



From Desk of President.....

The third meeting of Rotary Mysore was held at Rotary centre. It was an interactive session between the committee chairman and members of our club. The respective directors of the 5 Avenues the President and Hon. Secretary elaborated the session. **Some of the important points discussed were;**

- **Attendance:** Responsibility of a member. He should be a Rotarian by spirit not just a member.
- **Four Way Test:** To reach the principles of the Four Way Test through awareness and our effort in this direction.
- **Bulletin, Magazine and Website:** Bring E-Bulletin and save environment is our objective and will bring 52 Bulletins only printed versions on Important occasions.
- **Classification and Membership:** The re classifications and programs for development has been put in place by Rtn .PP. Ebby Eapen.
- **Fellowship:** Rtn Rajaram has come out with novel ideas to improve our friendship like more number of family outings etc...
- **Fund Raising:** We wish to raise fund for Integrated School and other projects. A celebrity dinner and other important events will be planned.
- **Vocational Training Centre:** Rtn. Sabareeshan spoke in detail on various projects for empowerment of youth through training and placements.
- **Awards:** Rtn. PP. Vasudev Bhat spoke about the awards and the endowments.
- **Career Guidance:** We have number of programmes for 10th Students and PUC Students with the help of DDPI. It will be done in August and September as a part of New Generation Month.
- **District Projects:** Rtn. PP. Sathish Kumar M's dream village will see a lot of SHG's and RCC involvement and the dream village will become reality.
- **International Service:** Rtn. PP. Sanjay S.K spoke on behalf of all the chairman and spoke about the foundation, International fellowship and matching grants. Due to scarcity of time our New Generation chairman could not address us. All members have requested that we should have such meetings more often to revisit our programmes.



Our Third Weekly meeting planning of Projects with Directors of Various avenues of service

PROJECTS FOR THE WEEK

A group of 6 Rotaractors of Rotaract club Green Galaxy Chennai visited rotary Mysore on Saturday 23rd July 2011. President, Hon. Secretary and New Generation Director welcomed the Rotaractors and arranged a visit to the various tourist places through Rotaract club of our Rotary Mysore. Rotary Mysore also hosted dinner to the visiting team.

Rotary Mysore joined hands with Mysore Dist kho kho association in conducting District level Kho Kho tournament. More than 70 Schools and 1200 Students were in the competition. T.Nasipur, Nanjangud and Marimalappa were the winners in their respective category. Veteran players were honoured. Some of them were from the 50s 60s and 70s. The veteran players had tears of happiness and thanked the organizers for remembering them. Mr. Nagendra of MUDA and Ex Mayor Prakash were the chief guest. Hon. Secretary, Hon. Joint Secretary, youth service director were present from Rotary. Every sports person appreciated the concern of Rotary towards the youth and sports.



Rotaract Club of Green Galaxy visited at Rotary Mysore on 23/07/2011



Honouring Senior Kho Kho Players of past 1960 and 1970 on 24/07/2011



Ideal Jawa Rotary School students Kho Kho Tournament on 24/07/2011



Book Distribution at Madari Shala, Mysore on 28/07/2011



Shoes donation at Madari Shala on 28/07/2011

District Assembly “**Unnathi**” of Inner Wheel District 318 was held in Mysore on Sunday 24th July 2011. Mrs. Swarna Chittaranjan was installed as the District Chairman of District 318 for the year 2011-12 at this colourful function held at Hotel Pai Vista. Association President Dr. (Mrs.) Bina Vyas was the chief guest of the installation ceremony. Inner Wheel is one of the largest women Ngo’s with more than a Lakh Members in the World working towards the upliftment of the underprivileged.

The District 318 consists of 8 revenue Districts with 40 Clubs and more than 1000 members. This year the Theme of Inner Wheel will be “**Think Ahead and Aim High**” and the clubs of the District have taken the pledge to have meaningful projects to serve the community.



*Mrs. Mitra Prabhu Installing Mrs. Swarna Chittaranjan
At a grand function held at Hotel Pai Vista as Chairman of Inner Wheel Dist 318
Association President of Inner Wheel Dr Bina Vyas was present on the occasion*

Rotary Information....

Rotary International the 105 year old voluntary association is on the cusp of change. As the membership dips slightly in its Country of origin, the US, it is seeing more growth outside, notably in India. The organisation usually, seen as a association of the successful for social causes, is also under pressure to expand its appeal to the younger generation.

