



**From Desk of President.....**

The sixth weekly meeting of Rotary Mysore was held at Rotary Centre, Mysore, This meeting was club assembly prior to the official visit of our District Governor Rtn. H.L.Ravi. It was a well attended meeting where many of our members were present.

Assistant Governor Rtn. Ashoka Kumara chaired the meeting before starting the meeting two projects were carried out.

1. First year ITI students of NIE were identified and Vocational training was carried out at Neulite Products of our Rtn. Jagadeesh Kumar K.N. The students had industrial and an industrial experience and on hand experience. This has given them lot of confidence. Certificate of training were given away by Zonal Lieutenant and Assistant Governor Aa. Cha. Ashoka Kumara addressed the students and gave them tips for their future.
2. Six Students of NIADB who are Deaf and Dumb were given tools useful for their fitter course costing around Rs.9000/-. The principal of the institution thanked Rotary Mysore for contributing liberally whenever it had requirements of material. Also Rotary Mysore will be conducting adventure programmes along with Rotary Mysore Adventure Corps.
3. Sneha Kirana the Spastic Children School at Bogadi has requested 20 special activity chairs for their children. Our members were magnanimous in contributing Rs. 25000/- (Rs. 2500/- each for 10 chairs).



Club Assembly with Assistant Governor Aa. Cha. Ashoka Kumar

**PROJECTS FOR THE WEEK**

Members of Rotary Mysore celebrated Independence Day at their school premises and adopted schools. President Chitta Ranjan T.K was the chief guest at Ideal Jawa Rotary High School and Ideal Jawa Rotary Primary School. More than 2000 students, parents and Guests were present. The children sang patriotic songs, there was number of cultural programmes and March past. President Elect Rtn. Sunil Kumar was the chief guest at our adopted school at Chikkegowdana Koppalu and our Club service director chaired at Sagarkatte School. Rtn. PP. Sathish Kumar M was chief guest at our Dream Village School in Maddur along with RCC Maddur. Sweets were distributed to all students by our Rotaractors.



Students from NIE ITI after completion of their 45 days Vocational Training



Students of NIADB with their Technical Instruments



Multi Health Check up camp at Mooganahundi



President and Hon. Secretary at Multi Health check up Camp at Mooganahundi.



Independence Day celebrations at Rotary High School



Independence Day celebrations at Rotary Primary School



Cultural programme at Rotary Primary School



Independence Day celebrations at Sagarkatte School

**The programme for the official visit of our District Governor as is mentioned below. Rotarians are requested to make themselves free on the day.**

- 8.30AM TO 8.45AM : Breakfast at Rotary Centre
- 8.45AM TO 9.00AM : Visit to RCLA
- 9.00. AM TO 9.30AM : Rotary Ramya Award
- 9.30AM TO 10.30AM : Club Assembly Rotary Centre
- 10.30AM TO 11.00AM : Visit to Ideal Jawa Rotary Primary School.
- 11.00AM TO 11.45AM : Distribution Artificial Limbs by Mahaveer Rotary Mysore Artificial Limb  
Center at Rotary Center
- 11.50AM TO 12.30PM : Visit Rotary High School and address to students.
- 12.45PM TO 1.30PM : Visit to Rotary Chandrakala Blood Bank
- 1.45PM TO 2.00PM : Visit to Rotary Mysore Mahaveer Artificial Limb Centre
- 2.00 PM TO 2.45PM : Pep Talk &Lunch.
- 4.30PM TO 5.15PM : Rotaract Installation at NIE Science Collage
- 7.00PM onwards : District Governor's Public Function at Rotary High School

## *From the Desk of Editor.....*

### Living with diabetes

The most common problem affecting gums and teeth for people with diabetes is gum disease. But diabetes also makes you prone to other mouth problems.

**Oral infections.** An oral infection is a cluster of germs causing problems in one area of your mouth. Here are some warning signs.

- Swelling or pus around your teeth or gums or any place in your mouth. Swelling can be large, or as small as a pimple.
- Pain in the mouth or sinus area that doesn't go away.
- White or red patches on your gums, tongue, cheeks or the roof of your mouth.
- Pain when chewing.
- Teeth that hurt when you eat something cold, hot or sweet, or when you chew.
- Dark spots or holes in your teeth.

Infections can make your blood sugar hard to control. By planning ahead and discussing a plan of action with your dentist and doctor, you will be prepared to handle needed adjustments.

**Fungal infections.** Having diabetes means you are more prone to fungal infections such as thrush. If you tend to have high blood sugar levels or take antibiotics often, you are even more likely to have this problem. Thrush makes white (or sometimes red) patches in areas of your mouth. These can get sore or turn into ulcers. Thrush likes moist spots that may be chafed or sore, for example, under poorly fitting dentures. Smoking and wearing dentures all day and night can increase the risk of thrush. Quitting smoking and limiting the time dentures are worn can reduce the risk of getting thrush. If you think you have a fungal infection, talk to your dentist or doctor.

**Poor healing.** If your diabetes is poorly controlled, you heal more slowly and you increase your chance of infection after dental surgery. To give yourself the best shot at healing well, keep your blood sugar under control before, during, and after surgery.

**Dry mouth.** Some people with diabetes complain of dry mouth. This may be caused by medicines you take. You may notice a dry mouth if your blood sugar levels are high. A dry mouth can increase your risk of cavities, because there's less saliva to wash away germs and take care of the acids they create. Dry mouth can sometimes lead to other problems, such as salivary gland infections.

If you have dry mouth, try drinking more fluids. You can also try chewing sugar-free gum or sugar-free candy to help keep the saliva flowing. Some people use saliva substitutes, available at drug stores.

Keeping your teeth and mouth healthy requires a team effort. You're the most important person on this team to do the day-to-day mouth care. If you have questions or concerns, talk



Our Next weekly meeting  
will be Official Visit of  
District Governor Rtn.  
H.L.Ravi .

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