



Rotary Datta Teachers Award

Our ninth Weekly meeting was held at Rotary Centre; it was to honour the Teachers outstanding teachers “Teachers Day”, the Birthday of Rtn. Dinesh Babu.K a good samaterian. Rtn. K.Dinesh Babu is known for his good deeds to the society. He is been giving this award since 1997. This year the award has been given to two eminent persons in their profession.



Sri.Maddikere Gopal Inaugurating Rotary Datta Teachers Awards



Recipients with Rotary Datta Teachers Award

Professor Krishnegowda

A renowned literary person, a Humorist, a person with love for the Kannada Literature and Kannadigas and more than anything else a human being very concerned about the society we live in. He is also the founder of Jnanabathi a unique organisation dedicated to bring Literature, Culture, and Education to under privileged. He is also honoured with Rajyostava award by Government of Karnataka.



Prof.Krishnegowda receiving the award



Deepak S Solanki receiving the award

Deepak D Solanki

One of the founder of IAMAS (International Academy of Mountaineering and Allied Sports), it is not wrong to say that he is instrumental in bringing Adventure Sports to its present form in Mysore. Our club was instrumental in starting the Rotary Mysore Adventure Corps in 2002. His first passion is Aero Sports and apart from this he has trained all sections of Children in Mountaineering, Trekking, Rock Climbing. The Governor of Karnataka His Highness Sri Bharadwaj and His Highness Sri Chaturvedi have flagged off his expeditions which talks about his leadership.

It is honour for all of us today that Awards are being presented to these two great teachers who have put Mysore in the World Map.

Chief Guest Sri Maddikere Gopal

Sri Maddikere Gopal is an eminent personality of Mysore District and also the president of Family Planning Association of India. Under his able leadership numbers of activities have taken place in Sahithya Parishat. His first and last love is for Kannada and his well wishes have decided to dedicate a book to him titled **“Kannadave Sathya Kannadave Nithya”**.

A brief History of Kannada Sahitya Parishat

It is an Indian Non-Profit organisation that promotes the Kannada language. Its headquarters are in the city of Bangalore, in the state of Karnataka, India. It strives to promote Kannada through publishing books, organising literary seminars and promoting research projects. It also organizes an annual conference of Kannada Literature called Kannada Sahithya Sammelana. During the British rule of India, the people who spoke Kannada language were spread across different provinces. Coming under the influence of different languages in those provinces, the pronunciation and grammar of Kannada language started to differ across provinces. This led to a gap in communication across the people in these provinces though they spoke the same language of Kannada. Mokshagundam Vishweshwaraiah who was the Diwan of the Mysore Kingdom felt the need to conserve and promote the Kannada language and literature. In this direction, he started the Mysore Economic Conference and created a study circle under the responsibility of H.V. Nanjundaiah. A sub committee formed under the study circle came up with five different topics on which suggestions were invited. Incidentally Sri. H.V.Nanjundaiah is the great Grand Father of our President T.K.Chittranjan.

The Satisfied Teacher

September 5th is celebrated as Teachers day the birthday of Sri Sarvapalli Radhakrishna. The greatest philosopher of our times. Incidentally the Birthday of our Rtn. Dinesh babu. On this day we have to look at the various roles played by the teachers. It has been found by a survey conducted by a MGH Consultancy firm that 83% of our teachers were dissatisfied with their jobs. They felt they were undervalued/ under paid/ bored. So if our teachers are dissatisfied it is a concern for all of us and the future of Education. So on this Teacher must understand the true nature of their role and vocation. There is a need for teacher to understand what teachers have to do to fulfill their roles. The true role of Teachers can be on the following;

1. As an information provider, helping student to learn apart from this import knowledge through interaction between students and himself.
2. The role model: The teacher should be a role model who the student should be able to relate. This can happen when the teachers should require skills attitude and ability.
3. The facilitator: It means the teacher is a manager of the learning that is taking place or in other words a mentor.
4. The Assessor: Good teachers will be able to assess a student competence and provide feedback to the student.
5. The curriculum Planner: The teacher can self evaluate him and the teaching and revise course plans as necessary.
6. The Creator of resource material: He requires an array of skills to select adopt or produce material for use within the classroom. The teachers have wonderful books, internet & technical support, and most importantly he asks himself
 - a. How can I involve my students in the processing their own learning.
 - b. Have I responded to the students question and made as many times as needed.
 - c. Have I chosen my comments carefully and made them positive enough.
 - d. Have I enjoyed myself my own lesson and I feel fulfilled professionally and have I done a good job.

