

Rotaract  
District 3191



Rotary  
District 3191



CREATE HOPE  
in the WORLD

# MEMBERSHIP & NEW CLUB DEVELOPMENT month

## **DTA - Samanvaya**

First Annual District Training  
and Assembly

## **Rithuchakra**

Menstrual Health  
Management Session

## **Tip of the Month**

Movie Recommendations

 **Limitless**  
Chronicles

[rotaract3191.org](http://rotaract3191.org)

#LimitlessTogether #Rotaract3191

# CONTENTS

LIMITLESS CHRONICLES - AUGUST EDITION



## 01

### DRR Message

A Heartfelt message from  
our lovely DRR

## 02

### Article on Monthly Theme

Member & New Club Development

- District Updates
- FUNZONE
- Club Updates
- Innovative Minds

Articles or poems shared by  
Clubs or District

# CONTENTS

LIMITLESS CHRONICLES - AUGUST EDITION



**03** RI Updates  
—  
Club Updates

**04** Tip of the Month  
—  
Birthday Buddies

**05** Gratitude Message  
—  
Contact Page





PP. RTR. RTN.

**ARUN  
TEJA GODAVARTHI**

**DISTRICT ROTARACT REPRESENTATIVE**

Dear Limitless Rotaractors,  
Welcome to the August edition of  
**Limitless Chronicles!**

This month, we're excited to focus on the theme of "Membership and New Club Development." As we continue to connect, partner, and grow the Rotaract Movement, this theme couldn't be more relevant.

### Membership and New Club Development: Unlocking the Endless Potential

Rotaract is all about making a positive impact where we create hope in the world, and our ability to do so depends on our membership. Exploring strategies and initiatives to expand our reach, welcome new members, and ensure that our clubs thrive for years to come. I encourage all the Rotaractors to spread the Rotaract movement to their colleagues, friends, and family.

### A Heartfelt Thank You to All the Limitless Rotaractors: Unlocking the Endless Collaboration

We express our deepest gratitude to all the Rotaractors and Rotaract Club for the success of Samanvaya - The First Annual District Rotaract Training and Assembly.

This was made possible by the unwavering support and collaboration from host clubs, which played a pivotal role in the resounding success.

Congratulations : Unlocking Endless Innovation, I congratulate #TeamLimitless, the Limitless Presidents, and the Rotaractors for their remarkable efforts, which have led to a great start to the Limitless Year. Your energy, creativity, and commitment to service have been truly inspiring.

Let us CONNECT to PARTNER and GROW our ideas and learnings into magnificent experiences, unlocking the Endless Collaboration, Innovation, and Potential to Create Hope in the World, because we are LIMITLESS TOGETHER.





# EDITORIAL DESK MESSAGE



Greetings Rotaractors!!!

You get an extra ounce of motivation when you work with an inspiring team! Working for the Editorial team has been an immense privilege for me.

The focus of this month is Membership and New Club Development. As it speaks for itself, the origination of new souls and clubs is vital.

I would like to extend my sincere gratitude to the district team and my fellow members for entrusting me with this role.

Kindly glance over this wonderful piece made with great work and wonderful projects embedded.

Happy Rotaraction & Happy Reading!

Warm Regards,  
**Rtr. Madhu S**  
**District Editorial Team**



Warm Rotaract Greetings!!!

Rotaraction is all about bringing out change and having the power to influence people to give back to the society in abundance. It's always the little efforts and achievements that make it worthwhile.

The theme of this month greatly focuses on building new alliances to keep nurturing social upheaval .

I urge you all to read this issue of the newsletter to get a better insight of what rotaraction actually means .

Best wishes,

**Rtr. Pari Raheja**

**District Editorial team**





Greetings Rotaractors,

It has been an immense pleasure to write this piece of message and to be part of such an amazing group of people at the Editorial Team.

I believe we have put together a fascinating newsletter focused on Membership and new club development.

Club Development and memberships go hand-in-hand. It is the member of the club who is the most important person in the District. It is the member who makes the Club and the Clubs in turn make the District.

So, let's give a good read and keep the Rotaract movement up and ahead.

Best wishes,

**Rtr. Manoj S Koundinya**  
**District Editorial team**



Being a part of the newsletter team for the past month has been an absolute delight! I couldn't have asked for a more enjoyable and enriching experience. It was fun to connect with a various group of people, each bringing their unique skills and perspectives to the table. As the month comes to a close, I can't help but feel a sense of pride and satisfaction in what we've accomplished together. Cheers to this accomplishment, my team!

Warm Regards,

**Rtr. Prerana Sharma**

**District Editorial Team**



# PR DESK MESSAGE





In this edition of our Rotaract Club newsletter, we dive deep into the heart of our organization - "Membership and New Club Development." I've had the privilege of collaborating with our dedicated team to bring this issue to life. We believe that the strength of our club lies in the passion and commitment of our members, and this newsletter is a celebration of your invaluable contributions.

Within these pages, you'll discover stories of how we've embraced the spirit of inclusivity, welcoming new members into our Rotaract family. We've also explored the exciting initiatives we've undertaken to expand our club's reach and make a lasting impact in our community.

With vibrant visuals and engaging content, we aim to inspire and inform, fostering a sense of unity and purpose among our members. Together, we'll continue to grow, innovate, and make a difference in the world. Thank you for being an essential part of our Rotaract journey.

Stay tuned for updates on our membership drive and club development projects, as we look forward to an exciting and productive year ahead!

Yours in Rotaract,

**Rtr. Srujana Golla**

**Director of Design and Visual Communication**



As the Director of Design and Visual Communications in Rotaract, my passion lies in transforming ideas into compelling visuals that resonate with the heart of our organization. Just as a skilled artist uses colors, shapes, and imagination to bring a canvas to life, I believe in using the power of design to breathe life into our vision of Membership and Club Development in Rotaract. Working closely with my talented team, we infuse our designs with the essence of Rotaract's commitment to growth and community. Each design we create is a heartfelt expression, a visual representation of our shared dedication to strengthening our Rotaract family. Through our designs, we aim not only to capture attention but also to inspire action and foster a sense of unity among our members.

Every color, shape, and element is carefully chosen, just as each new member and club development initiative contributes to the vibrancy of our Rotaract community. In crafting these designs, I find a connection to the shared journey of growth and inclusivity.

With creativity as my tool and unity as my guide, I am committed to creating a world where Rotaract membership flourishes, and our clubs thrive. This month, as we embrace the theme of Membership and Club Development in Rotaract, let our designs be a reflection of our shared commitment and a beacon of inspiration for our Rotaract family.

