore Aagneya, in conjunction with Hands for Society and Corporate volunteers, for the children from Advaya Trust.

The day commenced with the arrival of joyful and energetic children. Approximately 20 volunteers were present, and an interactive session was held for the introductions. The initial visit was to the butterfly park, where various species of butterflies were observed. Subsequently, the group proceeded to the zoo, where the children were assisted in planting a few saplings, and different kinds of animals were viewed. This was followed by a boating activity within the zoo premises.

An informative session was conducted by the forest officer at Bannerghatta Park, who explained the importance of animals in our lives.

The day concluded with lunch, and farewells were bid to the children. The day was characterized by fun, fellowship, and learning for both the volunteers and the children.

Safari Smiles: A Day of Discovery with the Stars of Tomorrow

Rotaract Club of Bangalore
Aagneya



On the occasion of Ugadi, the Rotaract Club of Bangalore Jayanagar organized "Vriddha Vathsalya," a donation drive for elderly residents in old age homes. Held on April 7th, 2024, the event aimed to spread joy and comfort during the festive season. Through generous contributions, including 100 sarees and 30 dhotis, community members showed their support for the elderly, embodying love and respect for seniors.

This initiative exemplified the club's commitment to making a meaningful difference in the community, fostering unity and empathy. The Rotaract Club of Palmville collaborated by contributing monetarily.

Vriddha Vathsalya

Rotaract Club of Bangalore Jayanagar

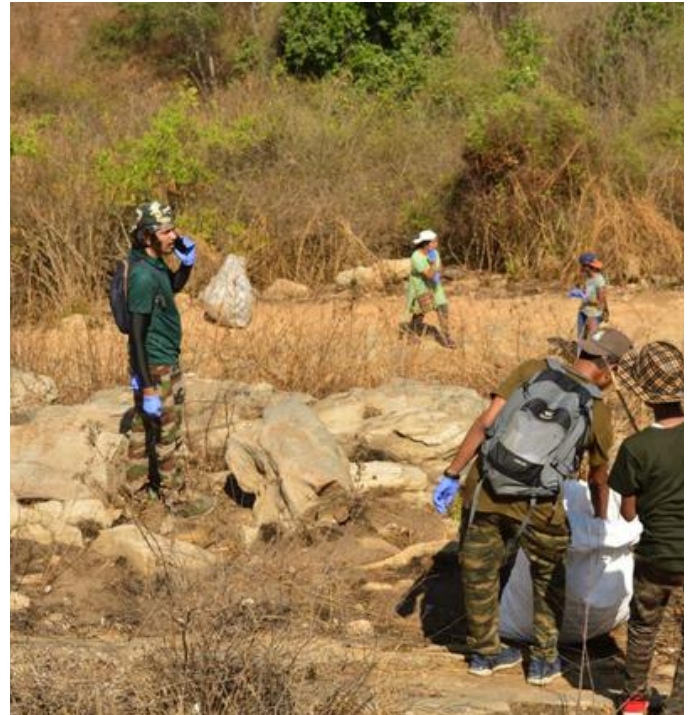


In contribution to Earth Week, the Rotaract Club of Bangalore JP Nagar, conducted a plastic cleaning drive with Bannerghatta Reserve Forest with the assistance of the Karnataka Forest Department on 27th April, 2024. This project was done in collaboration with Friends of Wildlife, an NGO dedicated to wildlife conservation. The team from PTC Ltd, a computer software company, joined the volunteers for the event. They made an in-kind contribution of ₹26,150 by providing gloves, trash bags, refreshments, and breakfast to all the participants of the project.

A total of 164 members and volunteers from Rotaract Clubs, Friends of Wildlife, PTC, Forest guards, range forest officer, district forest officer joined the activity. This event had 8 Rotaract Clubs collaborated with the Rotaract Club of Bangalore JP Nagar : RaC RV Dental College , RaC Oxford, RaC Palmville , RaC Bengaluru Orion Gateway, RaC Bangalore Orchards, RaC BMS College of Engineering, RaC Bangalore Kempegowda, RaC Bengaluru HSR.

Planet v/s Plastic

Rotaract Club of Bangalore JP Nagar



The Rotaract Club of Bengaluru HSR recently organized a successful bake sale event named "Cookies and Kindness" on April 20th at Purva Skywood Apartments. The primary objective of this initiative was to raise funds for providing earthen pots to facilitate access to cool drinking water during the scorching summers for a slum located in Somasundrapalya. The event garnered significant support from the community, resulting in the collection of over 5000 rupees. This generous contribution will undoubtedly make a meaningful difference in improving the living conditions and access to essential resources for the residents of the slum area.

Cookies & Kindness (phase 1)

Rotaract Club of Bengaluru HSR



Summer vacations are a time to discover fun learning experiences. The Rotaract Club of Bishop Cotton Womens Christian College had organized some fun workshops in Summer Camp of YWCA school. The club members volunteered for two days of the Summer Camp. The first day of the workshop was to teach the kids block printing and vegetable printing. Volunteers got square handkerchiefs, wooden blocks, and vegetables like lady finger, onion, and potato carved into various shapes and fabric colors so that the kids would make colorful patterns according to their imagination.

Day 2 was Wonder from Waste; in this, they were thought to make a biodegradable dustbin from old newspapers. This would help them with the right disposal of waste and keep their surroundings clean. The origami techniques were applied to teach this bin-making from newspaper paper with slightly slower instructions and a live demo so the kids could execute the process and turn the waste newspaper into a useful DIY craft.

These real-life skills will help them achieve their developmental goals and increase their productivity and thought process towards a more sustainable way of living.