More than anything teachers learn from themselves by looking at their colleagues and their own professional development. Teachers do not enter the profession expecting to become wealthy. They become teachers so that they can impart knowledge. When students succeed teachers feel good about themselves, there is no boredom and dissatisfaction.



Health and Hygiene camp at Mooganahundi Rs. 3000/- Donated for Dialysis for Sami Ulla

From the Desk of Editor.....

What is Blood Pressure?

Blood pressure is the force of the blood pushing against the artery walls. The force is generated with each heartbeat as blood is pumped from the heart into the blood vessels. The size and elasticity of the artery walls also affect blood pressure. Each time the heart beats (contracts and relaxes), pressure is created inside the arteries.

The pressure is greatest when blood is pumped out of the heart into the arteries or systole. When the heart relaxes between beats (blood is not moving out of the heart), the pressure falls in the arteries or diastole.

Two numbers are recorded when measuring blood pressure. The top number, or **systolic pressure**, refers to the pressure inside the artery when the heart contracts and pumps blood through the body. The bottom number, or **diastolic pressure**, refers to the pressure inside the artery when the heart is at rest and is filling with blood. Both the systolic and diastolic pressures are recorded as "mm Hg" (millimeters of mercury). This recording represents how high the mercury column is raised by the pressure of the blood.

Blood pressure is measured with a blood pressure cuff and stethoscope by a nurse or other healthcare provider. A person cannot take his or her own blood pressure unless an electronic blood pressure monitoring device is used.

High blood pressure, or hypertension, directly increases the risk of coronary [heart disease \(heart attack\)](#) and [stroke](#) (brain attack). With high blood pressure, the arteries may have an increased resistance against the flow of blood, causing the heart to pump harder to circulate the blood. Usually, high blood pressure has no signs or symptoms. However, you can know if your blood pressure is high by having it checked regularly by your healthcare provider.

The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH) has determined two levels of high blood pressure for adults:

- **Stage 1**
 - 140 mm Hg to 159 mm Hg systolic pressure-higher number and
 - 90 mm Hg to 99 mm Hg diastolic pressure-lower number
- **Stage 2**
 - 160 mm Hg or higher systolic pressure and
 - 100 mm Hg or higher diastolic pressure

The NHLBI defines prehypertension as:

- 120 mm Hg - 139 mm Hg systolic pressure and
- 80 mm Hg - 89 mm Hg diastolic pressure

The NHLBI guidelines define normal blood pressure as follows:

- Less than 120 mm Hg systolic pressure
- Less than 80 mm Hg diastolic pressure

These numbers should be used as a guide only. A single elevated blood pressure measurement is not necessarily an indication of a problem. Your physician will want to see multiple blood pressure measurements over several days or weeks before making a diagnosis of [hypertension](#) (high blood pressure) and initiating treatment. A person who normally runs a lower-than-usual blood pressure may be considered hypertensive with lower blood pressure measurements than 140/90.

What are the Risk Factors for High Blood Pressure?

Nearly one-third of all Americans have high blood pressure, but it is particularly prevalent in:

- persons with [diabetes](#) mellitus, [gout](#), or [kidney disease](#).
- African-Americans (particularly those who live in the southeastern United States).
- persons in their early to middle adult years; men in this age group have higher blood pressure more often than women in this age group.
- persons in their middle to later adult years; women in this age group have higher blood pressure more often than men in this age group (more women have high blood pressure after [menopause](#) than men of the same age).
- middle-aged and elderly people - more than half of all Americans age 60 and older have high blood pressure.
- persons whose parents or grandparents have/had high blood pressure.
- obese people.
- heavy drinkers of alcohol.
- women who are taking oral contraceptives.

How Does Blood Pressure Increase?

The following may contribute to an increase in blood pressure:

- being overweight
- excessive sodium intake
- a lack of exercise and physical activity

How is High Blood Pressure Controlled?

Many people can control high blood pressure by:

- choosing foods that are low in sodium (salt).
- choosing foods low in calories and fat.
- choosing foods high in starch and fiber.
- maintaining a healthy weight, or losing weight if overweight.
- limiting serving sizes.
- increasing physical activity.
- reducing or omitting alcoholic beverages.

However, other people must take daily medication to control [hypertension](#). People with hypertension should routinely have their blood pressure checked and be under the care of a physician.

President: Rtn. P.H.F. Chitta Ranjan T.K Hon. Secretary: Rtn. P.H.F. Sridhar.S.V

Editor: Rtn. Dr. K.P.Mahesh

EDITOR WELCOMES ARTICLES FROM MEMBERS. Mahesh_puttaraju@rediffmail.com