In unity and artistic expression,

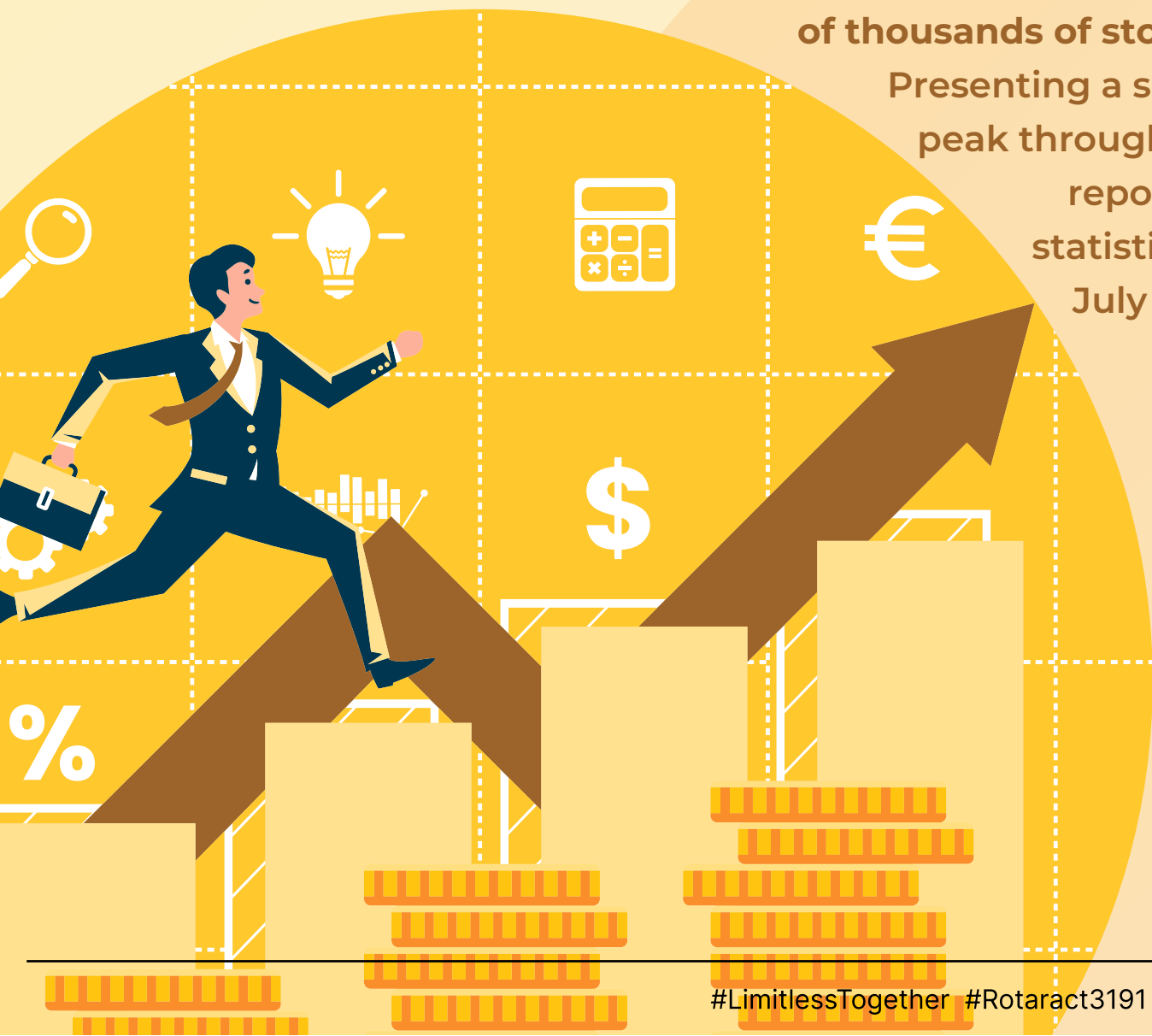
**Rtr. Mohith Kumar S S**

**Director, Design and Visual Communications**

# Secretariat Update and Statistics

"Data are just summaries  
of thousands of stories."

Presenting a sneak  
peak through the  
reporting  
statistics of  
July 2023.





Based on Reports  
received as on

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

7 August 2023

Total Reported  
Activities in July

**161**

Total Volunteer Hours in  
July

**7523.5**

(Close to 313 days of  
efforts!)

Total Cash  
Contributions done by  
the Clubs

**₹51586.00**

Total In-Kind  
Contributions done by  
the Clubs

**₹217096.00**

Total Reported Clubs  
**45**

# Here are some exciting figures to look at!

Presenting some exciting Statistics

Projects Submitted to  
Editorial Desk

**59**

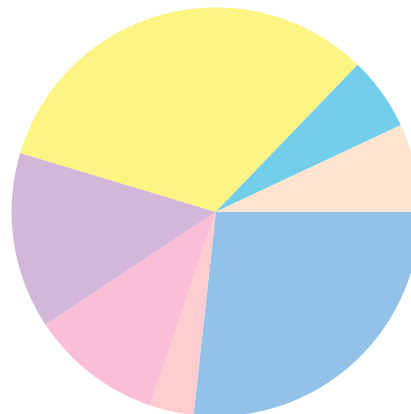


Projects Submitted to  
Feature in Showcase

**74**

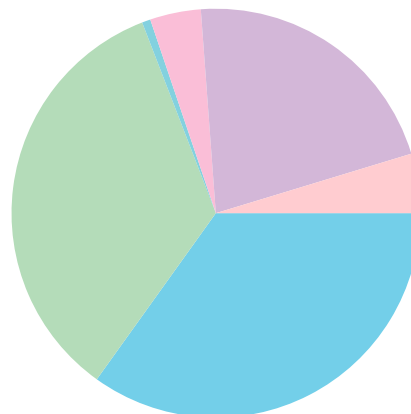


## Areas of Focus Stats



Community & Economic Development	28
Water, Sanitation & Hygiene	05
Peace & Conflict Prevention/Resolution	06
Basic Education & Literacy	23
Maternal & Child Health	03
Disease Prevention & Treatment	09
Support the Environment	12

## Areas of Focus Stats



Professional Development	32
Public Relation	07
Club Service	52
Community Service	51
Editorial	01
International Service	06



# Membership & New Club Development

Membership is a fundamental concept that shapes and influences various aspects of society, organizations, and communities. It involves individuals or entities formally joining a group, organization, or association for shared purposes, interests, and benefits. In this essay, we will explore the dynamic relationship between membership and new development, highlighting how membership can foster growth and innovation in various contexts.

## The Power of Membership

Membership in organizations, clubs, communities, or associations provides individuals with a sense of belonging and identity. It fosters a shared sense of purpose and solidarity among members, which can be a powerful catalyst for new development. Here's how membership contributes to and benefits from new development.

**Collective Resources :** Membership often involves pooling resources, whether it be financial, intellectual, or physical. These collective resources can be leveraged to undertake new projects, initiatives, or ventures that would be challenging for individuals to tackle alone. It enables the development of projects that have a broader impact and reach.

## Networking and

**Partnerships :** Being part of a membership network provides opportunities for networking and forging partnerships. New connections can lead to collaborations, joint ventures, or the formation of new enterprises.

These partnerships can stimulate economic development, drive innovation, and open doors to previously unexplored opportunities.

**Innovation and Creativity:** A diverse membership can generate a wealth of perspectives, fostering a culture of innovation and creativity. New ideas, solutions, and approaches emerge when different viewpoints converge, leading to advancements in technology, science, and various industries.

**Advocacy and Influence:** Membership organizations often have a collective voice and the ability to advocate for common goals and interests. This influence can lead to policy changes, social reform, and advancements in various fields, contributing to the development of society as a whole.

**Community Building:** At the community level, membership in local organizations or clubs can lead to new developments such as improved infrastructure, educational programs, cultural initiatives, and social support networks.





**In the journey of club development, each new member is a stepping stone towards the collective success.**

**Personal Growth:** Membership often involves opportunities for personal development through training, mentorship, and leadership roles. These personal growth experiences can have a profound impact on individuals and, in turn, contribute to the development of the larger community or organization.