Summer Camp

Rotaract Club of Bishop Cotton Womens Christian College



On the auspicious day of April 10th, 2024, the vibrant festival of Ugadi was joyously celebrated at Amrutha Shishu Nivasa, illuminating the hearts of all who attended. The event was graced by the presence of 25 enthusiastic kids, their faces beaming with excitement, and 5 dedicated volunteers, their spirits high with enthusiasm. It was a delightful blend of festivity and learning, where the children, like budding artists, actively engaged in creating colorful rangolis and imaginative drawings, each stroke a reflection of their creativity and joy.

These activities were not just about art; they were about imbibing the essence of Ugadi, its traditions, and its values. The celebration was not confined to art; it extended to the realm of storytelling, where tales of tradition and heritage were shared, enriching the young minds with knowledge and wisdom. Through interactive sessions, the children not only listened but also participated, immersing themselves in the stories and imbibing the teachings embedded within.

In conclusion, the Ugadi celebration at Amrutha Shishu Nivasa was not just a festival; it was an experience, a memory etched in the hearts of all who were present. It was a celebration of art, culture, and community, a testament to the beauty of diversity and the strength of unity. It was a celebration that will be cherished for years to come, a celebration that truly captured the spirit of Ugadi.

Ugadi Sambhrama

Rotaract Club of BMS College of Engineering, Basavanagudi



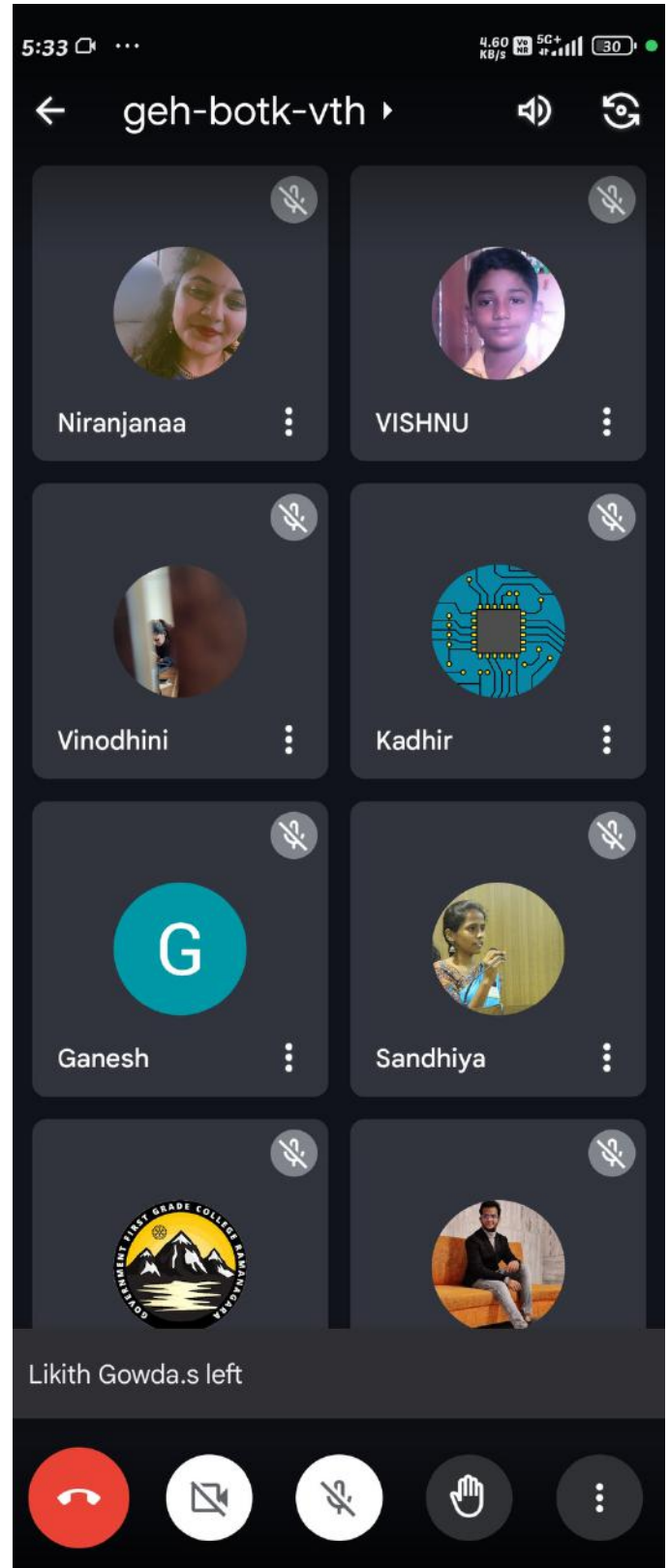
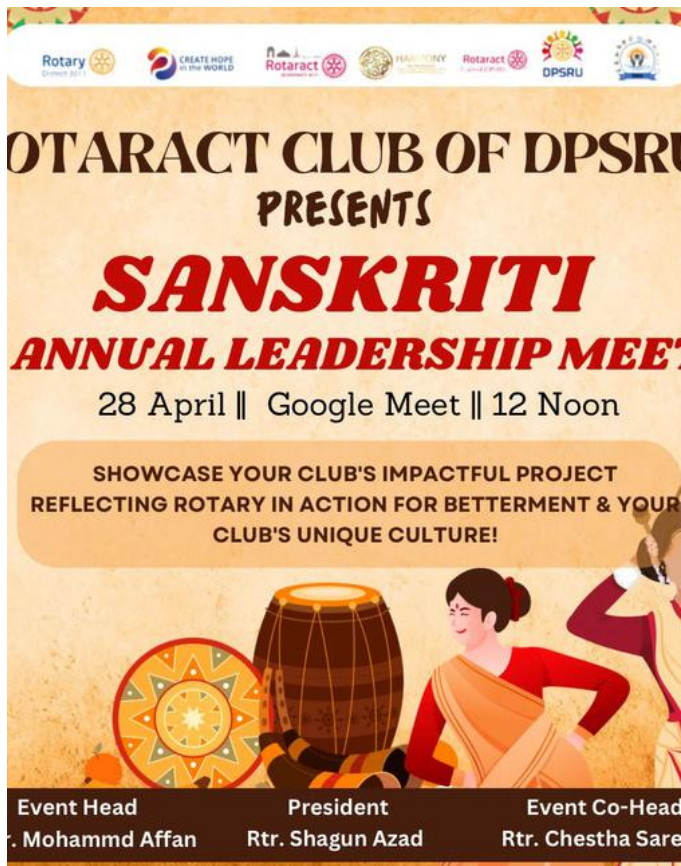
A great opportunity to share the cultural exchange and community service project, Project "Sanskrit" was a lovely international co-host project done with the 12+ Rotaract Club, showcasing their culture and hosting their annual leadership meet with the RaC DPSRU. We were honored to share and represent our Rotaract club.

