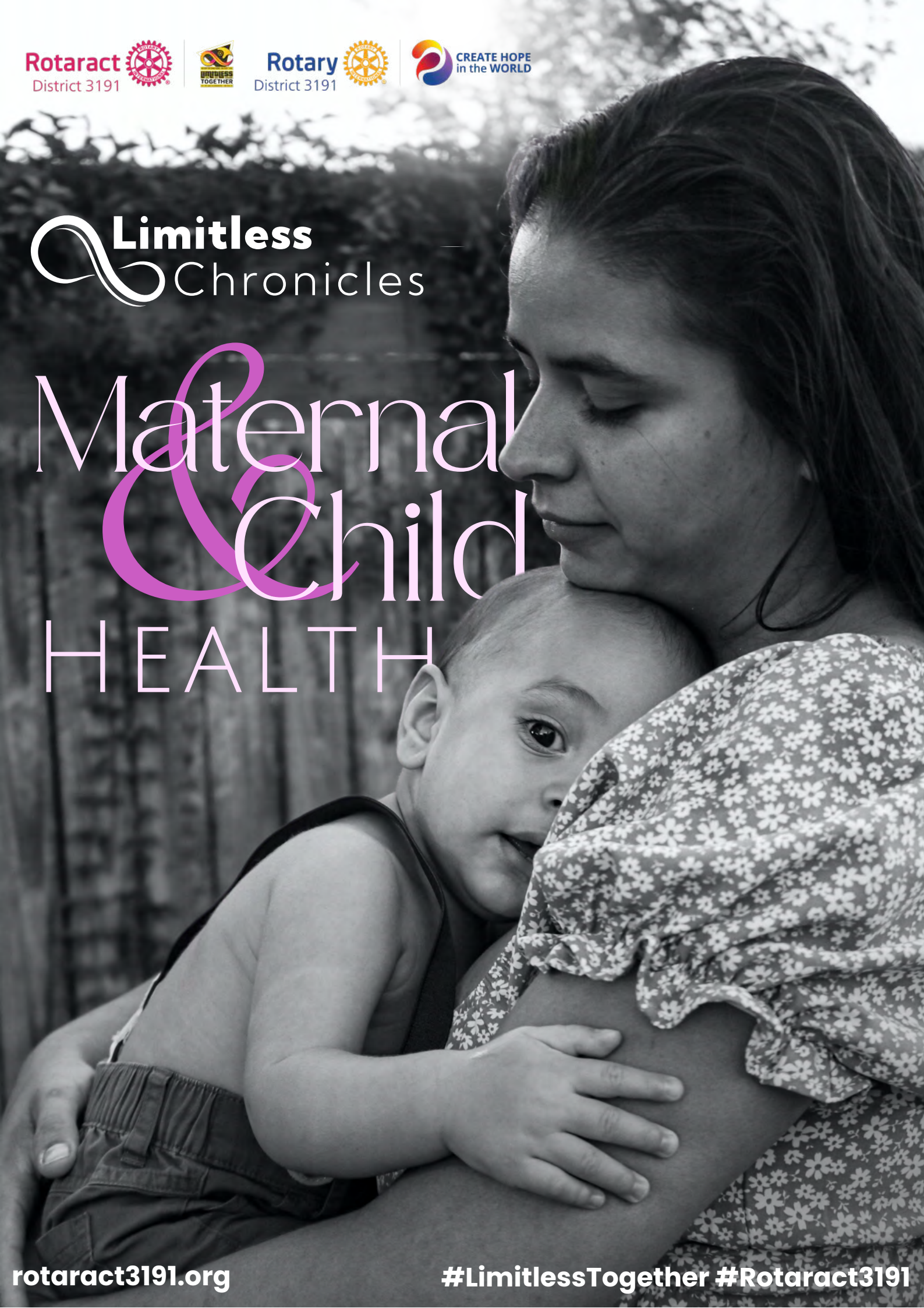




Limitless
Chronicles

Maternal & Child HEALTH



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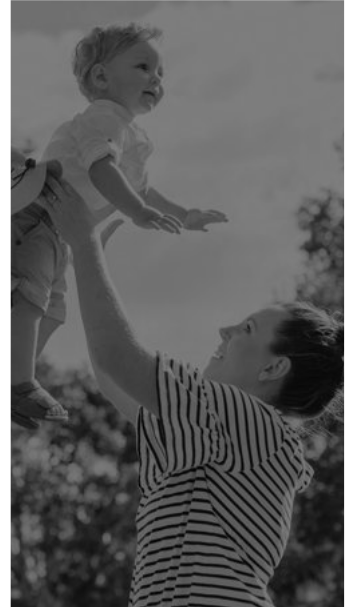
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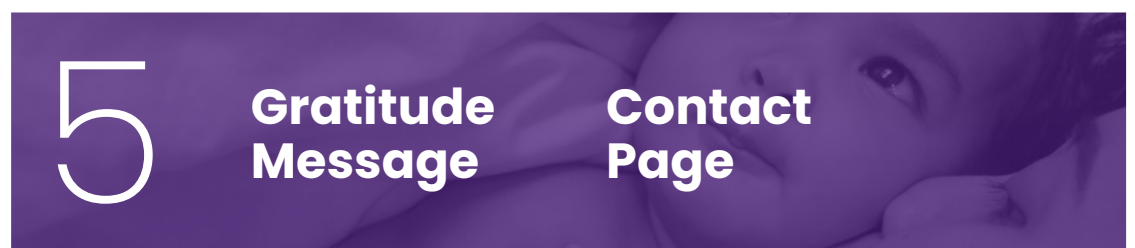
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DRR Message

Dear Limitless Leaders & Rotaractors,

I am delighted to welcome you to the first issue of "Limitless Chronicles."

As District Rotaract Representative, I am proud of the vibrant and energetic Rotaract Movement we have at RI District 3191. Each of you is a shining example of dedication, passion, and service. Your commitment to making a difference in your communities is truly inspiring.

This newsletter is a milestone in our shared journey and a testament to the incredible stories, projects, and initiatives that make our Rotaract family special. Within these pages, you will find a tapestry of experiences, achievements, and heartfelt narratives that reflect the essence of who we are and the Limitless potential we possess.

The journey of "Fellowship through Service" we have embarked upon knows no bounds.

The journey of "Fellowship through Service" we have embarked upon knows no bounds.



Together, we can break barriers, transcend limitations and explore new horizons of positive change. Let the stories shared in this newsletter serve as a reminder that we are united by a common goal to unlock the Endless potential, collaboration, and innovation that create a world where compassion, leadership, and generosity prevail.

As we delve into the pages of "Limitless Chronicles," may you be inspired by your fellow Rotaractors' unwavering determination, and may you find the motivation to seize every opportunity that comes your way. Let this newsletter be a source of empowerment, a repository of ideas, and a catalyst for even greater achievements.

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.

Thank you for your unwavering dedication. I eagerly anticipate the incredible stories that will grace the pages of our "Limitless Chronicles."

Happy Rotaraction!

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

Editorial Desk Message



Excellent results are achieved when you work as a unit, with a cause greater than self. You learn and grow together as a whole. With each situation that I faced as a Rotaractor, there was always something to learn and someone new to make friends with. I want to express my gratitude to each and every one who came forward to make this issue an enjoyable read.

I urge all the Rotaractors who are reading this to give your 100% whenever you can, it is all worth it. I am thankful to my team for the support and motivation

**Good wishes,
Rtr. Pari Raheja.
District Editorial Team.**



I'm thrilled to be a part of this amazing team! The combination of fun and learning has truly made it an enriching experience. The combination of fun and networking has truly made it an enriching experience. Each project brings new insights of what a Rotaract is capable of, and I'm eagerly looking forward to contributing to more exciting projects in the future. Here's to our continued collaboration and success!

**Warm Regards,
Rtr. Prerana Sharma
District Editorial Team**



Salutation Rotaractors!!!

One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say, individuality counts but teamwork dynamites. It was a delight to work on the content for the newsletter. The embellishment to this opportunity is the immensely talented team I'm working with! I would like to extend my sincere gratitude to the District team for considering me capable of this work. Happy Rotaraction & Happy Reading!

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

Design Desk Message



As an aspiring designer and the Director of Design and Visual Communication for Rotaract District 3191, I have been granted a remarkable opportunity to blend my creative expertise with my passion for community service. Collaborating with my talented team, I have been intricately involved in crafting captivating designs that encapsulate the essence of our district's impactful initiatives.

The theme of maternity and child health in our recent magazine holds a deeply personal significance to me. It resonates on both professional and emotional levels, as I've witnessed firsthand the profound impact that our collective efforts can have on the lives of mothers and children within our communities. Through my involvement in Rotaract, I've learned that design is not just about aesthetics; it's a potent tool to communicate vital information, evoke empathy, and create connections that drive meaningful transformations. This theme underscores the importance of nurturing the most vulnerable members of our society and aligns perfectly with my dedication to design that serves a higher purpose. The magazine becomes a canvas where my passion for design and my commitment to maternal and child well-being harmoniously converge, making every layout and image a testament to the potential of visual communication for a better world.

Rtr. Srujana Golla
Director of Design and Visual Communications.



Greetings Fellow Rotaractors,

As the Director of Design and Visual Communications, the theme of Maternity and Child Health resonates deeply with me. Just as a mother nurtures her child, our designs are a form of nurturing – a way to convey love, care, and unity to the world.

Collaborating with my dear talented team, we infuse our designs with the essence of Rotary's commitment. Every design is a heartfelt expression, a message of hope for mothers and children everywhere. Through our designs, we aim not just to create visuals, but to evoke emotions, inspire action, and advocate for a healthier future.

Each color, shape, and element holds significance, just as every moment of maternal care impacts a child's life. In crafting these designs, I find a connection to the shared journey of growth and well-being. Together, we create not only art but a narrative that amplifies the importance of maternal and child health.

With creativity as my tool and unity as my guide, I'm dedicated to creating a world where every mother and child thrives. This month, as we embrace the theme of Maternity and Child Health, let our designs be a reflection of our shared commitment and a beacon of positivity.

In unity and artistic expression,
Rtr. Mohith Kumar S S
Director, Design and Visual Communications.

Design Desk Message



Heellloooo Rotaractors!!

Not sure what that was for, but it was nice seeing you all smile and read it exactly like it's written ;p

Little moments of happiness, kindness, love, friendship, and adventures are best experienced when shared. And I hope this rota-year makes you feel at home, throughout the process. It was a pleasure designing the newsletter this month, with a team that only becomes family as days go by. Hope you all love seeing this just as much as we loved putting it together!