**Membership and new development are intrinsically linked in a mutually beneficial relationship. Membership provides a foundation for individuals and groups to come together, share resources, knowledge, and expertise, and collectively contribute to new developments in various fields and contexts. Whether it's the growth of a business, the advancement of a scientific field, or the improvement of a local community, membership plays a vital role in shaping the future.**

**Recognizing the potential of membership to drive new development is essential for individuals and organizations seeking to harness the power of collaboration, diversity, and shared purpose. As we continue to navigate an ever-changing world, membership will remain a key driver of innovation and progress, fostering a sense of unity and collective responsibility for building a brighter future.**



# DISTRICT UPDATES

## DISTRICT UPDATES

# Limitless Assembly 2.0



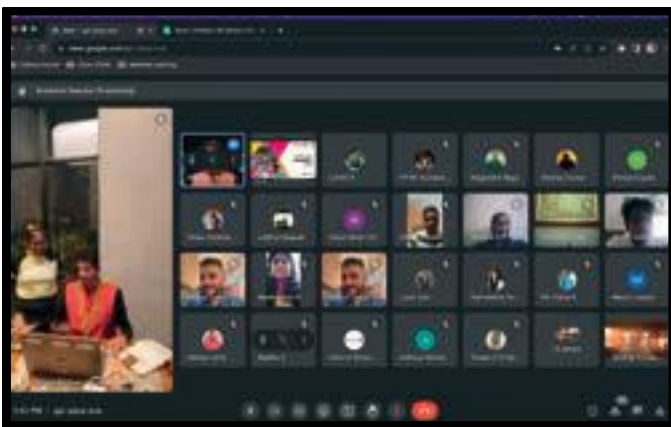
The second official meeting of District Council Members of Team Limitless was held on Aug 12, 2023 at Google Meet. The meeting started by collaring our DRR Rtr. Rtn. Arun Teja Godavarthi followed by the welcome address.

After that, mic was passed on to our beloved IPDRR Rtr. Rtn. Joseph Wilson to share his thoughts and insights. Soon after that, the District Secretariat Team took over the session to share a few important updates and guidelines to be followed by the district members.

Later, all the respective avenue directors were requested to share their updates and the assistance required by the team. Also, the ZRRs came up with their respective zone updates and shared their thoughts and views with the team regarding the Limitless Clubs and their respective projects.

Few major updates were shared at the end such as all avenues and zones must meetup once with the club leaders in person. All the members were requested to be proactive and contribute towards streamlining the communication between the Clubs and the District Team.

Finally, the meeting was adjourned along with a group picture.



## DISTRICT UPDATES

# DISTRICT ROTARACT TRAINING ASSEMBLY : SAMANVAYA

The first ever District Training and Assembly for RI Dist. 3191, Samanvaya, was held on the 27th of August, 2023, at BMS College of Engineering. The Rotaract Club of JP Nagar and the Rotaract Club of BMSCE jointly hosted it in collaboration with the District Team.

The day began with registration and a worthy round of networking among our budding Rotaractors. Samanvaya was commenced by our DRR, Rtr. Rtn. Arun Teja Godavarthi, and host club presidents. Opening remarks by Rtn. Ram Kumar Seshu were about the importance of Rotary and the Rotaract movement. Mr. Guruprasad, our keynote speaker for the day, narrated real-life incidents of people who have created change through service. Now, it was time for a short tea break for all the attendees, along with some great snacks.

Post-break, attendees were sent to their respective Avenue sessions, where they were trained for their roles by experts in the same domain. This was followed by a scrumptious meal for all our Rotaractors. After the lunch break, ACP Narayanswamy spoke about the need for raising awareness about Modern day crimes and also gave us all tips on how to tackle challenges in the Law and Order domain.

The most anticipated part of the day had arrived: the District Assembly. Updates from the District Core Team, Avenues, and Zones were shared. There were also details on upcoming events such as Rotasia, ICGF and many more.

As all things came to an end, it was time for the valedictory. The trainers and volunteers who contributed towards the success of the event were recognised and the vote of thanks was delivered by our District Joint Secretary Rtr. Akshay Kumar Kanive. The National Anthem was played to commemorate our everlasting love for the country. Every photo tells a story! We had to tell each other through one group photo. Samanvaya was etched into that photograph.







## DISTRICT UPDATES

# RITHUCHAKRA

## MENSTRUAL HEALTH MANAGEMENT SESSION

**R**otaract District 3191, in association with Rotary District 3191 and Rotary Bengaluru South Samarpane, conducted an informative session on menstrual health. Breaking the silence on one of the most sensitive topics. The training has been divided into two phases.

The first phase of the event was about training the trainers which included both male and female rotaractors. The session was conducted by our speaker Rtn. Sowmya , MHM chair for Rotary district 3192 who gave an insightful session involving various topics which are un-approached sections in menstrual health and gender sensitisation.

Following were topics covered for Female Rotaractors:

- Understand the menstrual cycle
- Hygiene practices & products
- Bust myths & misconceptions
- Nutrition during menstruation
- Manage discomfort

Following were topics covered for Male Rotaractors:

- Grasp the significance of menstruation
- Be empathetic & supportive
- Break stigma & myths
- Learn practical ways to help
- Foster open conversations



The session progressed with an interactive leadership building activity conducted by Rtn. Poornima, director MHH Rotary District 3191, which ended the day on good note. Lastly, in the second phase of the event, the Trainers who were trained in the "Phase I" will be given the opportunity to share their knowledge and educate them with proper resources which will be provided by the District Community Service team.







## DISTRICT UPDATES

# COOKIE DISTRIBUTION DRIVE

**R**otaract District 3191, in association with Rotary District 3191 and Rotary Bengaluru South Samarpane, conducted an informative session on menstrual health. Breaking the silence on one of the most sensitive topics. The training has been divided into two phases.

Rotaractors from both districts participated in huge numbers and visited the Sai Sneha Foundation to distribute cookies. The team spent an entire day with the kids, where they celebrated Independence Day and had a lot of fun, which made their day happier and brighter.





## DISTRICT UPDATES

# RIDE 3020

**R**otaract District 3191's District International Service Team leaders were all pumped up to announce the first incoming RIDE from RI District 3020, Andhra Pradesh, for the Rotary International year 2023–24.

The highly active clubs of Rotaract District 3191, Rotaract Club of KGF Community

The Rotaract Club of Marathalli, the Rotaract Club of Southwest, and the Rotaract Club of Koramangala came forward to host this ride.

The incoming Rotaractors explored Namma Bengaluru's food and culture from August 18th to 20th. They also got a glimpse of fun and fellowship group activities by district.

The clubs hosted Rtr. Narendra Nanda Gopal Adabala from RAC RRC AEC SURAMPALEM, Rtr. Prabhu Kalyan from Rotaract Club of Royal City Bezawada, Rtr. Vasupilli Naveen Kumar from Rotaract Club Vizag Royal Claws, and Rtr. Syed Hamza from Rotaract Club Vizag Champions.

The Rotaractors explored various parts of Namma Bengaluru, from visiting IDC and Meghana Biryani to Lalbagh, UB City, blowing, and many more. Great hospitality by the host clubs filled them with joy, fun, and amazing memories that they will cherish forever.







# ZONAL UPDATES



## WARRIORS COHESION 2.0

"Everyday is a good day as we have 24 hours to learn, celebrate, and care."