Sanskrit, often hailed as the mother of all languages, is a linguistic treasure that transcends time and geography. Rooted in ancient India, Sanskrit holds a revered status as the language of the Vedas, the oldest sacred texts of Hinduism, and a reservoir of profound wisdom and spiritual knowledge. Its rich heritage and intricate grammar have fascinated scholars and enthusiasts for centuries, making it a subject of study, reverence, and admiration worldwide.

At its core, Sanskrit is not merely a means of communication; it is a vehicle for expressing the deepest truths of existence. Its structure, characterized by precise phonetics and grammatical rules, reflects a profound understanding of sound vibrations and their connection to the cosmos. The Sanskrit alphabet, known as Devanagari, is a marvel of symmetry and symbolism, each letter carrying layers of meaning and significance.

Sanskrit

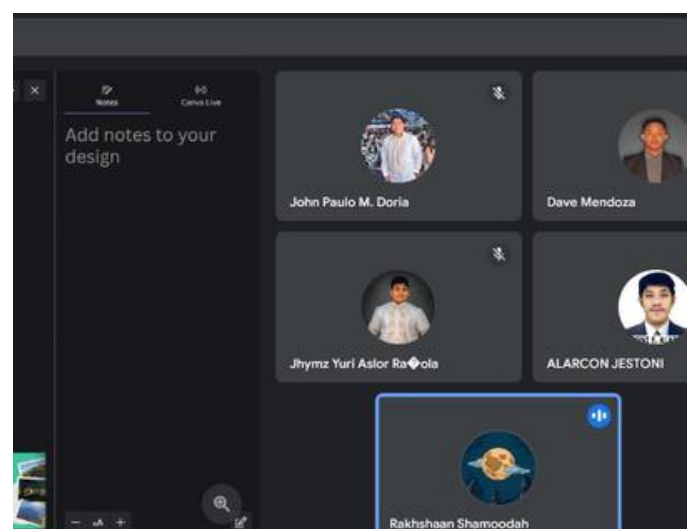
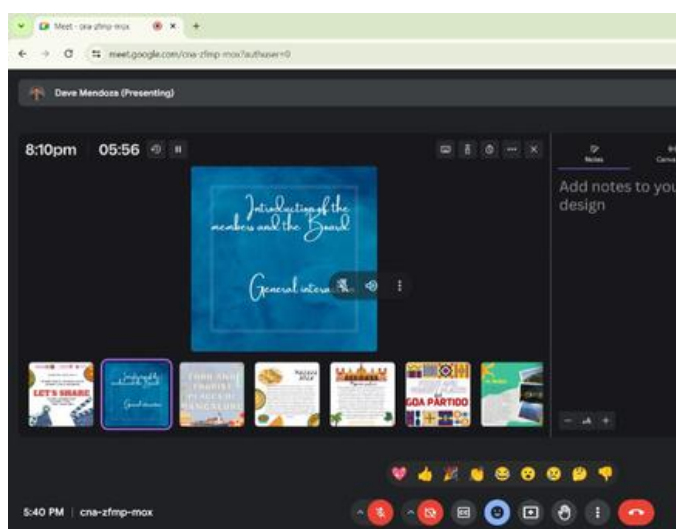
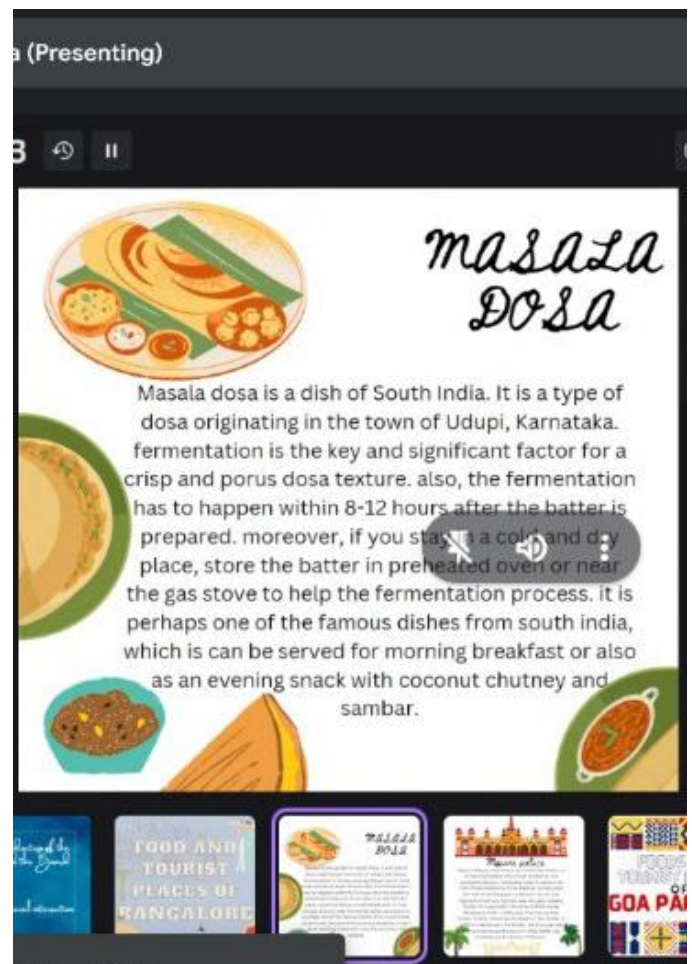
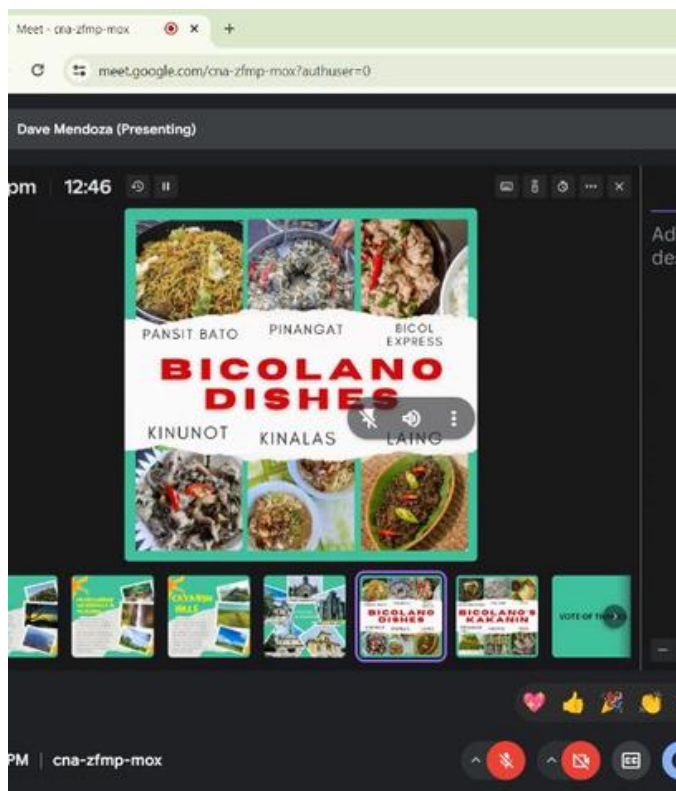
Rotaract Club of Govt. First Grade College, Ramanagara