Rtr. Anannya Rene Dass

District Design and Visual Communications



Step into the pages of our meticulously crafted Rotaract Newsletter, where each stroke of ink is a testament to our shared journey. Let the stories weave a tapestry of experiences, while vibrant visuals etch the memories deep. Through carefully curated narratives and captivating imagery, we invite you to immerse yourself in the essence of our Rotaract adventure. This newsletter stands as a timeless keepsake, a reminder of the growth and impact we've cultivated as a united Rotaract community. Here's to relishing every moment within these boundless reflections. Enjoy the voyage!

Rtr. Harsh Bhan Giri

District Design and Visual Communications



Service to the community becomes a journey of heart and hand, where fellowship through service weaves bonds that uplift both giver and receiver.

Rotaract embarks on an amazing journey of personal growth, community impact, and global connection. As young individuals come together under the banner of service, they find themselves woven into a tapestry of change-makers, each thread representing a unique story, passion, and purpose.

Happy rotaraction!!

Rtr. Syed Masood Hussain

District Design and Visual Communications

How Mental Health Effects Mother & Baby During Pregnancy

Pregnancy is a transformative period that involves significant physical, emotional, and psychological changes for expectant mothers. While it is a time of joy and anticipation, it can also bring about various challenges, especially in terms of mental health. Maternal mental health plays a crucial role in shaping the well-being of both the mother and the developing baby.

Mental health problems during pregnancy affect around 20% of mothers and may have lasting impacts on children's health, cognitive and socio-emotional skills, educational attainment, and future labor market outcomes. It is identified that the causal effect of mothers' prenatal mental health on a range of child psychological, socio-emotional and cognitive outcomes. Mental health plays a crucial role in the well-being of both the mother and the baby during pregnancy. Pregnancy is a significant life event that can be both exciting and challenging, and it can have a profound impact on a woman's mental and emotional state.

This article explores the impact of maternal mental health on pregnancy and infant outcomes, highlighting the importance of addressing mental health concerns during this critical stage.

Depression and Anxiety in Pregnancy Untreated depression and anxiety during pregnancy can significantly affect a woman's overall well-being and her ability to care for herself and her baby. Expectant mothers experiencing depression or anxiety may struggle to adhere to prenatal care, maintain a healthy diet, and engage in essential self-care practices. Such challenges can result in poor maternal nutrition, inadequate weight gain, and an increased likelihood of substance abuse, all of which can negatively impact fetal development.

Maternal Hormonal Imbalances Pregnancy involves dramatic hormonal fluctuations as the body adapts to support the growing fetus. For women with pre-existing mental health conditions, these hormonal changes can exacerbate their symptoms, leading to mood swings, irritability, and other emotional challenges. Hormonal imbalances can further contribute to the development or exacerbation of mental health issues during pregnancy.

Impact on Bonding and Attachment The mother-infant bonding process begins during pregnancy and continues after birth. Maternal mental health significantly influences this crucial attachment. Women experiencing depression or anxiety may have difficulty forming a strong emotional connection with their baby, which can impact the infant's emotional and cognitive development. A secure maternal-infant attachment is vital for the baby's sense of security, emotional regulation, and social development.

Pregnancy Complications Maternal mental health can influence the risk of developing pregnancy complications. Women experiencing mental health challenges may be at higher risk of conditions like preeclampsia, gestational hypertension, and gestational diabetes. These complications can jeopardize the health of both the mother and the developing baby, potentially leading to long-term health issues for the infant.

Postpartum Depression Maternal mental health during pregnancy is also a significant predictor of postpartum depression. Women who experience mental health challenges during pregnancy are more likely to develop postpartum depression, which can have severe implications for both the mother's and the baby's well-being. Postpartum depression can affect the mother's ability to care for her newborn and may hinder the establishment of a healthy mother-infant bond.

Addressing maternal mental health during pregnancy is crucial for the well-being of both the mother and the baby. It can significantly impact pregnancy outcomes and the infant's early development. Prenatal care should include routine screening for mental health concerns and providing appropriate support and interventions when needed.



"By prioritizing mental health during pregnancy, we can enhance the overall health and well-being of expectant mothers and promote positive outcomes for their babies."

DISTRICT UPDATES

DOTS

DISTRICT OFFICIALS TRAINING

Rotaract District 3191 organized its first District Officials Training on June 4, 2023 at AIMS Institutes, Peenya, Bangalore. The event was hosted in association with our partner District 3192.

The inaugural ceremony started in the Auditorium at 10:00 AM and was followed by an ice-breaker session. Soon after that, the Rotaractors were segregated into their respective avenues and were advised to attend the training session in the scheduled breakout rooms. Each avenue had been assigned with two proficient trainers and the sessions were held back-to-back. The flow of the training was brief, interactive and resourceful for all the attendees.

Soon after that, the gathering broke for a scrumptious meal, which was hosted by the District. Post that, the attendees were requested to head back to the Auditorium for an exciting Panel Discussion to gain insights about the responsibilities and challenges of a District Official. The discussion was really engaging, impactful and brainstorming.

Finally, the day ended with a high tea and a group photography session.



DISTRICT UPDATES

VIHAAN

1ST INSTALLATION CEREMONY OF ROTARACT DISTRICT 3191

The 1st Installation Ceremony – VIHAAN of Rotaract District Council 3191 & 3192 of the Rotary Year 2023–24 was held on Sunday the 2nd July, 2023, which was a joint Installation. The Limitless Leaders gathered together to celebrate this new beginning at Surana College, Peenya Campus where we got to witness the glorious transition of Rotaract District 3190 into the much awaited Rotaract Districts 3191 and 3192. We were privileged to have the presence of Prof. M. V. Rajeev Gowda as the Key-note speaker. He is an Indian politician and academician. The Installation began with our Karnataka's State Anthem followed by a graceful inaugural dance.

As the Rotary ritual should continue, the Past District Rotaract Representative Joseph Wilson was collared by the Past District Secretary Amogh Simha continued by the lighting of the lamp and the Four Way Test. Post the welcome speech and address by the PDRR, introductions were given for the District Rotaract Representatives of the newly formed RI Districts 3191 & 3192.



Collaring of the DRR's was done by PDG. Rtn. Nagendra Prasad & DG. Rtn. Udaykumar Bhaskara which was followed by their addresses. Next in line was the address – 'India at 75 & its way Ahead' by the Key-note speaker. To break the chain of these formal events, there was another graceful Kathak performance. The installation then reached the most awaited part, the Theme & Logo launch of the district 3192. Installation of Electoral Committee & District Committee members of the District 3192 was done and a group picture was taken to capture the moment. Before heading towards the introduction of the next district, there was a beautiful violin performance.

The Theme & Logo launch and installation of the Executive Committee & District Committee members was then carried out for the District 3191. Following that, there were addresses by the YSD & the DRCC's of Districts 3191 & 3192. We then had the teaser of Rotasia Bengaluru 2024 which is happening in our Namma Bengaluru this time! The recognition of the guests was done by the installation chair Rtr. Abhishek Bharadwaj.

Installation has come to the end! Before adjournment, the floor was open for announcements and well wishes. Vote of thanks was presented by the District Rotaract Representatives of 3191 & 3192 PP. Rtr. Lalitha Deepak & PP. Rtr. Janice Philip. Last but not the least, the National anthem was sung to honor our country.





DISTRICT UPDATES

TIPSAT

TRAINING FOR INCOMING PRESIDENTS, SECRETARIES AND TREASURERS

The Rotaract District 3191 started off this year with a mission of training the District's Club's leaders with the best trainers we had. It was the Training of Incoming Presidents, Secretaries and Treasurers. The club's representatives from Rotaract Districts 3191 and Rotaract District 3192 had assembled in the Surana College hall.

They were then dispersed to classrooms of their criteria with a leader who guided these talented individuals. Everyone discussed their ideas, knowledge, played some activities, the classes echoed with joy, laughter, networking along with learning.

By afternoon, a delicious meal was served to all the members. The Rotaract District 3191 and Rotaract District 3192 gathered in the auditorium where Rtr. Rtn. PP. DRR. Arun Teja Godavarthi unveiled the logo and the theme of the Rota year 2023- 24.



TIPSAT

TRAINING FOR INCOMING PRESIDENTS, SECRETARIES AND TREASURERS

It continued with a team-building session where ten groups were assigned different problems and were tasked to find a solution; it was delightful to the creative minds coming up and sharing their approaches to deal with it. There were many District Officials who shared their experiences and learning with the budding leaders.

The District event ended this successful session with the high tea where each of them interacted with various clubs and built networks.



DISTRICT UPDATES

LIMITLESS ASSEMBLY 1.0

The first official meeting of District Council Members of Team Limitless was held on July 16, 2023 at Alps Consulting, Bangalore. 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 and the team was served with a scrumptious meal.



DISTRICT UPDATES

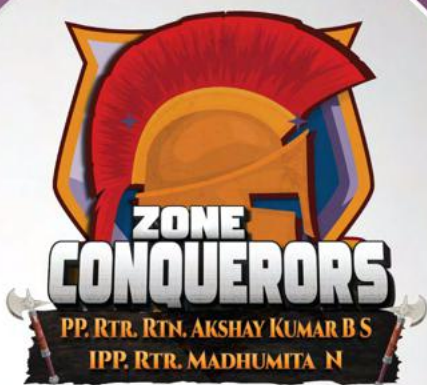
RELIEF MATERIAL COLLECTION DRIVE

The Community Service team of Rotaract District 3191 and 3192 joined hands to support Flood affected areas of Delhi and Himachal Pradesh. The main aim of this project was to extend a helping hand to all those who have lost their homes and are in dire need. The event took place between July 15 -21, 2023.

Many clubs and individuals from both the districts came forward and donated relief material such as groceries, dry food, blankets, hygiene kits, first aid supplies and more. A certificate of appreciation was issued for the donors to express gratitude for selfless service towards the welfare of the society and upliftment of humanity.