~ Amit Ray

Zone Warriors had its first offline connect, "Warriors Cohesion 2.0," on August 20, 2023. The connect was a huge success, with 80+ members of the Warrior Clubs attending and actively participating in the Zonal Connect.

The Rotaract Club of SBMJEC and the Rotaract Club of Marathahalli jointly hosted the connect. The meeting started with an initial introduction of the clubs, followed by district updates and club updates.

The club service teams of the host clubs jointly hosted fun games for all the members. It was indeed a wonderful day filled with loads of fun and enthusiasm.



ZONAL  
UPDATES



## MEET-UP MANIA WITH CONQUERORS

Zone Conquerors' first offline zonal meet convened on August 20th at 9:00 a.m. in the serene setting of Cubbon Park, which was hosted by Rotaract Club of Bengaluru HSR and Rotaract Club of Sacred Heart.

The clubs brought their favorite superhero personas to life, adding a colorful flair to the gathering. This event was a platform for district leaders to communicate crucial updates and to bond with the club leaders. The presidents of the hosting clubs, HSR and Sacred Hearts, shared their visions for Rotaract's future.

Ice-breaking activities and engaging group exercises solidified club member bonds, while several interactions, photo sessions, and dance games added to the lively atmosphere. The day concluded with a heartwarming potluck, bringing together the Zone Conquerors in unity and celebration.



ZONAL  
UPDATES



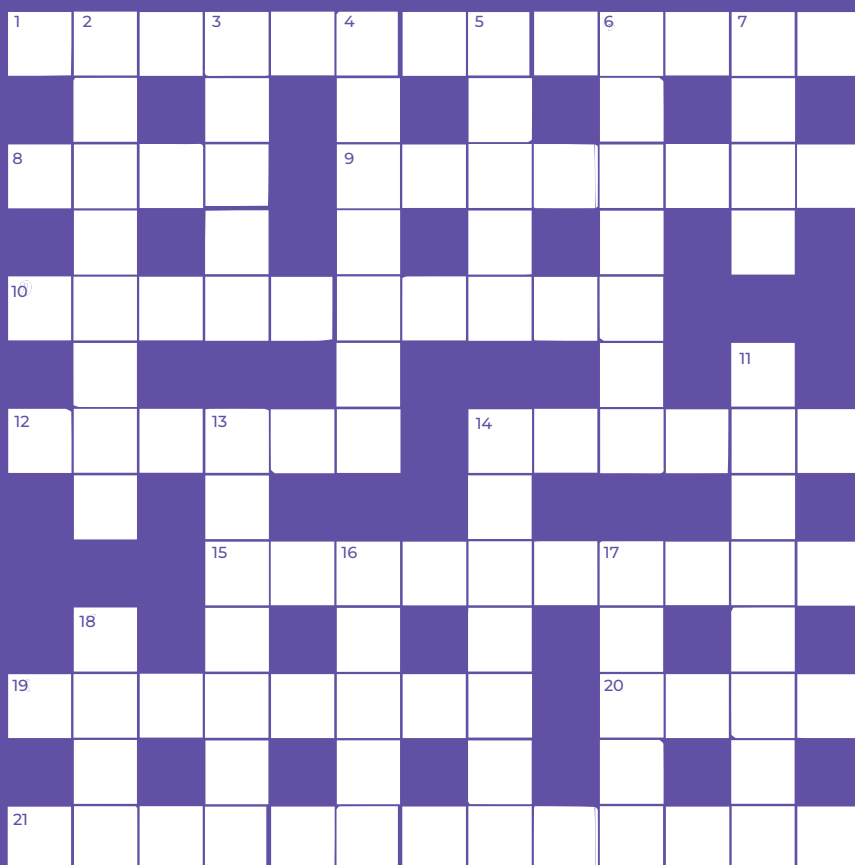


# FUNZONE



Rotaractors are requested to **mail the answers within a week's time**. Winners will be decided on a first-come, first-served basis. Names will be revealed in the next edition of the newsletter.

**3191editorialteam2324@gmail.com**



Previous month's  
Funzone **WINNERS**

**RTR. YOGITHA GOPAL  
REDDY**

**RTR. MS. NAGASHREE  
MADHUSUDHAN**

## Across

- 1** Reversal of one's attitude or ideas (6,2,5)
- 8** Biting insect (4)
- 9** Sturdy Chinese breed of dog (4,4)
- 10** Steinway, for example (5,5)
- 12** Window-shop (6)
- 14** Looking at (6)
- 15** Arranged meeting (10)
- 19** Where Odin receives heroes slain in battle (8)
- 20** Distinctive atmosphere or aura (4)
- 21** Chance taken in uncertain circumstances (4,2,3,4)

## Down

- 2** Unpaid (8)
- 3** Unacceptable (3,2)
- 4** Someone on the lam (7)
- 5** Plant life (5)
- 6** Fence off — surround (7)
- 7** Violent public disturbance (4)
- 11** Constrain — weigh down (8)
- 13** Venerate (7)
- 14** Facial hair (7)
- 16** Man-made fabric (5)
- 17** Having striking colours (5)
- 18** Phoney (4)







# CLUB

# UPDATES

# FOREVER FRIENDS

Rotaract Club of SBMJEC

**A**nimal's eyes have the power to speak a great language. Connect For, an organisation that looks for volunteers for their community service events, had organised an event called Furever Friends. As the name suggests "fur", is related to wildlife and nature. The Rotaract Club of SBMJEC took this opportunity to serve nature, and we volunteered ourselves for this event.

We were called to the People's for Animals Wildlife Hospital and were given an exact explanation as to how that hospital works and how they serve the animals who were abandoned, acid-attracted victims, or have gone through electric shocks.

They also gave us beautiful ideas on how we, as humans, must make certain things when we come across these animals and how we must react to them. 16 members of our club volunteered and loved the experience that we took from this beautiful place.



# SAMMILANA

## Rotaract Club of Bangalore East

On August 6, 2023, a group of around 20 enthusiastic rotaractors embarked on a delightful day out to a serene farmhouse located approximately 80 kilometres away from Bangalore. The event was a perfect blend of fun, games, and relaxation. The attendees engaged in a variety of entertaining games, including anthakshari and the popular Mafia game, fostering an atmosphere of camaraderie and laughter.

During the event, participants also had the opportunity to explore the picturesque farmland, gaining insights into diverse flora, including banana and butterfruit trees. The highlight of the day was the interactive cooking session,

where everyone collaborated to prepare mouthwatering chicken and pulao dishes. This culinary experience not only satisfied their taste buds but also deepened the sense of togetherness among the group. The gathering also facilitated the usual club-related meetings, allowing participants to discuss important matters and bond over shared interests.

As the event drew to a close, the attendees left with cherished memories and a renewed sense of community. Overall, the day at the farmhouse was a resounding success, offering participants an escape from their routines, a chance to connect with nature, and a platform to strengthen their relationships within the group.