Notified businessman Kalyan Baneerjee who recently took charge as the president of Rotary International, the Chicago-based apex organisation of the Rotary Clubs around the world spoke on where Rotary stands today and how it plans to move forward.

For the first time three of the 17 Rotary International Board Members are Indians. The 115,000 Indian Members now constitute the second largest segment of Rotarians after US, which has 30 percent of total members. Indian members are the fastest growing lot in the world. As the Indian economy grows more and more people are in a position to do something lot in the world. Besides Indian, Rotary is growing fast in other Asian countries such as Taiwan, Thailand, and South Korea. A day will come when the headquarters of Rotary may shift outside the US say Europe or Asia.

The organisation is beginning to accept the realities of life happily. There was a time when you had one Non-American president for every two American Presidents. Now American and Non-American Presidents are altering. A day may come when there could be four non-American Presidents for every American president. Indians make the second highest contribution to the Rotary Fund which generates about 115 Million dollars worldwide annually. In Rotary, the more you give, the more you get back. As a result of our contributions, Rotary Clubs in India have been awarded grants for about 300 projects the maximum for any country. Indians are also beginning to raise their own resources than depend on Rotary International. Funds in many of the government projects are underutilized. So we are tying up with governments to do more work. For example, in Gujarat, where I come from we are working with government to set up schools and build dams in tribal districts. We started work on eradicating polio in 1988, at a time when nobody was spending money on it. We have successfully done advocacy on polio eradication, and today various governments and donors are supporting it. This year India has been so far polio free except for a stray case in West Bengal. We need to maintain this position for three years to say we have eradicated polio. There has been similar progress in other sensitive countries such as Afghanistan and Nigeria, with the exception of Pakistan, where more work needs to be done, as long as polio is not eradicated we will stay focused on it. After that the board may decide to take up other issues such as clean drinking water and literacy. But if the clubs in different districts want to work on different issues, we will not discourage them.

From the Desk of Editor.....

What is HIV?

HIV is the **human immunodeficiency virus**. It is the virus that can lead to acquired immune deficiency syndrome, or AIDS. CDC estimates that about 56,000 people in the United States contracted HIV in 2006.

HIV damages a person's body by destroying specific blood cells, called CD4+ T cells, which are crucial to helping the body fight diseases.

HIV is spread primarily by:

- Not using a condom when having sex with a person who has HIV. All unprotected sex with someone who has HIV contains some risk. However:
- Unprotected anal sex is riskier than unprotected vaginal sex.
- Among men who have sex with other men, unprotected receptive anal sex is riskier than unprotected incentive anal sex.
- Having multiple sex partners or the presence of other sexually transmitted diseases (STDs) can increase the risk of infection during sex. Unprotected oral sex can also be a risk for HIV transmission, but it is a much lower risk than anal or vaginal sex.
- Sharing needles, syringes, rinse water, or other equipment used to prepare illicit drugs for injection.
- Being born to an infected mother—HIV can be passed from mother to child during pregnancy, birth, or breast-feeding.

What is AIDS?

- **AIDS** stands for **Acquired Immunodeficiency Syndrome**.
- **Acquired** – means that the disease is not hereditary but develops after birth from contact with a disease-causing agent (in this case, HIV).
- **Immunodeficiency** – means that the disease is characterized by a weakening of the immune system.
- **Syndrome** – refers to a group of symptoms that indicate or characterize a disease. In the case of AIDS, this can include the development of certain infections and/or cancers, as well as a decrease in the number of certain specific blood cells, called CD4+ T cells, which are crucial to helping the body fight disease.
- Before the development of certain medications, people with HIV could progress to AIDS in just a few years. Currently, people can live much longer - even decades - with HIV before they develop AIDS. This is because of “highly active” combinations of medications that were introduced in the mid 1990s.
- A diagnosis of AIDS is made by a physician using specific clinical or laboratory standards.

How can I tell if I'm infected with HIV?

The only way to know if you are infected is to be tested for HIV infection. You cannot rely on symptoms to know whether or not you are infected. Many people who are infected with HIV do not have any symptoms at all for 10 years or more.

The following **may be** warning signs of advanced HIV infection:

- Rapid weight loss
- Dry cough
- Recurring fever or profuse night sweats
- Profound and unexplained fatigue
- Swollen lymph glands in the armpits, groin, or neck
- Diarrhea that lasts for more than a week
- white spots or unusual blemishes on the tongue, in the mouth, or in the throat
- Pneumonia
- Red, brown, pink, or purplish blotches on or under the skin or inside the mouth, nose, or eyelids
- Memory loss, depression, and other neurological disorders

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