ZONAL UPDATES



CONQUERORS SAMAVAYA

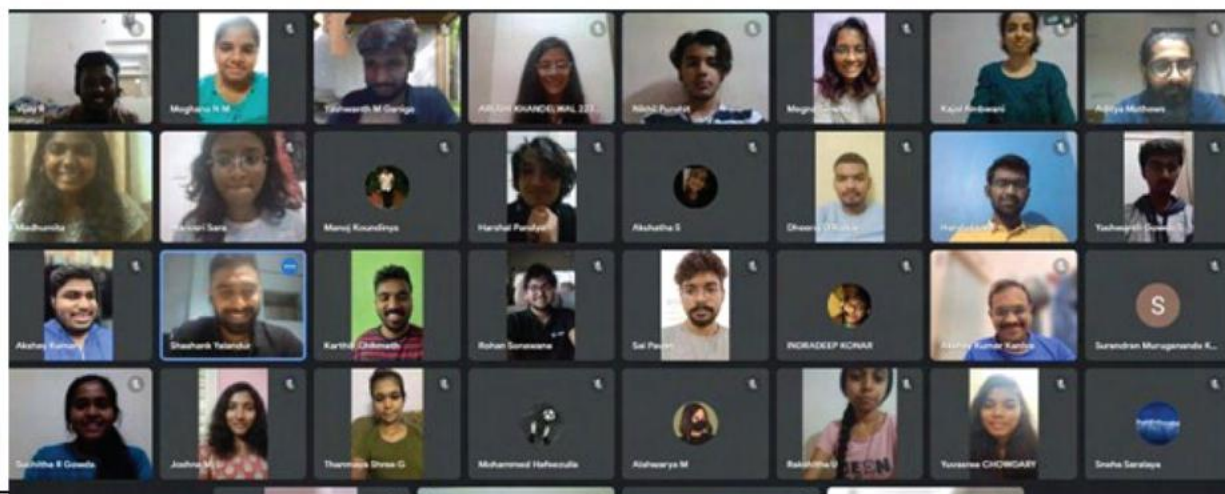
On July 10, 2023, Zone Conquerors hosted their inaugural online event "SAMAVAYA." This virtual gathering united clubs under Zone Conquerors, co-hosted by the Rotaract Clubs of SSMRV College and Aagneya. SAMAVAYA blended fun activities, icebreakers, and announcements, fostering togetherness amidst digital screens.

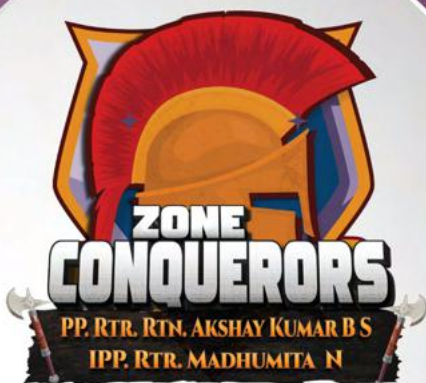
Faces radiating excitement came together to share ideas and dreams. SAMAVAYA's interactive schedule erased boundaries, uniting clubs with a shared purpose.

Activities nurtured unity and teamwork, while announcements showcased Zone Conquerors' boundless potential.

Participants collaboratively set goals, igniting passion and envisioning limitless possibilities. SAMAVAYA symbolized diversity, collaboration, and marked a significant stride towards Zone Conquerors' expansive future. With this inspiring precedent, clubs embark on a journey, spirits boundless, aspirations limitless.

CONNECT





CONQUERORS VISION QUEST

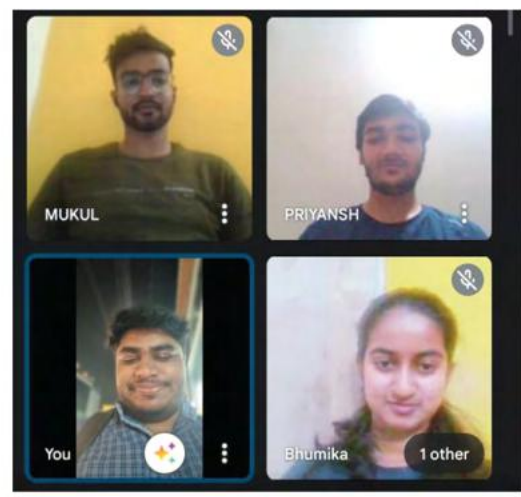
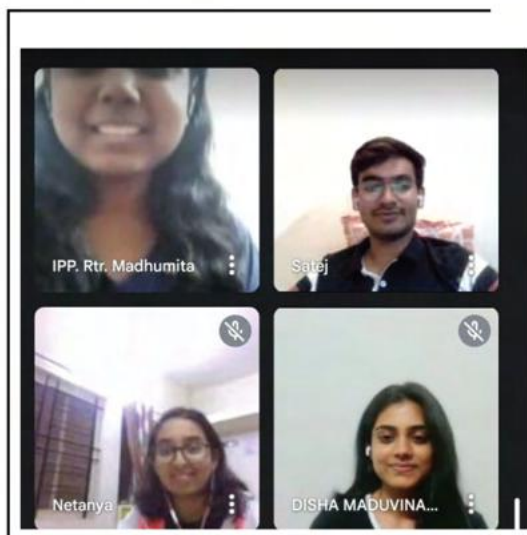
Zone Conquerors introduced the "Conqueror's Vision Quest," personalized meetings with each club, nurturing unity and collaboration. One-on-one sessions aimed to understand club goals, fostering comprehension of distinctive visions. Success echoed powerfully, catalyzing partnerships and resource sharing.

Discussions wove ideas, aspirations, and strategies, fostering collective growth. Insights exchanged between Zone Conquerors and clubs sparked partnerships and expertise sharing. Clubs eagerly embraced the chance for harmonized efforts.

Upon quest's culmination, shared unity and purpose resounded. Sessions were declarations of determination, embodiments of collaboration, and pledges to limitless accomplishments. Unified, Zone Conquerors and clubs embark on new horizons.

"Conqueror's Vision Quest" legacy echoes solidarity, partnership, and triumph. Stage set for boundless expansion, aspirations intertwined in pursuit of excellence.

CONNECT



ZONAL UPDATES

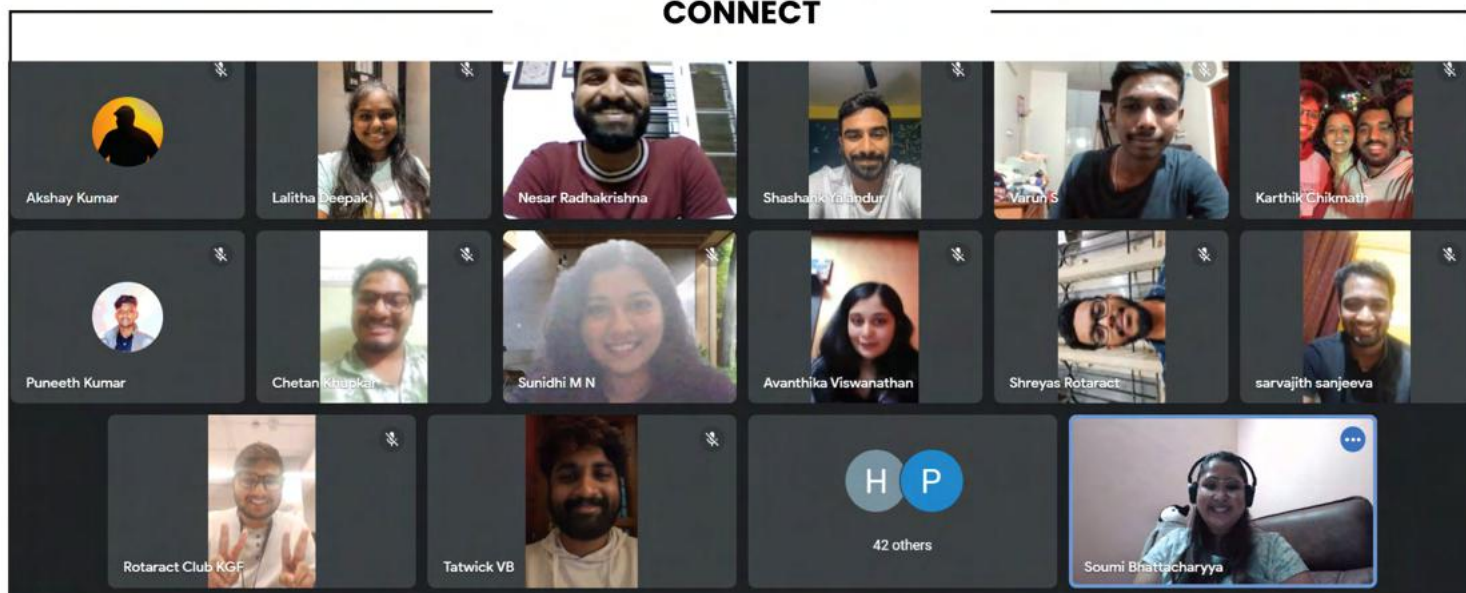


GUARDIANS ASSEMBLE

Zone Guardians had its first virtual Zonal Connect, "Guardians Assemble," on July 27, 2023. The meeting was hosted by the Rotaract Club of Bangalore SouthWest and the Rotaract Club of KFG. The main agenda of this meet was to interact and introduce all the clubs in the zone. It was a wonderful opportunity for all the clubs to get to know their zonal clubs and their zone leaders.

The meeting started with the introduction of the ZRRs, followed by the introduction of the club Presidents and their entire board members. After that, the session was handed over to the ZRRs for the zonal updates and logo launch. Later, a few updates were shared by the District Secretariat Team, followed by the club updates, respectively. The session ended with some fun games and a group picture to make the day memorable.

CONNECT



ZONAL UPDATES



TITANS DAY OUT

Zone Titans had its first Zonal Outing, "Titans Day-Out," on July 23, 2023. The meetup was organized by the Rotaract Club of Koramangala and the Rotaract Club of Jyoti Nivas College at Cubbon Park. The main focus of the meeting was to bond with the Club members and understand the challenges they faced.

The session started with the welcome note of the ZRRs, followed by zonal updates. Later, the District Secretariat Team addressed the gathering. Once the formal session ended, the club conducted a few games for fun and team building. Finally, the meeting ended on a positive note with a group picture and scrumptious snacks.

CONNECT



ZONAL UPDATES



WARRIORS COHESION

Zone warriors had its first virtual Zonal connect "Warriors Cohesion" on 7th of July. The main agenda of this meet was to introduce zone warriors to all the clubs of the zone. It was a wonderful opportunity for all the clubs to know their zonal clubs and their zone leaders.