# PROJECT PANCHI: PHASE 1

**Rotaract Club of Bengaluru United**

**P**roject Panchi took flight as a heartwarming endeavour at Yedyur Lake, bringing together participants for an event that blended artistic expression with ecological consciousness. The central focus of this initiative was to craft and paint bird nests that would serve as welcoming abodes for the local avian residents. During the event, members of the club channelled their creativity into transforming plain drums into vividly coloured, artful nests for the birds. This process not only celebrated individual artistic flair but also reflected a collective commitment to enhancing the natural habitat of Yedyur Lake. The painted nests represented a shared dedication to coexisting harmoniously with the environment. With phase 1 now completed, the excitement for the forthcoming phase 2 is greater. As the next step of the project, these meticulously painted nests will find their places among the branches of trees around the lake. This anticipated second phase embodies the fusion of art and nature, underscoring the positive impact that collaborative efforts can achieve.

Project Panchi stands as an inspiring example of how creative endeavours can contribute to the well-being of local ecosystems while fostering a deeper connection between community members and the environment they inhabit.



# KALA

**Rotaract Club of Govt. First Grade College, Ramanagara**

**K**ALA was a participation project done with the Rotaract Club of Ramanagara. This was an offline project done for 2 days. Project KALA was held at the bus stop in Ramanagara, opposite Ghousia College, on 6/8/2023 and 7/8/2023. Kala was the project done with the aspect of making the bus stop colourful. The bus stop was cleaned completely and newly coloured.





# SPARSH

Rotaract Club of Atria I.T.

The "Sparsh" initiative by the Rotaract Club of Atria I.T., led by Professor Priyanka R., proved to be a significant step in spreading awareness about personal safety among young children. By addressing this sensitive issue in a respectful and informative manner, the session empowered these children with knowledge and tools to protect themselves and seek help when necessary, contributing to their overall well-being and safety. Professor Priyanka R., a seasoned educator, biology professor, and mother of two girls, led the session with utmost care and sensitivity. She began by creating a warm and welcoming environment where the children felt comfortable expressing themselves.

Through engaging visual aids, relatable examples, and age-appropriate language, she addressed the crucial subject of distinguishing between good and bad touch. The session focused on empowering young minds with the ability to recognise inappropriate touches and understand the importance of personal boundaries. Professor Priyanka emphasised that children should never feel ashamed to discuss these matters with their trusted adults, be they parents, teachers, or guardians. The interactive nature of the session encouraged active participation from the children.



# VANAMAHOTSAVA: FREEDOM FROM POLLUTION

**Rotaract Club of Bangalore Vijayanagar**

This was a unique opportunity to educate the students about the significance of the 4 R's: reduce, reuse, recycle, and refuse. Teaching these principles is crucial for environmental sustainability, and it's wonderful that you incorporated this into your celebration. The choice of this school is particularly symbolic as it was established in 1947, the same year India gained independence. Following the Independence Day celebrations, a plantation drive was carried out. This aligns perfectly with the essence of Vanamahotsava, as it emphasises the importance of afforestation and protecting our green cover. Planting trees not only contributes to a greener environment but also helps combat climate change. After these meaningful activities, the Rotaract Bangalore Vijaynagar team and Ek Bharat Abhiyan members organised an adventurous fellowship at the Sholay Adventure Camp. This part of the event allowed participants to engage in thrilling activities such as rappelling, jumaring, zip-lining, and even a fun rain dance.

Such adventurous activities promote team building, camaraderie, and personal growth. Moreover, hosting the Rotaract Club of Ramanagara adds a collaborative dimension to the event, fostering connections and exchanges of ideas between different Rotaract clubs. This interaction can lead to more impactful community service projects and a broader network of Rotaract members working together for the betterment of society. In summary, the Vanamahotsava event organized by Rotaract Bangalore Vijaynagar in collaboration with the Ek Bharat Abhiyan team was a multifaceted initiative encompassing environmental awareness, educational outreach, tree planting, adventure, and inter-club collaboration. It not only celebrated India's Independence Day but also served as a reminder of our collective responsibility to protect the environment and engage in meaningful community service.





# MEDICINAL SAMPLINGS DISTRIBUTION DRIVE -

*Rotaract Club of Bangalore Aagneya*

To mark the occasion of the 77th Independence Day, Rotaract Bangalore Agneya distributed free samplings to members of the public in Lalbagh Flower Garden on August 13th. The samplings distributed consisted of both medicinal and flower plants such as Tulsi, Brahma, Noni, Curry, Insulin, Hibiscus, and Parijat.

This initiative was met with a warm response and appreciation from the public. This event was conducted in partnership with the Green Army Force. Volunteers from both Rotaract Agneya and Hands4Society contributed their efforts to make this initiative a tremendous success.





# BLOOD DONATION DRIVE -

Rotaract Club of Bangalore Advaita

**R**otaract Club of Bangalore Advaita organized a Blood Donation Camp at Pragnya Public School, Basavanagudi. The camp provided all the individuals with a unique opportunity to contribute to the betterment of society. This event was meticulously designed to encourage people to donate blood, which is an indispensable resource for saving lives. The camp was organized with the utmost care and attention to ensure the safety and comfort of all participants.





# TEAM OUTING

Rotaract Club of Bangalore SouthWest

On August 13, 2023, the Rotaract Club of Bangalore Southwest organized a club service activity for its members at Cubbon Park. The day began with some ice-breaking exercises that let the group members connect and get to know one another a little better. A lot of team building activities were planned and executed along with exploring the Cubbon Park and spending some quality time in natural environment on a Sunday morning. All the members were asked to share their challenges and expectations that would help the club of grow and bond together as a team. Soon after that, the team immediately left for Dominos to enjoy a delicious lunch and continue their fun and fellowship at the food joint.