On the 5th April, 2024 with Rotaract club of Goa, Partido, Philippines. The event was a part of the overarching Let's share project, wherein we share our culture with the cultures of different Rotaract clubs situated in different parts of the world. This was our first international cultural exchange. We mostly talked about food and different tourist places. From our end it was Karnataka culture, from their end it was bicolano and partido Filipino culture. Overall the event was a success.

Let's Share

Rotaract Club of Jyoti Nivas College



In a solemn yet determined gesture, the Rotaract Club of KGF organized a Justice March to honor the memory of Neha, tragically lost to a brutal incident in Hubali. With heavy hearts, the community rallied together to voice their collective grief and call for change. A procession of 200 individuals marched in solidarity, holding aloft candles to symbolize hope and remembrance. Their unified presence served as a beacon of strength, illuminating the darkness of injustice that plagues society. Amidst the somber atmosphere, impassioned speeches echoed the sentiment of the crowd, urging for action and accountability. Each word spoken carried the weight of determination to break the cycle of violence and ensure a safer future for all. The candlelight march concluded with a renewed sense of purpose, as participants vowed to continue their advocacy efforts and amplify the call for justice. In the face of adversity, their unity shone brightly, serving as a testament to the power of community and the resilience of the human spirit.

Justice for Neha

Rotaract Club of K.G.F. Community



ಕೆಜೆಎಫ್ ರಾಬರ್ಟ್‌ಸನ್‌ವೇಟಿಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿ ಸಂಘದ ಪದಾಧಿಕಾರಿಗಳು ನೇಹಾ ಸಾವಿಗೆ ಸಾಂಕೇತಿಕ ಮೌನ ಪ್ರತಿಭಟನೆ ನಡೆಸಿದರು

ಪ್ರಜಾವಾಣಿ ವಾರ್ತೆ

ಕೆಜೆಎಫ್: ವಯಸ್ಸಿಗೆ ಬಂದ ಹೆಣ್ಣು ಮಕ್ಕಳ ಮೇಲೆ ರಾಜ್ಯದಲ್ಲಿ ದೌರ್ಜನ್ಯಗಳು ಹೆಚ್ಚುತ್ತಿವೆ. ಇಂತಹ ಪ್ರಕರಣಗಳು ಕೆಜೆಎಫ್‌ನಲ್ಲಿ ಕೂಡ ನಡೆಯುತ್ತಿವೆ. ದೌರ್ಜನ್ಯ ಮಾಡುವವರಿಗೆ ತಕ್ಕ ಶಿಕ್ಷೆ ಆಗದೆ ಇದ್ದರೆ ಇಂತಹ ಪ್ರಕರಣಗಳು ಮರಳಲಿಲ್ಲವೆಂದು ವಿದ್ಯಾರ್ಥಿ ಮುಖಂಡ ನಿಖಿಲ್ ಆತಂಕ ವ್ಯಕ್ತಪಡಿಸಿದರು.

ಶುಕ್ರವಾರ ರಾತ್ರಿ ಚಾಕು ಇರಿತಕ್ಕೆ ಬಲಿಯಾದ ನೇಹ ಹಿರೇಮಠ್ ಸಾವಿಗೆ ಸಂತಾಪ ವ್ಯಕ್ತಪಡಿಸಿ ರಾಬರ್ಟ್‌ಸನ್‌ವೇಟಿಯಲ್ಲಿ ಸಾಂಕೇತಿಕ ಮೌನ ಪ್ರತಿಭಟನೆ ನಡೆಯಿತು.