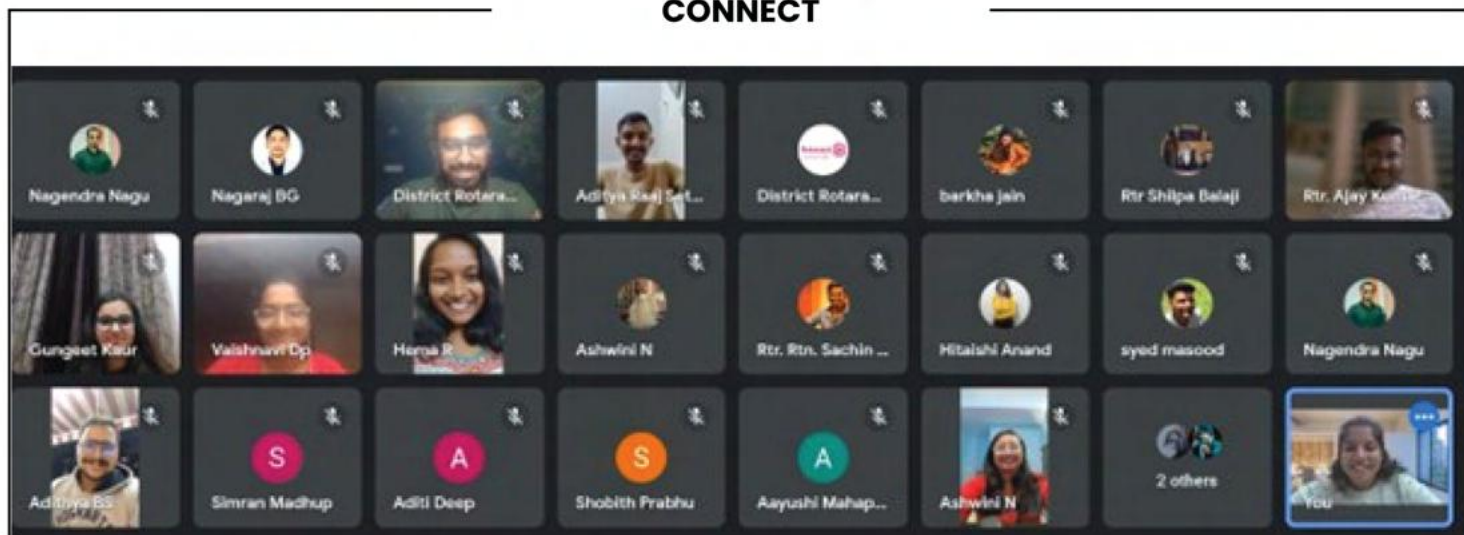
A small ice breaker session was conducted to check how much the clubs know about Rotaract in general. All the club's got a chance to introduce their club to everyone. All the important points regarding Club Installation, DRR's slot booking for

installation, Club orientation, Reporting procedures, RI access, and Club dues were discussed.

Later the club's made a few announcements regarding their events and the district secretariat team made announcements regarding RI access and membership dues.

Overall it was a very nice meetup with the warriors. Emblazoned with the emblem of a warrior we try to unleash the inner warrior, ignite the fire within, rise above and forge into a new path as a warrior.

CONNECT



What bird do you
associate with lifting
weight?

I can be long or can be
short, I can be black,
white, brown, or purple.
You can find me the
world over and I am
often the main feature.
What am I?

The more there is,
the less you see.
What am I?

FunZone

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

Primary mail Id:

3191editorialteam2324@gmail.com

Sometimes narrow,
sometimes wide, wind
or rain, I stay outside.
Even if there's heat or
snow, from house to
house I will still go.
What am I?

What is seen in the
middle of March and
April that can't be
seen at the beginning
or end of either
month?

You buy me
for eating, but
you cannot
eat me.

I give you current
with some power,
my cord - how can
you not love her?

I have teeth but no
mouth. If a bald
man carries me,
it's only for
memory's sake.

Throw me on
before you go out,
especially when
the temperature is
low. What am I?

I speak without
a mouth and
hear without
ears. I have no
body, but I
come alive with
wind. What am
I?

I have cities, but
no houses. I have
mountains, but no
trees. I have water,
but no fish. What
am I?

You can use a knife
to slice my head
and weep beside
me when I am
dead. What am I?

I'm the rare
case when
today comes
before
yesterday.
What am I?

You measure my
life in hours and I
serve you by
expiring. I'm quick
when I'm thin and
slow when I'm fat.
The wind is my
enemy.

CLUB UPDATES



AAYUSH - ROTARACT CLUB OF SHISHU MANDIR

AAYUSH - 2.1 at Kithiganur Government School was a success. We are proud that we have made a positive impact on the lives of these students, and we look forward to continuing our efforts in empowering young minds through education.

AAYUSH - 2.2 at Bhattarahalli Government School, we engaged 75 students with fun activities and distributed 4 sets of age-appropriate books and stationery items per student. Our motive is to empower young minds through education.





AAYUSH – ROTARACT CLUB OF SHISHU MANDIR

On July 8, 2023, the Rotaractors of our club visited Kithiganur Government School as part of our project to distribute books and stationery to the children. Our main objective is to ensure that these students have access to the necessary resources for quality education and promote an interest in learning.

We, the Rotaractors of Rotaract Club of Shishu Mandir have initiated to distribute books and stationery to the children in government schools for the second consecutive year under the project AAYUSH.

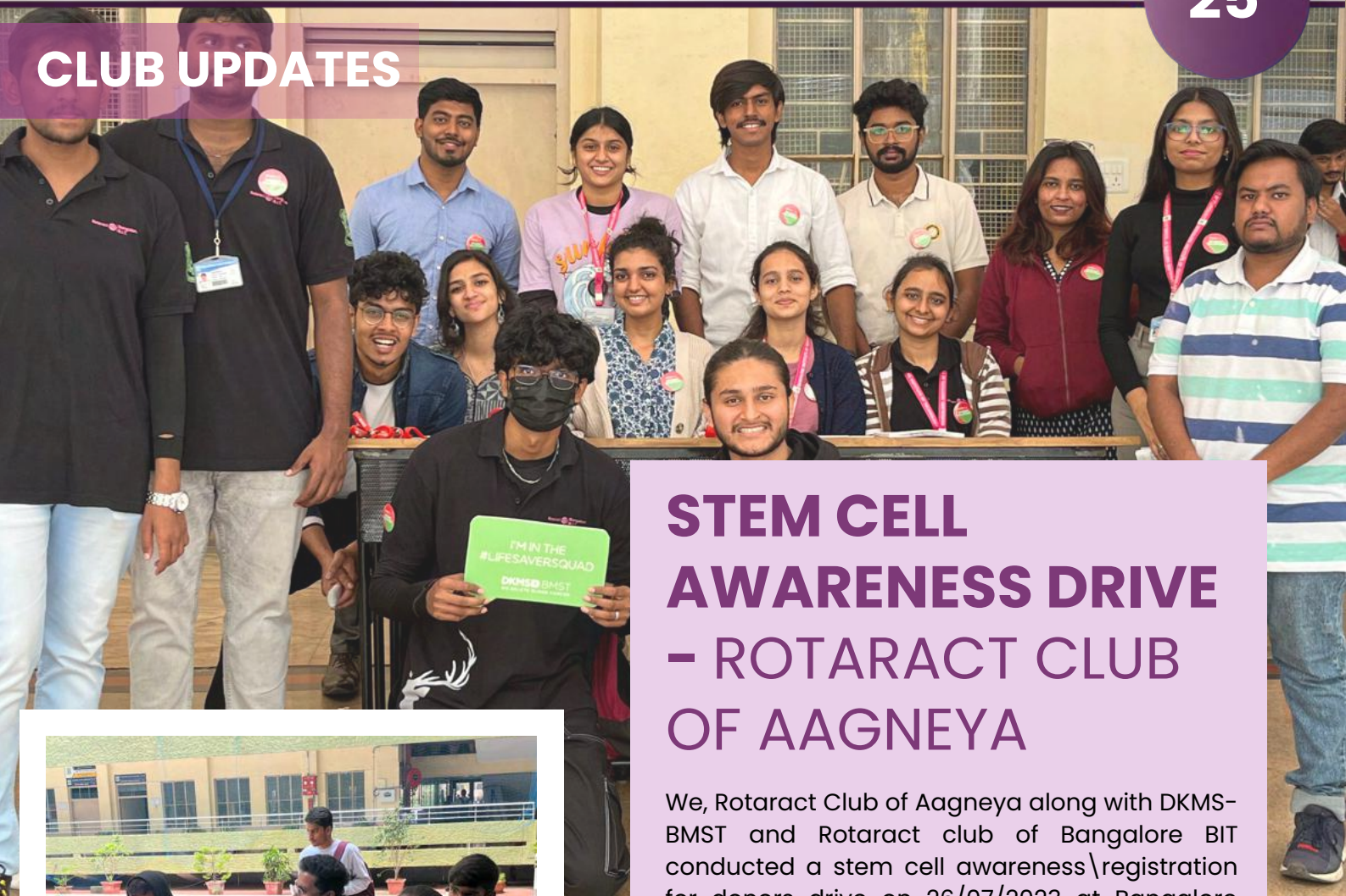
We began our project by organizing a few activities for the children. There were a total of 250 students and each student got 6 sets of books and a set of stationery items (pencil, pen, eraser, sharpener, scale). We handed out the books and stationery to each child.

It was heartening to see their eyes light up with excitement and gratitude as they received these valuable learning materials.



We ensured that every child received a book suitable for their age and grade level. The students were encouraged to explore the books and make the most of the knowledge within their pages. It was a joy to witness their enthusiasm and eagerness to dive into the world of reading.

CLUB UPDATES



STEM CELL AWARENESS DRIVE – ROTARACT CLUB OF AAGNEYA

We, Rotaract Club of Aagneya along with DKMS-BMST and Rotaract club of Bangalore BIT conducted a stem cell awareness\registration for donors drive on 26/07/2023 at Bangalore Institute Of Technology. Our aim was to register our college students as donors and spread awareness about blood cancer and stem cell donation.

Blood cancer patients need stem cells from a donor for recovery and healing, but in India, many cancer patients can't get treatment because of a lack of a donor. DKMS-BMST is working towards making a database for India so that a donor can be connected to a patient who requires a stem cell.

We successfully registered ~130 students as stem cell donors and also spread the word about the drive with more than 200 students and successfully concluded the event.

DKMS BMST Foundation India is a non-profit organization dedicated to the fight against blood cancer and other blood disorders, such as thalassemia and aplastic anemia.