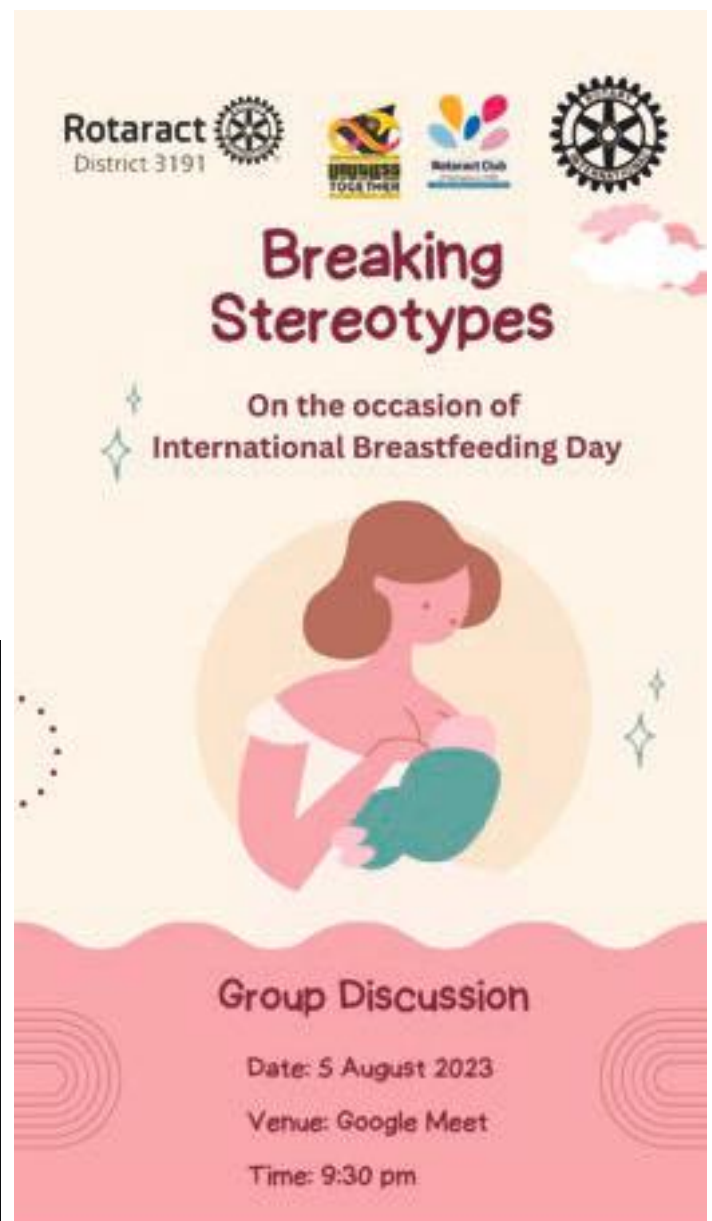
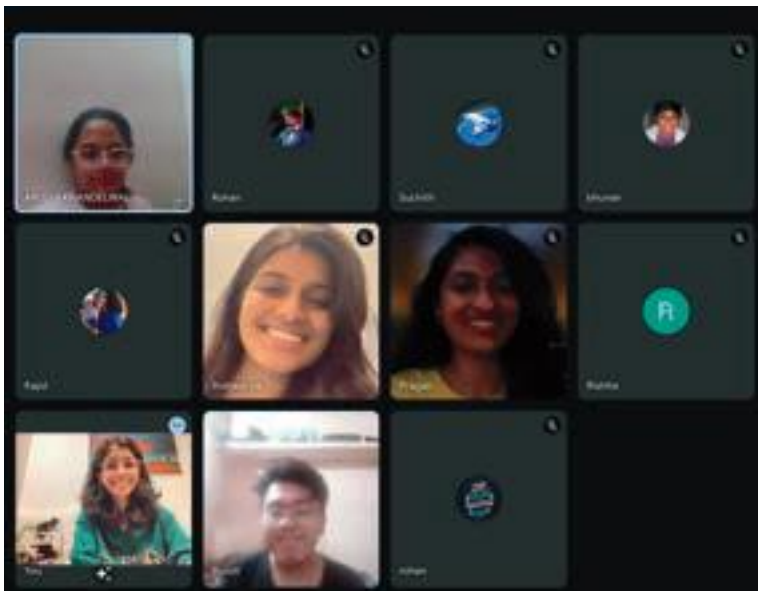


# BREAKING STEREOTYPES -

**Rotaract Club of Bengaluru HSR**

**W**orld Breastfeeding Week is celebrated globally each year from August 1st to August 7th, with the primary aim of promoting and supporting breastfeeding. It also seeks to raise awareness about the benefits of breastfeeding for both mothers and infants while addressing common stereotypes and misconceptions associated with breastfeeding. In our group discussion, we gathered to educate ourselves and discuss ways to break these stereotypes that have developed over time.

We gained a deeper understanding of the importance of breastfeeding and the need to break down the stereotypes associated with it. It is our hope that through continued awareness and advocacy, we can create a more breastfeeding-friendly society that empowers mothers to make informed choices for the health and well-being of their children.





# FRIENDSHIP DAY FUNDRAISER

**Rotaract Club of Bishop Cotton Womens Christian College**

Friendship Day 2023 was indeed a special one for RACBCWCC and BOD members. We had stalls at our college selling customised name friendship bands made with colourful beads and pearls. These were the most beautiful bands till now, and kudos to the talented team for making it on the spot. Friends gifted each other name bracelets and also got friendship name bands. A hair braiding stall was also set up with colourful satin ribbons. Friends twinned with each other, getting the same braids done. Satin ribbon braiding is very stylish, funky, and popular amongst college students. Next, we had a very cute stall called "friendship imprints," where students and teachers imprinted their finger prints on a small piece of paper, and our volunteers doodled them into cute characters.

They kept this as a token of friendship in their phone cases and enjoyed the process. The very interesting thing about the fundraiser was "Pen Pal, where students and teachers wrote anonymous letters to their friends on campus. Our volunteers helped them decorate their letters and deliver them anonymously across the college. No event is complete without food. So for our hungry pals, we had some hot, sizzling pizzas. Our volunteers customised the pizza according to the customers preferences and made crunchy, tasty nachos with flavorful dips and vegetables. All of the BOD members twinkled in pink outfits to celebrate Friendship Day.





# iTeach PHASE 18

**Rotaract Club of BMS College of Engineering, Basavanagudi**

**i**Teach, an initiative under the Rotaract Club of BMSCE, is driven by a noble agenda to extend educational support to underprivileged children in schools. As the flagship event of the Rotaract Club of BMSCE, it stands as a testament to our commitment to making a meaningful impact in our community. During this particular phase, our focus was on enlightening the students of Sri Kanaka Vidya Samsthe and Sri Rajarajeshwari English and Kannada Medium Schools, both conveniently situated just 800 metres away from our college. The sessions were held diligently, five days a week, from Monday to Friday. Through iTeach, we transcend the barriers of privilege and circumstance, opening doors to education and empowerment for those who may not otherwise have access. It's more than just an initiative; it's a bridge of knowledge and compassion connecting our college community to the broader world.



# PERSONAL STYLING WORKSHOP

Rotaract Club of Indian Institute of Fashion Technology

This workshop was conducted to help the individuals to scrutinize their way of styling. In today's fast-paced world, personal styling has become more than just choosing what to wear; it's a form of self-expression and a way to showcase your unique personality. Personal styling goes beyond fashion trends; it's about curating a wardrobe that reflects individuality and boosts confidence. This workshop helped to explore the art of personal styling, offered tips and insights to help you discover an individual's personal style and create a wardrobe that truly represents them. The topics covered were Building a Capsule Wardrobe, Mixing and Matching and Maintaining an individual's Personal Style.





# MEDIA LITERACY

Rotaract Club of Jyoti Nivas College

On August 12, 2023, we hosted an hour-long project on media literacy with Mr. Ashish Bhandarkar as the guest speaker. This virtual event on Google Meet had over 100 attendees, bringing together a diverse audience eager to explore media literacy. Mr. Bhandarkar's session was captivating, fostering an interactive atmosphere. He used real-world examples to make the content relatable and ensure that everyone was engaged. He emphasized on how social media equips individuals with the skills to navigate the information landscape critically, understand the influence of media on public opinion, and encourage responsible consumption of information. This project provided valuable insights into the media's workings and emphasized the importance of media literacy in our information-driven world.



**MEDIA LITERACY**

Join us in a fun informative session that highlights specific aspects of the media literacy and leverages the understanding of the same.

**Date:** 12 August, 2023  
**Time:** 5:00 – 6:00 pm

**SPEAKER:**  
**ASHISH BHANDARKAR**

**REGISTER NOW!**

For Further Queries  
Contact:

Gayathri P  
(Professional Development  
Co-director)  
+91 6362124784



**BACKGROUND**

- Association for Media Literacy (1970)
- Information Revolution kicks in (1986)
- Tim Berners Lee - WWW - (1989)
- IBM Launches - SPC - (1994)
- Apple - iPhone - (2007)
- The Era Of Digital Natives (2010)

Ashish is presenting



**Viceroy's  
FILTER  
the Smoke!**

As your Dentist,  
I would recommend  
**VICEROYS**



# INDEPENDENCE DAY CELEBRATION

## Rotaract Club of KGF Community

The Rotaract Club of KGF, in collaboration with the Rotary Club of KGF, celebrated Independence Day at the Government School in Tanimadagu. Such initiatives demonstrate the commitment of Rotarians and Rotaractors to community service and making a positive impact on society. Hoisting the Indian flag on the 77th Independence Day is a significant and patriotic gesture, symbolizing the unity and pride of the nation.

