

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

Our Second Weekly Meeting was a very short meeting. Rotarians had come with their charming Anns and Annets for the Installation of the New Team of Inner Wheel Club of Mysore at pleasing and breezy evening at Dashprakash Paradise, Yadavagiri. The meeting of Rotary Mysore was adjourned after conducting the business for the installation of New Office Bearers of Inner Wheel.

The Outgoing team president Mrs. Vandana Prasad and Hon. Secretary Mrs. Suma Prakash after an eventful year handed over the charge to Ann. Swaru Ashwini Kumar who will be the President and Uma Shivaprasad as Hon. Secretary along with host of New Board Members.



*New Office Bearers for Inner Wheel Club of Mysore*

President Rotary Mysore released the bulletin "Wheel within the Wheel". The year Theme for Inner Wheel is "Look Ahead and Aim High".



*President Rotary Mysore releasing the Bulletin*

Ann. Swarna Chittaranjan will be the new chairman of Inner Wheel District 318. The installation ceremony for the chairman will be held at Hotel Pai Vista on Sunday 24<sup>th</sup> July 2011 at 9.30AM, all the members of Rotary Mysore are requested to attend the ceremony and the district assembly of Inner Wheel and give a supporting hand to the New Chairman. There was a presentation of projects carried out during the year 2010-11 by Hon. Secretary Suma Prakash and the incoming President Ann. Swaru gave the acceptance speech.

*The projects of Rotary Mysore for the week*



***Interact Club of Vijaya Vittala Vidya Shala on 13/07/2011***



***Awareness on Adolescence problems Dr. Sathyanarayana at Sri Cauvery Composite On 15/07/2011***



***President Rtn. Abhinandan Shetty on Rotaract to NIE Science Students on 16/07/2011***



***PP. Rtn. Raghu on Teaching Skills to Teachers at NIE on 16/07/2011***



***PP. Rtn. Raghu on Teaching Skills to Teachers at Sri Cauvery Composite on 02/07/2011***



***Rotaract Club of Mysore on 16/07/2011***



*Prof. N.L.Mitra V.C of National Law Collage on Law as a Career for PU Students 17/07/2011*



*Our Every Sunday Fellowship with Cricket Team*



*New Interact Team of Chaitra High School 18/07/2011*

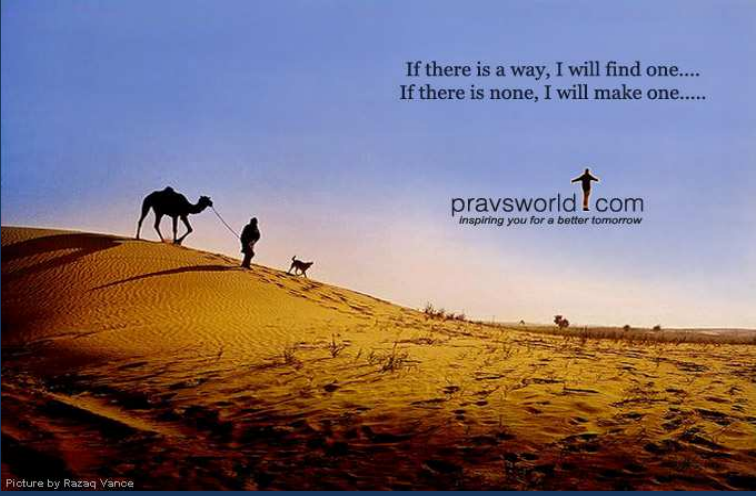


*Four Way Test painted at our Rotary Centre*

*Laugh it off.....*

*Lady: Do you Lions have Sex 4 to 6 times with different partners in single night.  
Other lady: Shit yaar. I Joined Rotary Club Last Week.....*

*Thought of the Day.....*



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

It gives me immense pleasure to be the Director-Editor of this Club for the year 2011-12. I thank Rotary Mysore for showering me this golden opportunity. Rotary Mysore is one of the heritage club of Mysore with pride and excellence in Service. It performs silently which is the specialty of the club. Being an editor I will see that club flourishes in all the avenues of service.

I request each and everyone to contribute to the Bulletin which helps in binding Rotary Mysore and help grow to new heights.

### *Health Tips.....*

The effects of smoking on human health are serious and in many cases, deadly. There are approximately 4000 chemicals in cigarettes, hundreds of which are toxic. The ingredients in cigarettes affect everything from the internal functioning of organs to the efficiency of the body's immune system. The effects of cigarette smoking are destructive and widespread.



### **Smoking Effects on the Human Body**

- Toxic ingredients in cigarette smoke travel throughout the body, causing damage in several different ways.
- Nicotine reaches the brain within 10 seconds after smoke is inhaled. It has been found in every part of the body and in breast milk.
- Carbon monoxide binds to hemoglobin in red blood cells, preventing affected cells from carrying a full load of oxygen.
- Cancer-causing agents (carcinogens) in tobacco smoke damage important genes that control the growth of cells, causing them to grow abnormally or to reproduce too rapidly.
- The carcinogen benzo(a)pyrene binds to cells in the airways and major organs of smokers.
- Smoking affects the function of the immune system and may increase the risk for respiratory and other infections.
- There are several likely ways that cigarette smoke does its damage. One is oxidative stress that mutates DNA, promotes atherosclerosis, and leads to chronic lung injury. Oxidative stress is thought to be the general mechanism behind the aging process, contributing to the development of cancer, cardiovascular disease, and COPD.
- The body produces antioxidants to help repair damaged cells. Smokers have lower levels of antioxidants in their blood than do nonsmokers.
- Smoking is associated with higher levels of chronic inflammation, another damaging process that may result in oxidative stress.

*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*