Our aim is to improve the situation of patients suffering from blood cancer and other blood disorders in India and throughout the world, by raising awareness about blood stem cell transplantation and registering potential blood stem cell donors.

CLUB UPDATES

DONATE: OLD HOME VISIT – ROTARACT CLUB OF BANGALORE SOUTHWEST

Rotaract Club of Bangalore SouthWest conducted its first community service project, "DONATE", on July 15, 2023, at Kashika Seva Trust and Sri Charana Elders Home. The project focused on the Rotary four-way test and aimed to serve the community selflessly.

We visited the old age home during the morning hours and completed our saree donation programme. We were happy that we could contribute a little towards the wellbeing of these elderly people and got a chance to talk to them and share their life experiences.

The people there not only accepted our donation with love and humility but also showered their warmth on us. After the drive, we served them lunch and sat and chatted with them. Finally, the day ended on a positive note with lots of blessings from these kind-hearted souls.



CLUB UPDATES



RBSP BADMINTON TOURNAMENT: EDITION 01 – ROTARACT BANGALORE SOUTH PARADE

On July 9, 2023, Rotaract Bangalore South Parade organized an electrifying badminton tournament with a noble purpose to raise funds for the Balya Orphanage. The event garnered an overwhelming response, bringing together 120 enthusiastic participants, all eager to showcase their sporting prowess while making a meaningful difference in the lives of others.

The tournament featured diverse and competitive categories, exemplifying the spirit of unity and sportsmanship. 11 mixed doubles teams engaged in friendly yet fierce matches, fostering an atmosphere of camaraderie and excitement. The men's doubles category witnessed a remarkable turnout of 31 teams, each displaying unwavering determination to contribute to the cause. Additionally, 16 talented participants showcased their skills and passion in the men's singles category, adding an element of thrill to the already vibrant event.



The tournament provided a platform for individuals from various backgrounds to unite, celebrating the joy of sports while supporting a charitable cause close to their hearts.



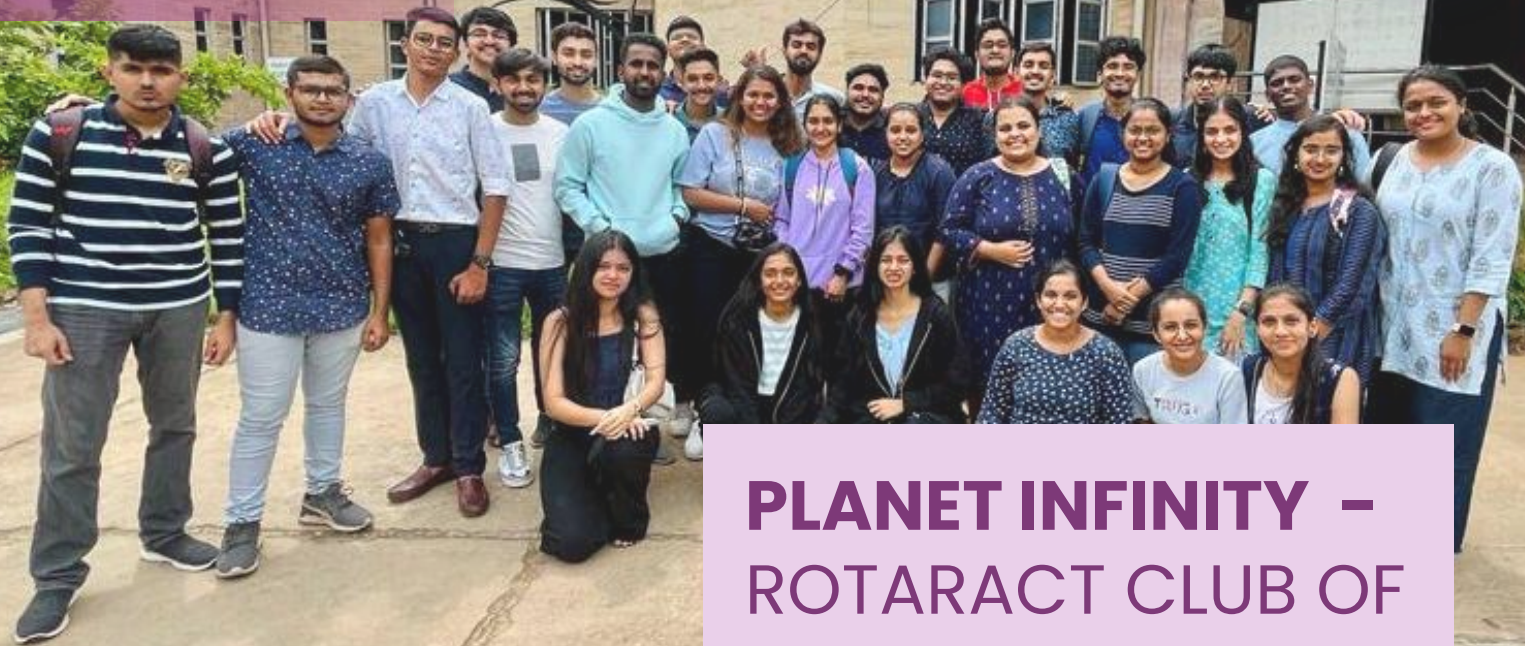
RBSP BADMINTON TOURNAMENT: EDITION 01 – ROTARACT BANGALORE SOUTH PARADE

The event's grandeur was further elevated by the presence of esteemed guests, including the DRR and ZRRs, who graced the occasion with their encouragement and motivational words. The support extended beyond the Rotaract community, as members from the parent Rotary club, along with their families, were present to show solidarity and stand together in support of the cause.

Beyond the exhilarating sportsmanship, the event served as a powerful symbol of Rotaract Bangalore South Parade's unwavering commitment to community service. After all the expenses we raised Rs.16107. The funds raised through this outstanding endeavor will undoubtedly make a significant impact on the lives of the children at Balya Orphanage, bestowing them with hope and brighter prospects.



CLUB UPDATES



PLANET INFINITY – ROTARACT CLUB OF SHRI BHAGWAN JAIN EVENING COLLEGE

The event aimed to inspire and educate the young minds about the fascinating world of space exploration and astronomy. Jawaharlal Planetarium, known for its captivating shows and exhibits on space and astronomy, served as the perfect destination for this enriching event.

After the space show, the children were treated to a delicious lunch provided by the organizing Rotaract clubs.

Following the completion of the event, the children were safely accompanied back to the AMRUTHA SHISHU NIVAS ashram. The journey back was filled with happy memories and lively conversations, as the children shared their favorite parts of the visit.

As the participants returned with happy faces and cherished memories, Planet Infinity can be deemed a resounding success and a meaningful step in spreading awareness about the wonders of space and nurturing young minds for a brighter future.



CLUB UPDATES

ENCROACHMENT & DEFORESTATION IN BANGALORE – ROTARACT CLUB OF BMSCE

The discussion for change (DFC) was scheduled on 1st of July 2023 from 1:30pm onwards in the college premises. The topic for this year's discussion was "Encroachment and deforestation in Bangalore," which concerned tackling encroachment and deforestation for industrialisation.

A total of 16 participants came together to share their views on the topic. The participants were divided into 2 groups. The discussions started off by giving some insights and facts about sustainable urban development in Bangalore to the participants. The participants shared their views on the impact deforestation has on our environment and the importance of tackling it.

The groups were allotted 5 minutes at the end to discuss among themselves and come up with innovative solutions. One member from each group was then allotted 2 minutes to share their innovative ideas on alternatives and solutions.



The groups came up with innovative solutions like competitions to come up with the best alternatives, going paperless, recycling and using recycling products, using renewable energy, and so on which could be implemented to tackle the problem. The participants attended the event with great zest and the discussions were fruitful and with a lot of purpose.

CLUB UPDATES



OLD AGE CARE ROTARACT CLUB OF RAMANAGARA

Rotaract club of Ramanagara visited an old age home named Dari Deepa Viruddhaashrama KP Doddi , Ramanagara on July 10, 2023. The project aimed at thanking each and every kind hearts for their contribution in terms of grocery donation which a bright smile on old souls .Around 5000 Rupees of Grocery bag and fruits were donated and 8000 cash was donated to Dari Deepa Viruddhaashrama KP Doddi, Ramanagara. This contribution has definitely lightened their day. We thank all the responsible citizens of Ramanagara for their positive response and help.

CLUB UPDATES



JOY OF GIVING 3.0 – PHASE 1 ROTARACT CLUB OF ATRIA I.T.

On July 8, 2023, the Rotaract Club of Atria I.T. successfully completed the First Phase of our flagship project, Joy of Giving 3.0. We joyfully donated 180 packets of biscuits and 50 packets of food to a Mathikere slum in Bangalore, creating smiles and spreading happiness.

Our heartfelt thanks to all the gracious donors who contributed to this incredible endeavor. Together, we made a meaningful impact in our community, and we look forward to continuing this journey of giving and compassion.



CLUB UPDATES

According to
SWM 2016 rules

- Standard color coding for adoption
- Easy to communicate with citizens



Green Bin

- Kitchen Waste
- 7 liter capacity – up to 2 day kitchen waste
- No liners allowed – banned
- With a lid and handle – keeps it covered and easy to wash and maintain

Red Bin

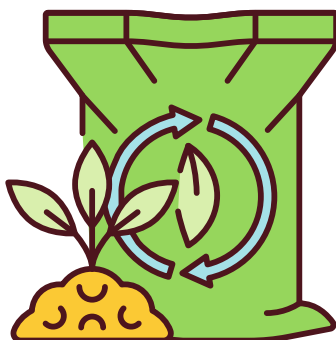
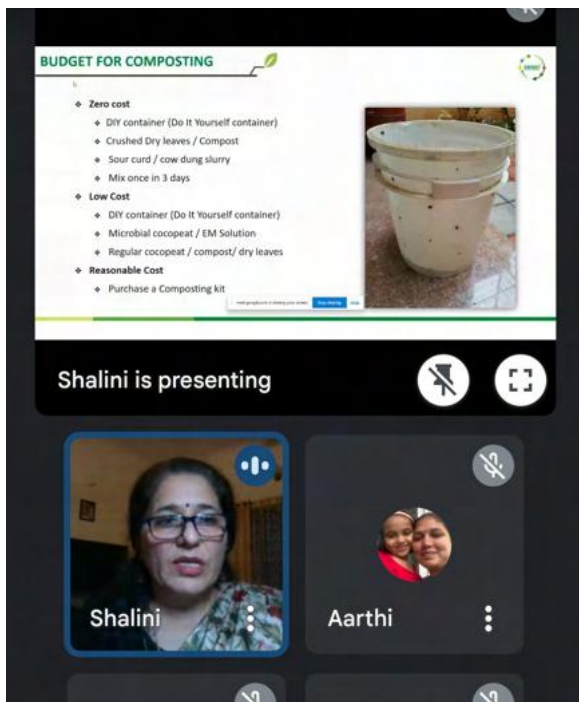
- Reject waste including sanitary waste
- 7 liter capacity
- Sanitary waste and medical waste wrapped in paper
- With a lid and handle – keeps it covered and easy to wash and maintain

WASTE OF WONDER – ROTARACT CLUB OF BANGALORE BIT

We, Rotaract Club of Bangalore BIT collaborated with Rotaract Club of Mount Carmel College for the event of Waste to Wonder. The speaker of the day was Mrs. Shalini Khanna Charles. She took up various interesting topics to talk about. It was a fun and interactive session.

