



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

Rotary Mysore New team was installed on 7<sup>th</sup> July 2011 at a grand function held at Mysore Sports Club. PDG Rajendra Rai Dist. 3190 and COL Member installed the new team. The function was attended by more than 200 people.



PDG. RAJENDRA RAI INSTALLING RTN. CHITTA RANJAN T.K

Rejendra Rai in his key note address appreciated Rotary Mysore for its overall growth from past 68 years. He highlighted that the opportunities to serve were many and requested the members to do meaningful projects and gave an insight into our RI president Kalyan Banerjee call to look within to serve Humanity. He also said that he would be able to carryout joint project with his club and invited all our members to visit his club.

The Function witnessed Honouring of our three Stalwarts of Rotary who have been pillars of Rotary for 40 years and more.



PDG. Guru.R Honouring PDG. Vasudeva Murthy.R, Rtn. PP. Sanath Kumar S.G and Rtn. Lokpal.T

Out going President Venkatraman.K.G remarked in his speech that it was an eventful year and he enjoyed every moment of his tenure.

Hon. Secretary 2010-11 Manohara M.C.S in his immaculate style read out all the projects that the club did during their term.



Rtn. Venkatraman K.G. presenting remarks



Rtn. Manohara.M.C.S. presenting Secretary Report

The incoming President Rtn. Chitta Ranjan T.K in his acceptance speech requested all the 112 members to join hands with him and have more fellowship meetings and join hands in various projects to the society.



New Office Bearers for the year 2011-12 of Rotary Mysore

To mark the installation ceremony a few projects were announced.



Archery Club at High School



Launching of Go-Green T-Shirt



Official Letter of Vidhyanidhi Scheme



Official Letter of Career Guidance



Induction of Honary Rotarian

Seven new members were inducted to the Rotary thus bringing the strength of our club to 112 members.



PHF Medallion for six members



Seven New Members for Rotary Mysore

The meeting was followed by Dinner and Fellowship hosted by the out going President K. G.Venkatraman and Ann. Anantha Lakshmi, a year of Rotary that was cherished by one and all.

Editor's Precaution.....

**Health Tips: Common Cold Prevention**



The common cold is arguably the most common illness in humans. According to the U.S. Centers for Disease Control and Prevention (CDC), it is also one of the most common causes of work and school absenteeism, with up to 22 million school days lost each year in the U.S. Colds are caused by viral infections. Over 200 different viruses can cause cold symptoms of varying severity.

The common cold still does not have a cure but there are some preventive measures that you can take to prevent it. It normally affects the respiration system and usually will last for a week or so. Majority of adults get infected twice or four times each year. The Common cold is passed from one person to the other. Ensure that you limit contact with an infected person. This is because it is passed on by inhaling droplets of air from an infected person.

Ensure that you wash your hands after you come into contact with a person with a common cold. Ensure that you use soap and water to limit the chances of infection. Wash with a detergent any items that an infected person may have used. This will include utensils and silverware. When you sneeze or cough try using a handkerchief or tissue.

Viruses that cause colds are spread from person to person through tiny droplets of mucus that enter

the air from the nasal passages of infected persons and are inhaled by others. Colds can also be spread by touching surfaces that have been contaminated by contact with infected persons and then touching your mouth, nose, or eyes.

While it is impossible to completely prevent the spread of colds, there are steps you can take to reduce your and your family's chances of becoming infected with a virus that causes colds:

- **Wash your hands often.** This is probably the single best measure to prevent transmission of colds. Especially after shopping, going to the gym, or spending time in public places, hand washing is critical. Frequent hand washing can destroy viruses that you have acquired from touching surfaces used by other people. You can also carry a small tube of hand sanitizer or sanitizing hand wipes when visiting public places. Teach your children the importance of hand washing too.
- **Avoid touching your face,** especially the nose, mouth, and eye areas, if you are around someone with a cold or have been touching surfaces in a public area.
- **Don't smoke.** Cigarette smoke can irritate the airways and increase susceptibility to colds and other infections. Even exposure to passive smoke can make you (or your children) more vulnerable to colds.
- **Use disposable items if someone in your family is infected.** Disposable cups can be thrown away after each use and prevent accidental spread of the virus from sharing of cups or glasses. This is particularly important if you have young children who may try to drink from others' cups.
- **Keep household surfaces clean.** Door knobs, drawer pulls, keyboards, light switches, telephones, remote controls, countertops, and sinks can all harbor viruses for hours after their use by an infected person. Wipe these surfaces frequently with soap and water or a disinfectant solution.
- If your child has a cold, **wash his or her toys as well** when you are cleaning household surfaces and commonly-used items.
- **Use paper towels** in the kitchen and bathroom for hand washing. Germs can live for several hours on cloth towels. Alternatively, have separate towels for each family member and provide a clean one for guests.
- **Throw tissues away after use.** Used tissues are sources of virus that can contaminate any surface where they are left.
- **Maintain a healthy lifestyle.** While there isn't direct evidence to show that eating well or exercising can prevent colds, maintenance of a healthy lifestyle, with adequate sleep, good nutrition and physical exercise can help ensure that your immune system is in good condition and ready to fight infection if it occurs.
- **Control stress.** Studies have shown that people experiencing emotional stress have weakened immune systems and are more likely to catch a cold than their calmer counterparts.

*President: Rtn. P.H.F. Chitta Ranjan T.K*

*Hon. Secretary: Rtn. P.H.F. Sridhar.S.V*

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