The act of planting coconut seedlings not only promotes environmental sustainability but also holds cultural significance in many parts of India. Providing pens and stationery to over 70 students is a wonderful way to support their education and contribute to their academic success.

Education is a powerful tool for empowerment, and your contribution will undoubtedly make a difference in these students' lives. The donation of a 50-inch LED TV to the government school is also a valuable resource that can enhance the learning experience for students and aid in educational activities.

The appreciation and felicitations from the teachers and village officers reflect the positive impact of your efforts on the local community. It's evident that the Rotaract Club of KGF and the Rotary Club of KGF are dedicated to making a meaningful difference in the lives of those they serve. Keep up the excellent work in your future endeavors.



# UNCHAINED HOPES

Rotaract Club of Mount Carmel College

Unchained Hopes was a very informative and interactive session in collaboration with Movement India. We got a sneak peak into the inside and dark world of Human Trafficking. We saw statistics, real life cases and also did an interactive session with the participants. This gave the students a broader and deeper aspect of human trafficking. Human trafficking is a heinous crime that violates the most fundamental human rights. It encompasses various forms of exploitation, including forced labor, sexual exploitation, and organ trafficking, with millions of victims suffering worldwide. This session helped us explore the multifaceted issue of human trafficking, its causes, consequences, and efforts to combat it.





# TREE PLANTATION DRIVE: PHASE 1

**Rotaract Club of Palmville**

One who plants a tree plants hope. The Rotaract Club of Palmville successfully organized its first event of the Rota year, the Tree Plantation Drive. We are planning to divide this into multiple phases. We organized our first phase of the drive, where we sowed the saplings with love and hope. We planted around 10 saplings on the premises of the government school in Munnekoala. It was an energy-filled event and more fun as the children of the school also involved themselves. We hope the plants sown today will grow into big trees, provide shade for the children, and contribute towards a healthier environment.





# RESILIENCE ODYSSEY

Rotaract Club of R.V.C.E

The event offered a diverse range of engaging activities, including collaborative storytelling, situation-based survival thinking, proving false facts, object-naming stories, and impromptu speaking challenges. These activities collectively encouraged creativity, teamwork, critical thinking, and effective communication skills among the participants, making it a memorable and enriching experience.



# LIGHT UP THE DARKNESS 4.0

**Rotaract Club of Shishu Mandir**

The Rotaract Club of Shishu Mandir has embarked on a transformative journey once again. Our latest initiative is focused on providing solar lights to families residing in slums, where the shadows of darkness often persist. By introducing solar technology into their lives, we aim not only to brighten their physical surroundings but also to uplift their spirits, paving the way for a future that shines even brighter.

This project unfolded in Chemsandra, with our parent Rotary President, Rtn. Amit Kumar, emphasizing the significance of our efforts. With the generous contribution of solar lights from our parent rotary, we feel privileged to collaborate on this project alongside our parent rotary.

Today marked a heartwarming milestone as we distributed 10 solar lights among families living within the community. Witnessing their genuine happiness illuminate their faces serves as a powerful reminder of the positive impact even a small gesture can make.

It's important to note that this is just the beginning, Phase 1, of our efforts. We have more in store to help slum residents gain access to light, enhancing their well-being and quality of life.

As we continue to share the gift of light, we remain committed to illuminating not only their physical spaces but also their lives with hope, warmth, and the promise of a brighter tomorrow.





# SEED OF HOPE

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

In a world where environmental consciousness is paramount, 'Seed of Hope' brought together a community of individuals committed to making a positive impact. At this event, we fused nature's wonders with human hope in a symbolic gesture that spoke volumes about our shared vision for a greener, brighter future. "Seed of hope" is a metaphorical phrase often used to describe a small, initial, or humble beginning that has the potential to grow into something positive, significant, and inspiring.

Just as a small seed can eventually grow into a mighty tree, a "seed of hope" represents the belief that even

in challenging or difficult circumstances, there is the potential for positive change, growth, and improvement. It symbolizes the idea that small actions, gestures, or moments of optimism can lead to larger and more impactful outcomes. The concept of a "seed of hope" is often associated with resilience, determination, and the human spirit's ability to find light even in the darkest of times. It encourages individuals and communities to hold onto the belief that, with time and nurturing, positive change and progress can emerge from adversity.





# AZADI KA JASHN - JASHN - E - TIRANGA MAHOTSAV

Rotaract Club of Koramangala

It was the celebration of the 77th Independence Day when we thought about the importance of our flag and how we got our independence and thus, we arranged a few activities related to independence. On August 15, Independence Day, we celebrated at an NGO by holding a tournament and playing games with the kids that focused on our patriotism. To encourage the kids towards patriotism, Community Service Avenue Conducted a drawing competition for kids. The competition ended with the distribution of prizes. At the end, the kids were given a small hamper made by Rtr. Khusi herself.



# FOOD DONATION DRIVE

**Rotaract Club of Marathahalli**

**F**ood Donation Drive, which was held on August 20, 2023, at 8:30 a.m. The Rotaract Club of Marathahalli hosted the project in collaboration with the Rotaract Club of APS and the Rotaract Club of IIFD. We are organizing a food donation drive on August 20th, 2023, at the beautiful Cubbon Park. The project chairs, Rtr. Tejas Deepak Hundre and Rtr. Mukul Gupta, successfully handled the flow. Where we collected around 35 food packages and donated them to the needy people in the surroundings of Cubbon Park. Our mission is to bring together like-minded individuals and organizations who share the common goal of alleviating hunger in our city. By collaborating on this initiative, we aim to gather a substantial amount of food items that will be donated to local shelters and food banks to support those in need.





# SWASTHYA STREE, SWASTHYA SHISHU

Rotaract Club of Medikardia

**R**otaract Club of Medikardia undertook the project Swasthya Stree, Swasthya Shishu, on maternal and child health, one of Rotary's focus areas. The location was Avati Village beyond Devanahalli, around 50 kilometers from the city. The goal was to reach out to 60 rural families, with the target audience being pregnant women and kids younger than 3 years. 24 medics split into 11 teams, and along with the PHC and ASHA workers, they went door-to-door, covering 140 families in less than 6 hours!





**With the same habits , you'll end up with same results but with better habits anything is possible. - James Clear (Atomic Habits)**

Usually, we underestimate the power of habits but the small habits makes the big difference. 7 POWERFUL HABITS from my life which shaped me to be a better person.

### Write a To-Do-List

Start writing each and every task you do in a day and at the end of the day strike out the task you accomplished which makes you feel satisfied for the day.

### Read a Book for 10 mins every day

You will be really surprised to know how the book can shape you into a better person.

### Give 10 mins of Physical Movement to your body

Yoga and Suryanamaskara can make a magic

### Experience atleast 10 minutes of technology free environment

Lets stay 10 mins away from the technology and make our thoughts wonder.

### Make a time to do one house hold work

House Hold work directly or indirectly helps to activate your body.

### Talk to a friend each day

Friends can instantly change your mood no matter how hard your days is.