ಈ ವೇಳೆ ಮಾತನಾಡಿದ ಅವರು,

ಯುವಕರು ಪ್ರೀತಿಗಾಗಿ ಒತ್ತಾಯಿಸಿ ಎಂತಹ ಮನಸ್ಸಿತಿ ಹೊಂದುತ್ತಾರೆ ಎಂಬುದು ಕೂಡ ಆತಂಕಕಾರಿಯಾಗಿದೆ. ಇಂತಹ ಕ್ರಮಗಳಿಗೆ ಕಡಿವಾಣ ಹಾಕಬೇಕು. ಹೆಣ್ಣು ಮಕ್ಕಳನ್ನು ಮುಟ್ಟಲು ಭಯ ಪಡುವ ಪರಿಸ್ಥಿತಿ ಬರಬೇಕು. ಪೊಲೀಸರು ಕೂಡ ಕಠಿಣ ಕ್ರಮ ಕೈಗೊಳ್ಳಬೇಕೆಂದು ಒತ್ತಾಯಿಸಿದರು.

ಹೆಣ್ಣು ಮಕ್ಕಳಿಗೆ ಅನ್ಯಾಯವಾದರೆ ಯಾವುದೇ ಪಕ್ಷವಾಗಲಿ, ಸಂಘಟನೆಗಳಾಗಲಿ, ವಿರೋಧ ವ್ಯಕ್ತಪಡಿಸಬೇಕು. ಹೆಣ್ಣು ಮಕ್ಕಳಿಗೆ ನ್ಯಾಯ ಒದಗಿಸಬೇಕು ಎಂದು ಯುವ ಕಾಂಗ್ರೆಸ್ ಮುಖಂಡ ಫ್ರಾನ್ಸಿಸ್ ಹೇಳಿದರು.

ರೋಟರಿ ಕ್ಲಬ್ ಅಧ್ಯಕ್ಷ ರಾಹುಲ್, ವಿಕ್ರಂ, ಯಶ್ವಂತ್, ವಿಷ್ಣು ದಿನೇಶ್ ಇದ್ದರು.

Game Point is a flagship Fundraiser initiated by Rotaract Club Of Koramangala and this year was the 5th edition of Game Point. Bringing back the legendary fundraiser, this year's GamePoint happened at Feather Touch, JP Nagar. The flagship event saw over a 120 entries across 4 categories. This year's cause was water, sanitation and hygiene. The event started at 9 AM and went on till 5:30 PM. The Men's Singles and Doubles categories were conducted throughout the duration while the Women's Singles and Mixed Doubles categories were held between 9AM to 12PM. The tournament was wrapped up successfully with a vote of thanks by the core team and the project chairs. The club was able to raise INR 1,20,250/-.

GamePoint 5.0

Rotaract Club Of Koramangala








ROTARACT CLUB OF KORAMANGALA
PARTNERED BY ROTARY CLUB OF BANGLORE KORAMANGALA
ROTARY INTERNATIONAL DISTRICT 3191

PRESENTS



VERSION 5.0

GAME POINT

RALLYING FOR A CAUSE: SERVE, SMASH, CHANGE!

BADMINTON TOURNAMENT

08:30 AM
28
APR

VENUE
Feather Touch Sports Arena,
7th Phase, J. P. Nagar, Bengaluru,
Karnataka

AWARDS & RECOGNITION

Medal for Victors:
Clear the first round to earn a prestigious medal.

Every participant receives a participation certificate.

The University based club and community based club with the highest number of registrations will be rewarded

Men's/Women's Singles	Men's/Mixed Doubles
 Winner Rs 2000	 Winner Rs 3000
 Runner Rs 1000	 Runner Rs 2000



SLAB ONE
Rs 349
Singles
Rs 599
Doubles



ON-SPOT
Rs 449
Singles
Rs 699
Doubles

FOR REGISTRATION

<https://gamepoint.rotaractkoramangala.org/register>

For Queries Contact - Swaroop 82965 26447 | Ram 63746 13914

 rotaractkoramangala | www.rotaractkoramangala.org

The Rotaract Club of Marathahalli visited the Future India Foundation and organized a fruit distribution drive for kids. This project not only provided nutritious fruits to children but also aimed to raise awareness about the importance of maintaining child health.

By organizing such initiatives, our club is actively contributing to the well-being of the community and promoting healthy habits among children. Providing nutritious food like fruits is essential for the physical and cognitive development of young ones, and our efforts in this regard are commendable. Additionally, raising awareness about child health underscores the importance of preventive healthcare and encourages families and communities to prioritize the well-being of their children.