She spoke about different ways of composting like cost friendly ones where there is no budget to a little budget, she talked about Vermi-composting, aerobic composting, etc. She spoke about the segregation of the waste into Green Bin, Red Bin and Reusable Bag, and how this practice is helpful in saving nature.

She made some very interesting points by such as we should promote the local foods or other local stuff; we should do events like green events, which generates least waste; we should use less chemical stuff like Lysol or Pril or Colin (basically cleaning or anything that we use) we can use natural stuff so that lesser amount of chemicals are present around us and be less harmful.



CLUB UPDATES

CLOTH DONATION DRIVE: THREADS OF COMPASSION LEAVE A LASTING IMPACT – ROTARACT CLUB OF BENGALURU HSR

Rotaract Club of Bengaluru HSR organized a cloth donation drive, Threads of Compassion, on July 15th, 2023, bringing joy and warmth to the residents of Vinyasa Trust, an NGO for differently challenged individuals. The club received immense support from two organizations, YourDost and ILETS Material, in collecting clothes for the noble cause.

The community responded wholeheartedly, generously donating bags of gently-used clothing items for all ages. On the day of the event, Rotaract volunteers, accompanied by representatives from YourDost and ILETS Material, visited Vinyasa Trust to distribute the donations.



CLUB UPDATES



CLOTH DONATION DRIVE: THREADS OF COMPASSION LEAVE A LASTING IMPACT – ROTARACT CLUB OF BENGALURU HSR

The event commenced with heartwarming speeches, highlighting the significance of supporting marginalized communities. As the residents received the new clothes, their faces lit up with happiness, symbolizing love and inclusivity. Volunteers from companies like YourDost and ILETS Material also engaged in interactive sessions.

The Cloth donation drive started with a brief interaction with some amazing individuals. It was heartwarming to witness their incredible skills such as singing, mimicry, stand up comedies and Dance. The distribution brought smiles on their faces. The Threads of Compassion drive demonstrated the power of collective efforts in fostering empathy and leaving a lasting impact on the lives of the differently challenged. In a world where compassion is the thread that connects us all, this initiative proved that even small acts of kindness can create a significant positive change in society.



CLUB UPDATES

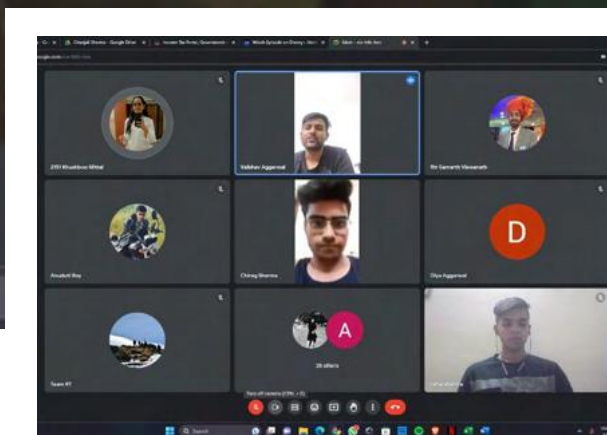
F.R.I.E.N.D.S CATCH UP – ROTARACT CLUB OF APSCE

Rotaract Club of APSCE in collaboration with Rotaract Club of Indirapuram Pariwar organized a Friends meet on the 30th July 2023.

This event was a fun filled interaction as members from various clubs came together and also got to know each other well. This awesome interaction had multiple rounds. We started with a brain tickling round with riddles and fun puzzles.

Second came the most awaited screening for the F.R.I.E.N.D.S TV SHOW. This was followed by an interactive discussion about our clubs and various memories we have created with them as FRIENDS.

In a nutshell this was a wonderful way to meet new people from different cities online which also opened a gateway to new friendships and bonds.



CLUB UPDATES



SAY NO TO PLASTIC BAGS – ROTARACT CLUB OF KSSEM

The Rotaract club of KSSEM took a new initiative to celebrate paper bag day by making handmade paper bags and creating awareness among the students about paper bags. Rotaractors started the event by collecting the waste newspapers from students. All of us were enthusiastic and started making hand made paper bags by dividing work among ourselves. We had lots of fun making bags "best out of waste". Once we were done with it all of us had that satisfied and happy moment.

All of us were very thrilled and carried the paper bags just like tote bags around the campus.

We went to each class, spoke to the students and taught them the benefits of paper bags such as:

- * Contributes to the growth of forest mass
- * Reduces climate change
- * Biodegradable and reusable
- * Resistant and economical.etc.

We then distributed the hand made bags to the staff and were filled with happiness looking at their expressions. Later we visited nearby shops and gave them paper bags creating awareness among the public. Totally it was an amazing and successful event.



#RACKSSEM



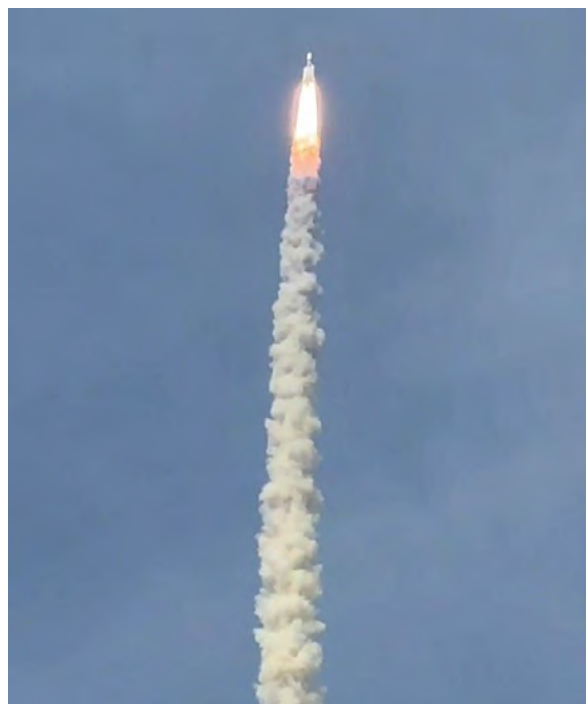
CLUB UPDATES

SPACE SYMPOSIUM – ROTARACT CLUB OF BANGALORE VIJAYNAGAR

Chandrayaan 3 is a prestigious space exploration event that aims to inspire and educate individuals about the wonders of outer space, foster scientific curiosity, and promote international cooperation in the pursuit of space exploration. We got featured in "French News Channel which is an International News Agency". An Unforgettable Spectacle Witnessing Chandrayaan 3's Launch left us speechless. Goosebumps and tears filled the air as India's pride soared high. A moment of awe, inspiration, and national unity.

As the countdown reached its climax, anticipation gripped the atmosphere. The roaring engines ignited, shaking the ground beneath our feet. The fiery trial left in the sky, painting a breathtaking picture of determination and scientific prowess. As Chandrayaan 3 propelled towards the stars, I felt a surge of pride. Our nation's quest for knowledge and exploration reached new heights, forging a path for future generations to follow. It was a profound reminder of the power of human curiosity and our relentless pursuit of discovery.





SPACE SYMPOSIUM – ROTARACT CLUB OF BANGALORE VIJAYNAGAR

In that moment, I stood shoulder to shoulder with millions, celebrating this extraordinary achievement. Emotions overwhelmed me, and tears of joy streamed down my face. It was a humbling reminder of our collective potential and the boundless possibilities that lie ahead.

Grateful to have witnessed this historical event, I carry the memories of Chandrayaan 3's launch deep within my heart. A testament to the indomitable spirit of the human race, and a reminder that we are capable of reaching for the stars



CLUB UPDATES

ACTIVE EYES 2.0 – ROTARACT CLUB OF BANGALORE REVOLUTION

Active Eyes 2.0, organized by the Rotaract Club of Bangalore Revolution in partnership with Globe Eye Foundation and with the support of Rotary Bangalore IT Corridor, was a successful eye camp summit for school kids. Through the efforts of dedicated volunteers and the collaboration of various organizations, the project was able to screen a large number of students, identify vision problems, and provide spectacles to those in need. The initiative not only contributed to the well-being of the young students but also created awareness about the significance of regular eye check-ups and eye care in the community.



CLUB UPDATES



PUSTAK – ROTARACT CLUB OF RVCE

Project Pustak is a noble initiative aimed at providing essential school supplies to underprivileged students in rural areas. For Project Pustak, funds were collected, which were used in manufacturing the notebooks and buying stationery for the students of government schools. Along with college officials and NSS Volunteers, we visited the government schools and gave the stationery to them.



CLUB UPDATES

SMILE PLEASE – ROTARACT CLUB OF BANGALORE JP NAGAR

Smile Please was an impactful initiative that provided dental screening and treatment for all the workers at Bannerghatta National Park, which included forest rangers, guards, officers, watchers, and other staff.