### Have a skin care routine

It is super important to have a skin care routine but it is nothing to do with money , we have a good natural skin caring powder that is Turmeric , Besan, Tomato which is a natural ingredients that boosts our skin.



# The LOVE That Lasts

You Entered My Territory Inadvertently,  
How Was I Supposed To Know That You Are  
Here To Stay.

The Aura Of Your Presence,  
And The Charm Of Your Essence,  
Did Never Fade Away.

When You Melted In My Embrace,  
You Aroused My Soul.

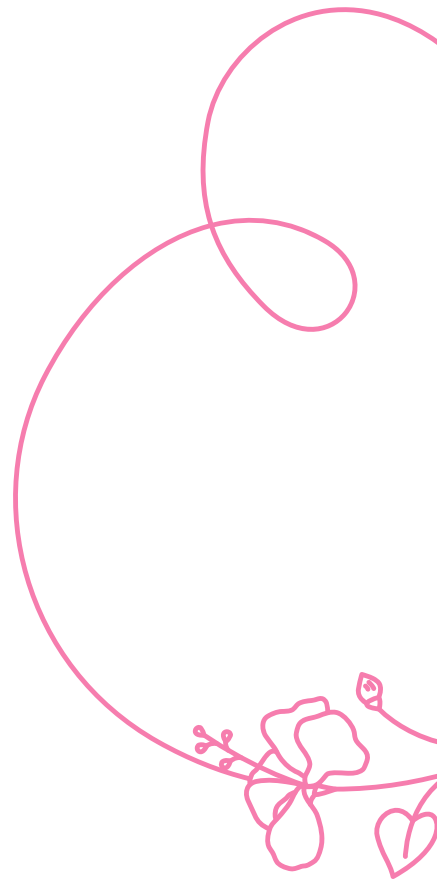
Giving Me Butterflies,  
With Those Long Strolls.

You Made Me Believe That  
Soulmates Were A Thing,  
With A Heavenly Platinum Ring .

A Union So Divine,  
You Were Always My Valentine.

- By Rtr. Pari Raheja

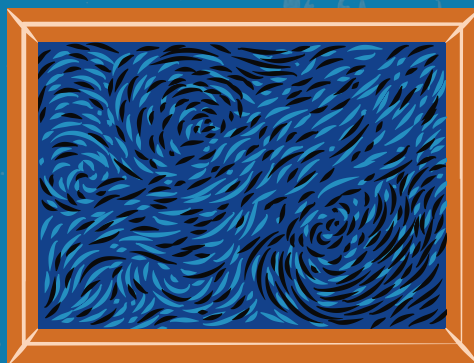
Rotaract Club Of RVCE College



# Creative Corner



**PP Rtr Lalitha Deepak**  
Rotaract Club of Bangalore  
JP Nagar



**Rtr. Krishna**  
Rotaract Club of Bangalore  
SouthWest



### **The Friday night plan**

A Hindi- language movie, which is inspired by and pays tribute to the cult films, Ferris Bueller's Day Off, Project X, and Superbad.

### **Into the Wild**

A Hollywood movie, which is an adaptation of the 1996 non-fiction book of the same name written by Jon Krakauer and tells the story of Christopher McCandless ("Alexander Supertramp"), a man who hiked across North America into the Alaskan wilderness in the early 1990s.



### **Taali**

A 2023 Hindi-language Biographical drama TV series on JioCinema directed by Ravi Jadhav. It stars Sushmita Sen in the lead role playing the Transgender activist Shreegauri Sawant.



# TIP OF THE MONTH



### **C/o Kancharapalem**

A Telugu movie, where the story focuses on four couples cutting across age, religion, caste and class barrier in the small area of Kancharapalem in Visakhapatnam city.



### **Godhi Banna Saadharana Maikattu**

A Kannada movie, wherein the story revolves around Venkob Rao, a middle-aged man who suffers from Alzheimer's disease, going missing.

**Are You A Movie Buff??**  
Check Out The Must Watch Movies For This Month

# EXECUTIVE COUNCIL DISTRICT COMMITTEE

# Happy Birthday

August 2



Rtr. Likhitha

August 6



Rtr. Anirudh

August 10



Rtr. Akshay

August 15



Rtr. Bharathi

August 20



Rtr. Chitra

August 22



Rtr. Mansi

August 24



Rtr. Anusha

August 27



Rtr. Asad Raza



Happy  
Birthday

# PRESIDENT SECRETARY

August 4



Rtr. Meghana

August 5



Rtr. Simran

August 12



Rtr. Shobith

August 15



Rtr. Tushar

August 15



Rtr. Tanu

August 19



Rtr. Atmaja

August 27



Rtr. Hemanth





# GRATITUDE MESSAGE



Greetings, Readers!!

"Membership is the livelihood of any club, and its growth is the heartbeat of progress in Rotaract." -

The second edition of the newsletter is based on Membership and New Club Development. Membership defines the community and determines its potential for growth and impact. A diverse membership base brings a wide range of perspectives, skills, and experiences to the club. This diversity fosters creativity and innovation, making the club more dynamic and adaptable. Starting a new club from scratch can be a challenging but a rewarding experience. One need to be clear about the club's mission, objectives, and target audience to ensure that there is a genuine need or interest in the community.

With this edition, we strive to bring you the importance of membership retention and the ways to overcome the challenges faced when setting up a new club.

I would like to thank the District Editorial and Design Team for shaping the newsletter and being an integral part of this journey.

Lastly, signing off with an endnote encouraging clubs to come forward and be a part of the newsletter.

Happy Reading!!

Best regards,

**Rtr. Soumi Bhattacharyya**

**District Editor**



As we embark on this journey of growth and development together, I wanted to take a moment to express my heartfelt gratitude for your unwavering dedication and commitment to our shared mission.

Your membership in our organization is not just a formality; it's a testament to your belief in our collective vision. Each one of you plays a vital role in shaping the future and ensuring our continued progress.

Through your active participation and continuous efforts, we are not merely members but catalysts for positive change and growth. Together, we are building a stronger, more vibrant community where every member's contributions are valued and respected.

In this journey of development, we encounter challenges and opportunities, but it is your enthusiasm, skills, and dedication that transform obstacles into stepping stones.

Your passion for personal and collective development inspires us all to reach new heights.

I want to express my deepest appreciation for your membership and your unwavering commitment to our shared goals. Your dedication fuels our progress, and I look forward to witnessing the remarkable development that lies ahead, knowing that we have such a dedicated team by our side.

Thank you for being an integral part of our organization's journey towards growth and development. Together, we are achieving remarkable milestones, and I am truly grateful for your presence and contributions.

With heartfelt gratitude,  
Yours in Rotaract,

**Rtr. Jyoti Jain**  
**District Editor**





# Contact Us

CHECKOUT OUR OFFICIAL WEBSITE



rotaract.3191



#TEAMLIMITLESS  
#ROTARACT3191

Rotaract  
District 3191



**Edited By :**

Rtr. Soumi Bhattacharya

Rtr. Jyoti Jain

Rtr. Madhu S

Rtr. Pari Raheja

Rtr. Manoj S Koundinya

Rtr. Prerana Sharma

**Designed By :**

Rtr. Mohith Kumar S S

Rtr. Srujana Golla

Rtr. Anannya Rene Dass

Rtr. Syed Asad Raza Najafi