The fruit distribution Drive

Rotaract Club of Marathahalli

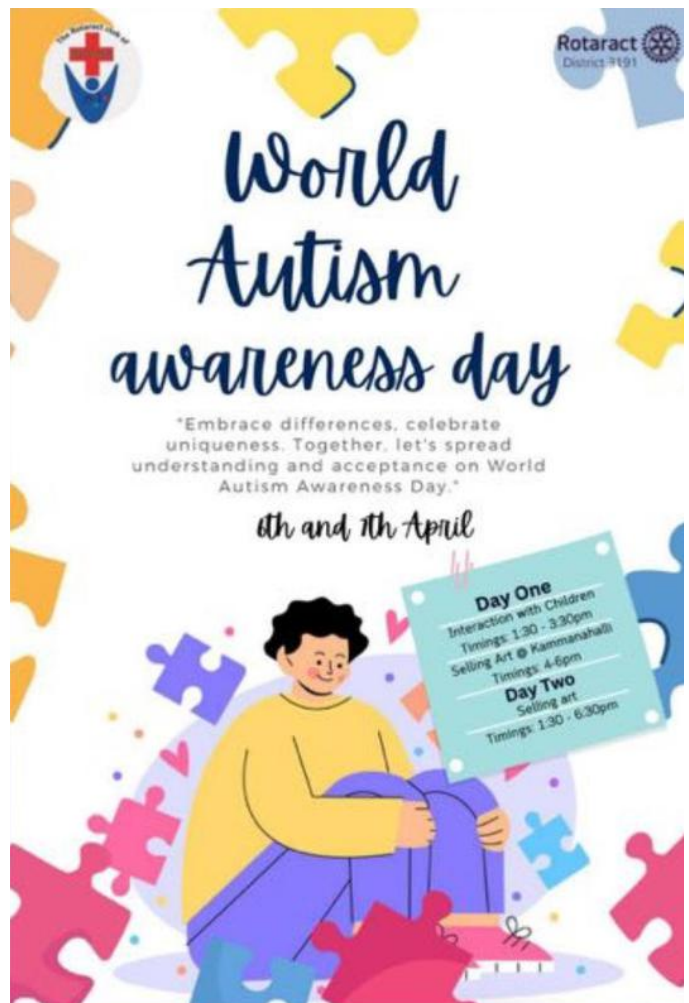


Group of volunteers from medical college visited a school for autistic kids where we met them and spoke to them where they shared their personal stories and experiences of individuals with autism and their families to humanize their condition and challenge stereotypes. Further we learnt about their curriculum and had fun activities with them and made artwork which we volunteers sold the next day and donated the charity back to the school.

The metaphor of a kaleidoscope is particularly apt when considering autism awareness. Like the vibrant colors and intricate patterns that shift and evolve within a kaleidoscope, individuals on the autism spectrum exhibit a rich array of talents, interests, and sensory experiences. Each person's journey with autism is unique, characterized by their own strengths, challenges, and perspectives.

Autism awareness x Sense kaleidoscope

Rotaract Club of Medikardia



ExamEase was an art therapy project helping students manage exam stress through creative expression. This initiative introduces students to the calming benefits of art-making during challenging academic periods. ExamEase aims to take the stress away by engaging students in relaxing art activities such as doodling, scribbling, and paper transformations.

One of the primary causes of exam stress is the pressure to perform well academically. Students often feel immense pressure from themselves, parents, teachers, and peers to achieve high grades and academic success. This pressure can lead to feelings of inadequacy, fear of failure, and self-doubt, all of which contribute to increased stress levels.

ExamEase: Paint Your Stress Away

Rotaract Club of Mount Carmel College



On 7th and 8th of April, the Rotaractors embraced the opportunity of creating awareness on the current Bengaluru water crisis and importance of plantation in Bannerghatta National Park by planting lemon and curry leaves. This day also showed us the commitment towards water conservation by the people including children from different areas of Bengaluru.

Moreover, a plantation drive took place in our very own campus where the management lent its support for this greater cause.

Funtract

Rotaract Club of Narsee Monjee
Institute of Management Studies,
Bangalore



Sapling For Sustainability was a sapling plantation event to celebrate International Earth Day and was organized by the Rotaract Club of RV University. It was a plantation where a total of 10 saplings were planted on the day symbolizing our dedication to nurturing the planet and creating a greener, more sustainable future for all. The saplings were procured from 'Belli Chukki' nursery. The proprietor is not solely driven by business. He oversees an NGO devoted to advocating the cause of orphans and their education.

The planting of saplings holds immense significance in the fight against climate change. Trees are nature's carbon sinks, absorbing carbon dioxide from the atmosphere and sequestering it in their biomass. By planting trees, we not only mitigate the harmful effects of greenhouse gas emissions but also enhance the resilience of ecosystems to climate-related impacts such as extreme weather events and rising temperatures. Moreover, trees play a crucial role in regulating local climates, providing shade, reducing air pollution, and improving air quality for communities around the world.

SAPPLINGS FOR SUSTAINABILITY

Rotaract Club of R. V. University



SAPPLINGS FOR SUSTAINABILITY

DATE: APRIL 22, 2024
TIME: 4:15 P.M.
VENUE: BIOTECH QUADRANGLE, RV UNIVERSITY

TOGETHER, LET'S MAKE A DIFFERENCE!
LET'S PLANT THE SEEDS OF HOPE THIS EARTH DAY!

Rtr. Manopriya Raja,
Event Chair
9363905783

Rtr. Mannat Kaur,
President

Rtr. Arjama Bhattacharya,
Event Chair
9432810914

Clothes Donation was conducted on 20 April 2024. Where we donated the 20 Army Uniforms, along with 2 bags of Clothes and 3 teddy Bears to Goonj Foundation.

Clothes donation is a simple yet profoundly impactful act of kindness that has the power to transform lives and uplift communities. In many parts of the world, access to basic clothing remains a challenge for countless individuals and families facing poverty, Displacement, or natural disasters. By donating clothes, we not only provide essential items of clothing but also offer dignity, warmth, and hope to those in need.

One of the most significant benefits of cloth donation is its immediate impact on the lives of recipients. In times of crisis or hardship, such as during natural disasters or economic downturns, access to clean and appropriate clothing can make a world of difference. Whether it's a warm coat to shield against the cold or a clean set of clothes to wear to a job interview, donated clothing can provide essential comfort and confidence to individuals facing adversity.

Goonj Foundation is a non-profit organization that undertakes disaster relief, humanitarian aid, and community development in parts of 23 states across India. Goonj focuses on clothing as a basic but unaddressed need.

Clothes donation

Rotaract Club of S.S.M.R.V. Degree College



गून्ज
GOONJ... a voice, an effort
www.goonj.org

Material Receipt# _____ Goonj, SY No. 51/1, Chikka Begur Gate, Honour Main Road, Near Aggarwal Hospital, Bangalore, Karnataka, India

"We appreciate your contribution of pre used/new material. Goonj makes sure that the material reaches people with dignity and care."