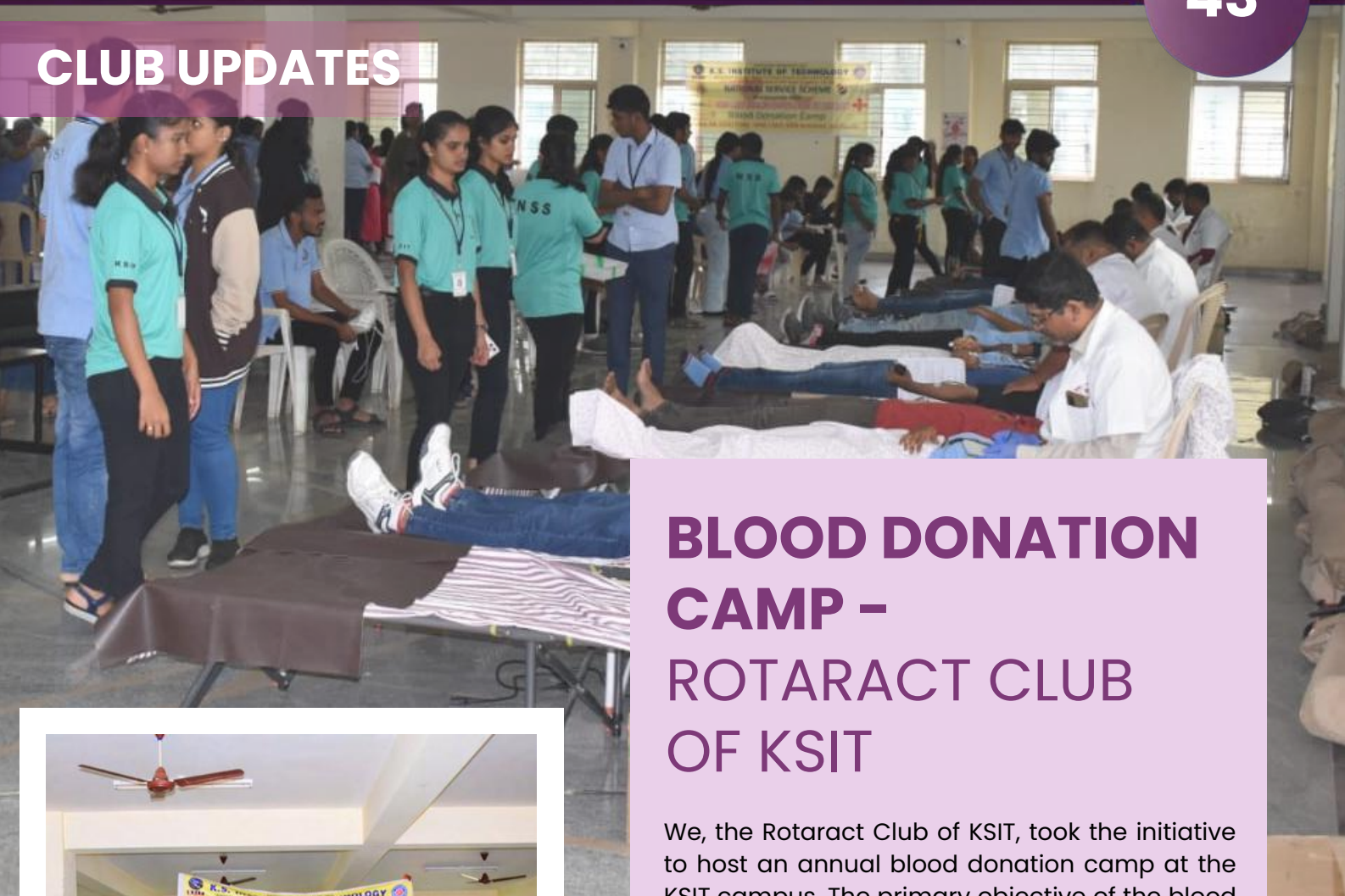
The camp was conducted for two days in different locations in the Bannerghatta forest ranges.

We successfully screened and treated over 150 people and raised awareness about oral hygiene during the course of treatment.

The camp was organized with support from the students of Oxford Dental College and in collaboration with Friends of Wildlife.



CLUB UPDATES



BLOOD DONATION CAMP – ROTARACT CLUB OF KSIT

We, the Rotaract Club of KSIT, took the initiative to host an annual blood donation camp at the KSIT campus. The primary objective of the blood donation camp is to collect a significant number of blood units that will be utilized to meet the urgent medical needs of patients in hospitals and healthcare centers. By encouraging voluntary blood donation, we raise awareness about the importance of regular blood donations and promote a sense of responsibility among members of our college community.

We encourage all members of our college to actively participate in the blood donation camp. To participate in the blood donation camp, donors must meet some eligibility criteria. On the day of the event, each donor undergoes a preliminary screening process to assess their eligibility for blood donation. Our experienced medical team conducted a thorough assessment to ensure the safety of both the donors and recipients. Around 280+ units of blood were collected in our drive. All the Rotaract members actively participated in the event and made it a grand success.



CLUB UPDATES

COMPUTERS & UTILITY BIN DONATIONS DRIVE – ROTARACT CLUB OF BANGALORE JAYANAGAR

The Computers and Utility Bin Donations Drive at the Government High School, Kuguru, Bangalore, Karnataka, aims to improve both educational and environmental aspects amongst the students. With the generous support of our parent rotary, we are providing much-needed computers to enhance students' learning experiences. Additionally, the drive promotes eco-consciousness by distributing utility bins for proper waste disposal within the school premises. This initiative not only fosters a technologically advanced learning environment but also cultivates a sense of responsibility towards our surroundings. With these donations, we are striving to create a more sustainable and progressive educational space for our students and the community. Along with the donation, there were interactive and student engagement activities organized for the students.



CLUB UPDATES

NATIONAL DOCTOR'S DAY

1st July

"YOUR DEDICATION AND COMPASSION FOR CURING AND SAVING LIVES IS WHAT MAKES THE WORLD A BETTER PLACE!"



DOCTOR'S DAY – ROTARACT CLUB OF NMIMS

RaC NMIMS tried to express its gratitude towards the doctors across India on this special day. A small, appreciative visit where we got to know doctors better by asking a few fun interactive questions. A heartfelt message from our team, roses, and chocolates were given as a small token from our side. This event marked the beginning of the year for our club.



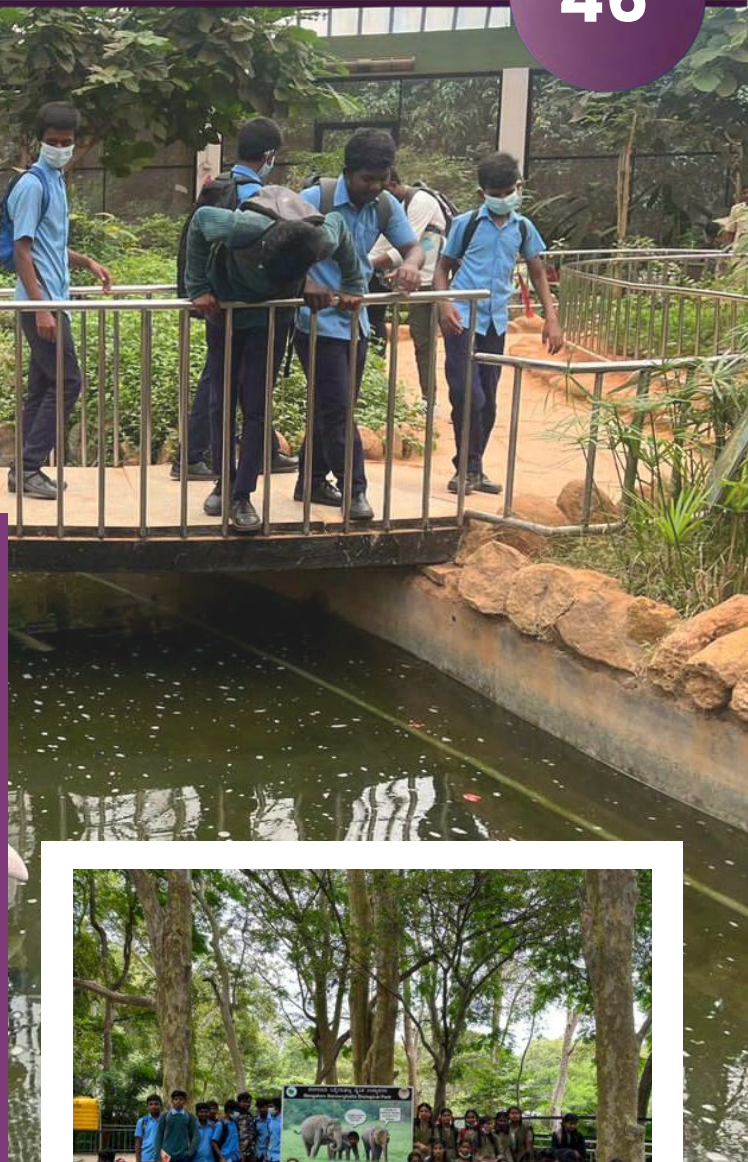
CLUB UPDATES

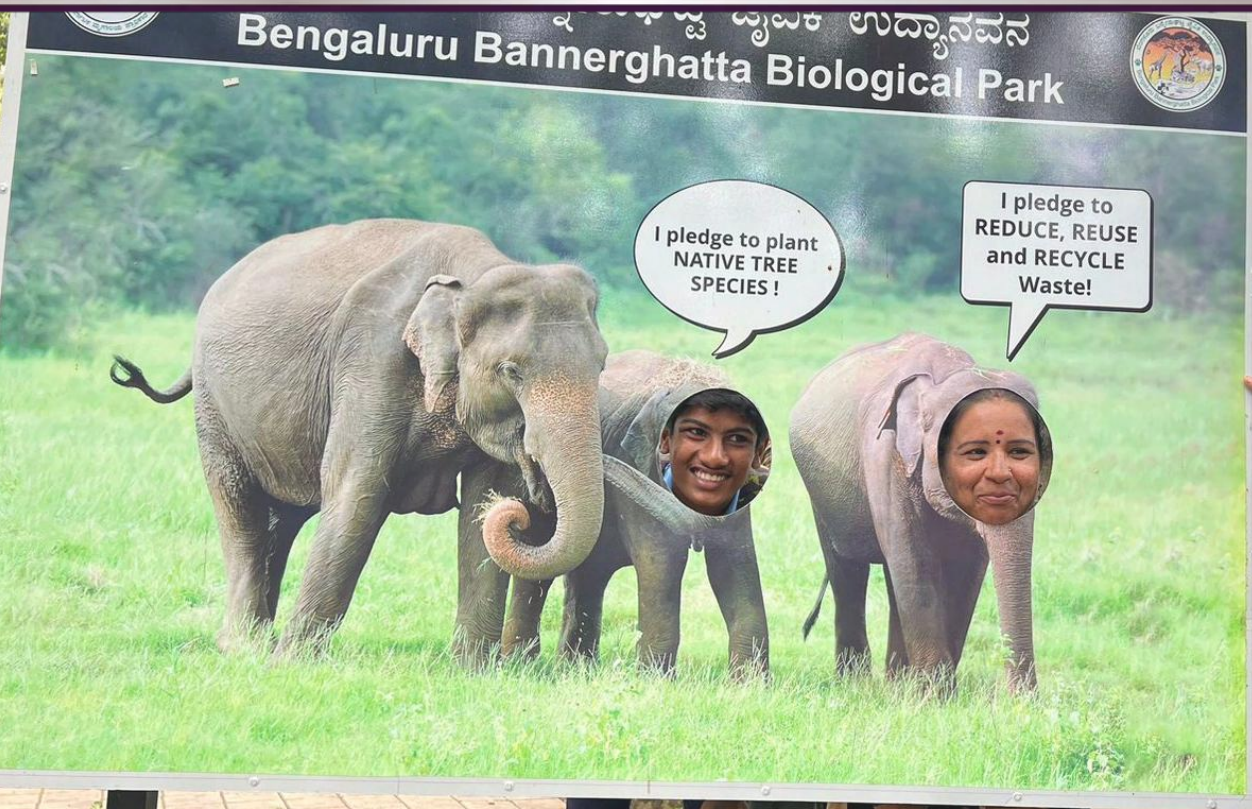
MRUGAALAYA – ROTARACT CLUB OF BANGALORE EAST

A mesmerizing day out amidst the wildlife, butterflies, and some humans!