Description of Material	1 box and 2 bags of clothes and 3 teddy bears
Received On	April 20, 2024
From	Rotaract Club of SSMRV College :
Address	SSMRV College
Email	smrccssmrv@gmail.com
Phone	7981278582

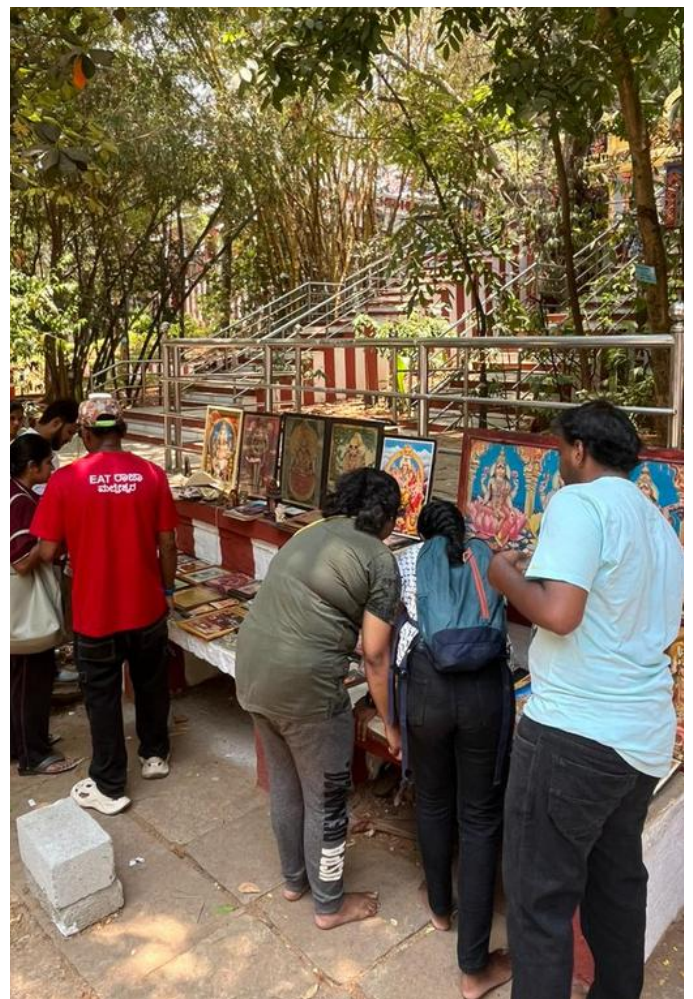
Delivered by (Name & contact no.): _____



In our endeavor to promote environmental sustainability and responsible waste management, our Rotaract team embarked on a meaningful initiative to address the issue of broken photo frames being improperly disposed of. The initiative began with a concerted effort to raise awareness about the environmental impact of improper disposal of broken photo frames. Once awareness had been raised, our Rotaract team mobilized volunteers to collect broken photo frames from households, businesses, and recycling centers. With each frame collected, we not only prevented it from ending up in landfills, but also gave it a new purpose and meaning through our initiative. These frames, once symbols of cherished memories, now became symbols of our commitment to environmental stewardship and conservation. Upon collecting the frames, our team meticulously dismantled them with care and respect. Recognizing the sentimental value attached to these objects, we handled them with reverence, ensuring that each component was separated and sorted according to its recyclability. In conclusion, our Rotaract initiative to collect and dismantle broken photo frames exemplifies our commitment to environmental sustainability, community engagement, and responsible waste management.

Murthi Shodana 2.0

Rotaract Club of Seshadripuram
Institute of Commerce &
Management



Rotaract Club of Shanthiniketan participated in the RACE initiated by Rotaract Bangalore midtown and Rotaract district 3191. We held an interactive session from 9:00 am to 11:00 am in Seminar hall, Shanthiniketan Degree College, Ramanagara.

The insights were delivered on the causes, prevention and treatment of the fatal disease-cancer where the Chief guest of the event was the District Governor and other Rotarians along with the Founder Secretary Rotarian Kumarswamy. The audience included rotaractors, volunteers, board members and college staff and students.

Cancer Awareness Program (RACE)

Rotaract Club of Shanthiniketan



FUN ZONE





Gardening for **A Healthy Lifestyle**



Written by: Olivia Wilson

Physical Activity

Gardening involves a variety of physical tasks such as digging, planting, weeding, and watering. These activities provide opportunities for cardiovascular exercise, strength training, and flexibility enhancement. Engaging in regular gardening sessions can help improve stamina, muscle tone, and overall physical fitness levels.

Stress Reduction

Gardening has been shown to have stress-relieving effects on the mind and body. The act of gardening can be meditative and therapeutic, providing a sense of calmness and relaxation. Immersing yourself in the sights, sounds, and scents of nature can help reduce stress levels, alleviate anxiety, and promote mental clarity and focus.



Fruits and veggies: Nature's bounty nurtured by human hands

Larana Gardens

Fact About Cabbage



It is rich in vitamin K, vitamin C, fiber, and antioxidants, making it beneficial for health.



100 Million

Gardeners Worldwide

Fresh Air and Sunshine

Spending time outdoors in your garden exposes you to fresh air and natural sunlight, which are essential for optimal health. Sunlight is a primary source of vitamin D, which plays a crucial role in bone health, immune function, and mood regulation. By soaking up some sunshine while tending to your plants, you can boost your vitamin D levels and enhance your overall well-being.

Nutritious Harvest

One of the greatest rewards of gardening is the ability to grow your own fruits, vegetables, and herbs. Homegrown produce is fresher, tastier, and more nutritious compared to store-bought varieties. By incorporating a diverse range of fruits and vegetables from your garden into your diet, you can enjoy a wealth of vitamins, minerals, antioxidants, and phytonutrients that contribute to overall health and vitality.



40 Million Tons

Fruits and Vegetables Are Produced

SAVE THE
PLANET

EASY ZERO WASTE

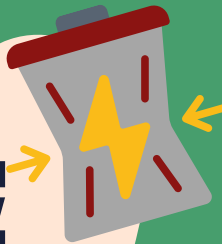
REFUSE



RECYCLE



REDUCE



RECYCLE

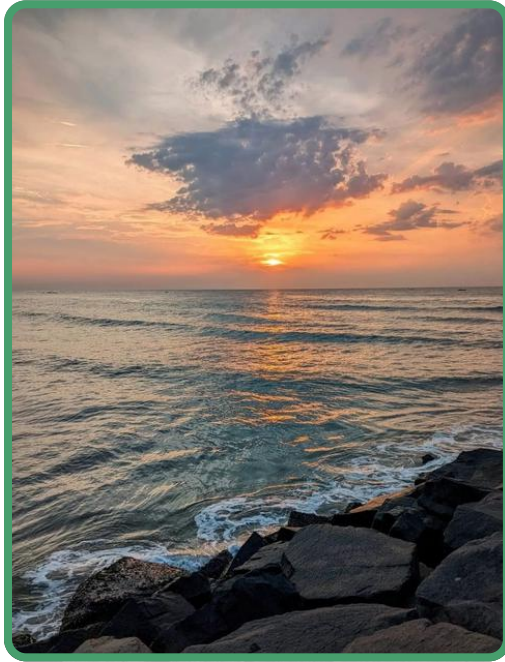
REUSE



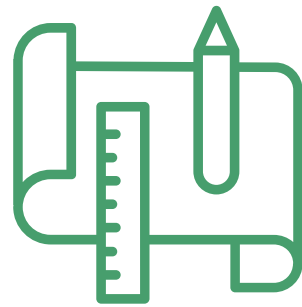
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Creative Corner



Rtr. Harsh Bhan Giri



Rtr. Pari Raheja



A close-up photograph of a hand resting on a large, textured green leaf. The lighting is dramatic, highlighting the veins of the leaf and the skin of the hand against a dark background. The word "BIRTHDAY" is overlaid in a white, serif font across the center of the image.

BIRTHDAY



Birthday

District Birthdays

16 Apr



Zonal Rotaract Representative
IPP. Rtr. Shreya M Gupta

23 Apr



International Service Team
Rtr. Karthik J P

18 Apr



International Service Team
Rtr. Sinchana Godkhindi

27 Apr



District Rotaract Secretary
Training & Initiatives
PP. Rtr. Karthik Chikmath

28 Apr



Secretary
IPP. Rtr. Madhusudhan A
Kallur





Birthday

President & Secretaries




02 Apr

Secretary
Rtr. Pramodh Kumar S




03 Apr

Secretary
Rtr. N.yashaswini



05 Apr

Secretary
Rtr. Aditya Sriram Iyer



05 Apr

President
Rtr. Sadeem Khan



06 Apr

Secretary
Rtr. Soorya Laxmikanth
Nayak



08 Apr

President
Rtr. Suchitha R



09 Apr

President
Rtr. Rahul R



10 Apr

President
Rtr. Neha Nair





Birthday

President & Secretaries

11 Apr



President
Rtr. Harshita Parakh

13 Apr



Secretary
Rtr. Preksha Y L

17 Apr



President
Rtr. Nabila Rasheed

23 Apr



Secretary
Rtr. Mouna S V

24 Apr



Secretary
Rtr. Vaishnavi D P

27 Apr



President
Rtr. Harshal Pandya

30 Apr



Secretary
Rtr. Mohammed
Hafeezulla

30 Apr



Secretary
Rtr. Sanjana G Sharma





GRATITUDE
MESSAGE



GRATITUDE MESSAGE



Rtr. Jyoti Jain

Dear Rotaractors and Friends,

As we honor the Month of the Environment, I extend my deepest gratitude to each of you for your commitment to our planet and your engagement with our newsletter. Your dedication to creating a sustainable future is truly inspiring, and it is through our collective efforts that we can make a substantial impact.

This month underscores the critical importance of environmental stewardship. From tree-planting initiatives and clean-up drives to advocating for sustainable practices, your actions are vital for a healthier, greener world. Your dedication embodies the spirit of Rotaract, driving us to excel in our mission to serve humanity and protect our natural environment.

Our newsletter aims to highlight these remarkable initiatives and provide a platform for sharing knowledge, experiences, and inspiration. We deeply appreciate your contributions, be it sharing projects, writing articles, or simply reading and reflecting on the content. Your engagement enriches our Rotaract community and amplifies our collective voice in advocating for environmental sustainability.

Let us continue to harness the power of collaboration and innovation.

Thank you for your dedication and for being part of this journey.

With gratitude and warm regards,

Yours in Rotaract

Rtr. Jyoti Jain

District Editor

Rotaract District 3191



GRATITUDE MESSAGE



Rtr. Manoj S Koundinya

Dear Rotaractors,

Welcome to this month's edition of the Limitless Chronicles based on the topic of Environment. In this issue, we focus on the critical environmental challenges we face and the innovative projects our fellow Rotaractors are leading to address them. From local clean-up initiatives to international sustainability projects, our stories highlight the incredible impact we can achieve together. We also have included actionable eco-tips to help you incorporate sustainability into your daily life, empowering you to make a difference both locally and globally.

As we continue to champion environmental stewardship, we encourage you to participate in upcoming events and projects featured in this newsletter. Your involvement is key to driving meaningful change within our communities and beyond. Together, let's lead by example and inspire others to join us in our mission to protect and preserve our planet for future generations.

Yours in service,
Rtr. Manoj S Koundinya
District Editor

CONTACT US

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Asad
Harsh Bhan Giri

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Jyoti Jain
Manoj S Koundinya

 **Limitless**
Chronicles



ROTARY INTERNATIONAL DISTRICT 3191

LIMITLESS

TOGETHER

RTR. RTN. ARUN TEJA GODAVARTHI | DRR 2023-24