The kids of Domlur government school were taken out for an educational zoo tour and a guided national park visit at Bannerghatta National Park and Zoo. They were told about the animal habitats, how they were bought and fostered in the zoo, and how their lifestyle in the zoo is different from that in the forest habitat. Rtr. Chandana and Mr. Naveen, two wildlife enthusiasts, shared their breathtaking experiences on their forest excursions, which amazed the kids totally.

We served them a delicious home-made lunch and some snacks at the park and took them to the butterfly gardens, where extensive knowledge about species and their evolution is displayed in infographics with some preserved samples. A round amidst the butterflies indeed gave a butterfly ring to all the kids.





MRUGAALAYA – ROTARACT CLUB OF BANGALORE EAST

We played Antakshari, which the kids enjoyed 10 times more than the whole day. We got stuck on the traffic roads of Bangalore trying to reach the school again. Before bidding goodbye, a small token of love was shared with them along with some clicks to cherish the memories.

All in all, it was a day that took us back to our school days and nostalgic moments. Thanks to Rtr Rakshith Club Secretary at Admin and Rtr Rtn Meghana for joining in with our President, Rtr Rtn Hemanth Kumar, in making this event a Successful one. We also extend our gratitude to our ever-supportive Partner, Rotary Bangalore East, and the Friends of Wildlife team for helping us make this event a successful one.

EC/DC BIRTHDAYS

JULY 1



PP. Rtr. Rtn. Uday
Kumar Y

JULY 1



PP. Rtr. Rakshith
Purushothaman

JULY 5



Rtr. Bhuvana Puttraj

JULY 7



PP. Rtr. Rtn. Padma
Nesar R

JULY 22



PP. Rtr. Nagendra E

JULY 29



Rtr. Jyoti Jain

JULY 29



Rtr. Vishal R

PRESIDENT/SECRETARY BIRTHDAYS

JULY 1



PP. Rtr. AR.
Shreyas Raghu

JULY 2



Rtr. Gungeet Kaur

JULY 2



Rtr. Aishwarya K R

JULY 3



Rtr. Hitaishi Anand

JULY 7



Rtr. Ankita Mandal

JULY 21



Rtr. Hema R

JULY 23



Rtr. Suresh N

JULY 28



Rtr. Akshata S

JULY 30



Rtr. Denzil John
Saldanha

INNOVATIVE MINDS



"Innovative Minds" presents a poetic tapestry that weaves emotions, thoughts, and perspectives. We celebrate diverse voices, offering a platform for poets – established and emerging – to articulate the depth of human experience. Immerse yourself in a fusion of styles and themes, from introspection to inspiration, as we paint vivid emotions with words, fostering a community that appreciates the beauty and power of poetry's artistry.

INNOVATIVE MINDS

*A tale so fond
That goes infinity and beyond
They are the ones you cherish
Like the ice cream you relish
Don't worry at all
Because they are there if you fall
No matter where you are They will be never be far
How bizarre you might sound
They are always around
You can be you
Because they never judge you
They are your greatest cheerleaders and meanest critics
But they want what's best for you
As they know your instincts
Remember the fun and bad times
As memories only stay
They love you and will never let you go astray
Go tell them you appreciate their honesty and bond
Because it will stay with you to infinity and beyond.*

By Rtr. Pari Raheja
Rotaract club of RVCE College



INNOVATIVE MINDS

‘I Feel You!’ – The Leaf

*The rise of dawn makes an orange sky
And here I dangle in the branch anigh
‘Hello I’m leafy’ I told the breeze
The garden around blessed me with ease
As I felt the scented morning dew
The Earth below smiled as if it knew
To fail to dance to the rhythm of wind
Is to flutter and land on the bench find*

*I saluted the Sun and peeped for my guest
First in line was an old man who sat to rest
I sent him fresh energy for the day
As he smiled back and enjoyed his stay*

*But to the impish teens in hearty laughs
I was unseen beyond bounds
Then a heart that loved played with my veins
And I slipped into fingers with an airy green face*

*An impaired soul held me tight
I healed its tears to win his inner fight
Next one in line harked my cry, must be an artist
She stroked my tip to be her next art for a twist*

*While I fell back to the usual place
A stranger mended my crumpled face
With the Sun turned red and sudden gust hit
I drifted along, I hushed and I slit
Rumpled but serene, I alighted
On the Earth that heartily greeted
Alas! At last I reached from where I grew
The place I truly belong to, I knew*

By Rtr. P G Pratyusha
Rotaract club of Bangalore South West

DO SOMETHING CREATIVE CORNER

#limitlesstogether

#rotaract3191

rotaract3191.org



Rtr. H Yogitha

RaC Atria I T

Rtr. Madhu

RaC Bangalore Jayanagar

Tip of the Month

8 must read Books

1 tuesdays with **Moorie**

Morie teaches you to appreciate your life, feel gratitude for all the little things and live life fully.

tuesdays with **Moorie**

2 **Forest of Enchantments**

'One of the most strikingly lyrical voices writing about the lives of Indian women'

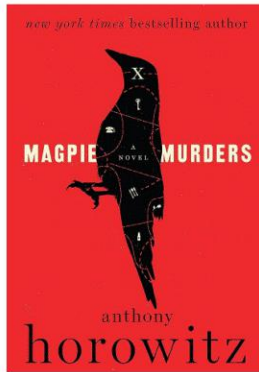
3 **EAT PRAY LOVE**

what can happen when you claim responsibility for your own contentment

BRAVING THE WILDRENESS 4

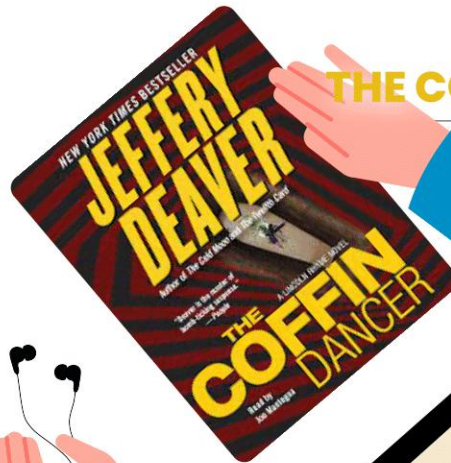
BRENE BROWN BRAVING THE WILDRENESS

book that challenges everything we think we know about cultivating true belonging in our communities



MAGPIE MURDERS 5

if you're looking for a murder mystery with entertaining twists and interesting characters.



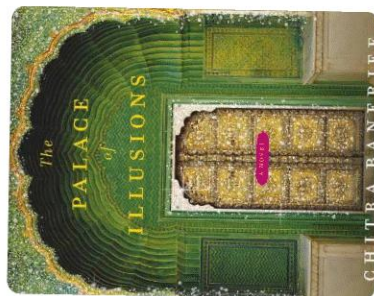
THE COFFIN DANCER 6

Lincoln Rhyme, a quadriplegic detective.



Gone With the Wind 7

predates the concept of Young Adult literature, or really even the idea of a young adult.



the PALACE of ILLUSIONS 8

This is a must-read book if you love reading Women-Centric books



Gratitude Message

Dear readers,

As I sit down to pen these words, my heart swells with gratitude for each and every one of you who has embarked on this journey with us. Your unwavering support, curiosity, and engagement have been the driving force behind our endeavor.

With every page you've turned, you've breathed life into the stories and ideas we've shared. Your enthusiasm has illuminated the path we tread, encouraging us to push the boundaries of creativity and knowledge. It's your dedication that fuels our passion to continually provide you with content that informs, inspires, and entertains.

In a world filled with distractions, your choice to spend time with us is a gift we treasure deeply. Your comments, feedback, and shares remind us that we are part of a community bound by a shared love for learning and exploration.

So, from the depths of our hearts, we extend our heartfelt gratitude. Thank

you for being more than just readers – you are the heartbeat of our work, the reason we strive to excel, and the source of our joy.

We look forward to many more shared adventures in the world of words.

**With gratitude
Yours in Rotaract,
Rtr. Jyoti Jain
District Editor**

Gratitude Message

Greetings, Readers!!

"Maternal health remains a staggering challenge, particularly in the developing world. Globally, a woman dies from complications in childbirth every minute." - Jessica Capshaw

The first edition of the newsletter is based on Maternal and Child Health. Maternal health is vital for society.

Maternal well-being affects the health of future

generations. Whether or not mothers have access to adequate health care can have a substantial impact on an entire community. Despite its importance, maternal health care has no shortage of challenges. It encompasses aspects of both mental and physical health, and a range of social and economic factors significantly influence the accessibility and quality of maternal health care.

With each edition, we strive to bring you insights that enlighten, stories that resonate, and perspectives that challenge. It's a joy to see our collective journey unfold, knowing that you're a part of it. Your presence adds value to our efforts and reaffirms our belief in the power of knowledge sharing and community building.

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



Contact Us

July Edition - NewsLetters 2023



Designed By

Rtr. Srujana Golla

Rtr. Mohith Kumar

Rtr. Harsh Bhan Giri

Rtr. Anannya Rene Dass

Rtr. Syed Masood



rotaract.3191



ROTARY INTERNATIONAL DISTRICT 3191

LIMITLESS TOGETHER

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

#TeamLimitless

#LimitlessTogether