



ROTARY CLUB
VISAKHAPATNAM SOUTH
Club No:23310, RI Dist:3020



ROTARY DAKSHIN

VOLUME : 1, ISSUE : 2

JULY 20' 2011

RI President
Rtn. Kalyan Banerjee
District Governor RI Dist:3020
Rtn. P.Sunder Rao (Ramu)

Board Members

President
Rtn. Y. Venkanna Choudary
Secretary
Rtn. K. Srinivasa Reddy
Immediate Past President
Rtn. K. Satyanarayana Reddy (Raghu)
Vice President
Rtn. Ch. Satyanarayana
Joint Secretary
Rtn. J.V.V. Prasada Raju
Treasurer
Rtn. V.M. Kishore Kumar
Sergeant-at-arms
Rtn. Y. Satya Prasad

Directors

Club Services
Rtn. M. Jagadeeswara Rao
New Generations
Rtn. G. UmaMaheswara Reddy
Vocational Services
Rtn. Jalal Syed Rehanuman
Community Services (Medical)
Rtn. Dr. Y.V. Seshikanth
Community Services (Non-Medical)
Rtn. S. Panduranga Prasad
International Services
Rtn. V. Adinarayana Reddy

Chairmans

Counsellor & Rotary Foundation
Rtn. R.V. Rajsekhar
Administration
Rtn. G. Koteswara Rao
Public Relations
Rtn. B.N. Patrudu
Membership Development
Rtn. Gowtham Sethurathnam
Tours & Travel and Pot Lock Dinners
Rtn. Nirmal Dugar & Rtn. Nipun Daga
Service Projects :
Rtn. K. Satyanarayana Reddy (Raghu)
Blood Donation Camps
Rtn. G. Ravi Varma
Family of Rotary
Rtn. V. Siva Rama Prasad
Rotaract & Interact
Rtn. K. Nagesh
Pulse Polio
Rtn. A. Ramesh
Sports
Rtn. N. Mohan Mutyalarao
Weekly Bulletin
Rtn. Bheemesh.P.L.

Plantation Programme @ Autonagar

Our clubs commitment to Environment was proved once again by the Tree Plantation programmed taken up on 12th July '2011 at Autonagar.



Mr.K.Dorababu, Dy. Mayor—GVMC & Zonal Commissioner—Gajuwaka, Corporator, Mr.G.V.Krishna Rao took some quality time of their busy schedules & participated in this green programme. They planted trees along



with our Rotarian members & Dignitaries. Later Mr.K.Dorababu addressed the media about the need for Greenery in & around Autonagar & Visakhapatnam. He lauded our President Rtn.V.C. & his team members for his green initiative. Later many trees were planted in the area by other Rotarian members, Friends & Autonagar residents together.



PLANT TREES
SAVE MOTHER EARTH

ఆంధ్రజ్యోతి 4 బుధవారం, 20 జూలై 2011

'రోటరీ సేవలు భేష్'



అశ్వవిద్యాలయం(అవ్విదన్): జేపీ ఎస్ కెఆర్ వారు ఆలోచనలో నిలిచినప్పుడు ఆలోచనలో మొట్టమొదటిగానే రోటరీ సేవలు నాటి కార్యక్రమాలకు నిరసించారు. ఈ కార్యక్రమంలో మొదటి ముఖ్య అతిథులుగా డిప్యూటీ మేయర్ దొరబాబు, కోనకి శ్రీనివాసరావులు పాల్గొన్నారు. ఈ సందర్భంగా వారు మాట్లాడుతూ రోటరీ క్లబ్ నిరసనకొస్తున్న కార్యక్రమాలను తగ్గించాలని కోరారు. జేపీఎస్ కెఆర్ వారు మాట్లాడుతూ, రోటరీ క్లబ్ అధ్యక్షులు వెంకటేశ్వర రావు పాల్గొన్నారు.

మొక్కలను నాటకున్న డిప్యూటీ మేయర్ దొరబాబు

బుధవారం 20 జూలై 2011

పచ్చదానం పెంపేసేటో కృషి



అలోచనలో : అలోచనలో నిలిచినప్పుడు ఆలోచనలో మొట్టమొదటిగానే రోటరీ సేవలు నాటి కార్యక్రమాలకు నిరసించారు. ఈ కార్యక్రమంలో మొదటి ముఖ్య అతిథులుగా డిప్యూటీ మేయర్ దొరబాబు, కోనకి శ్రీనివాసరావులు పాల్గొన్నారు. ఈ సందర్భంగా వారు మాట్లాడుతూ రోటరీ క్లబ్ నిరసనకొస్తున్న కార్యక్రమాలను తగ్గించాలని కోరారు. జేపీఎస్ కెఆర్ వారు మాట్లాడుతూ, రోటరీ క్లబ్ అధ్యక్షులు వెంకటేశ్వర రావు పాల్గొన్నారు.

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బుధవారం 20 జూలై 2011

పర్యావరణ పరిరక్షణ కోసం మొక్కలు నాటాలి

డిప్యూటీ మేయర్ దొరబాబు



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బుధవారం 20 జూలై 2011

ప్రతి ఒక్కరూ మొక్కలు నాటాలి



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జూలై 20, 2011, బుధవారం విశాఖపట్నం



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Rotary Homoeo Clinics

Rotary Free Homoeo Clinics are being successfully operated at Rotary Homoeo Clinic, Autonagar & Gajuwaka since 1991.

Currently, the clinic is being held at Gajuwaka.

Thanks to Rtn.Sanjay Agarwal for sponsoring medicines quite for a long time.

More than 50 patients are being treated on a bi-weekly basis.



“Rotary provides training at all levels so that those who have been selected for leadership positions have the opportunity to learn and apply leadership principles to their jobs.”

Fruit Distribution Programme

Fruit Distribution programme was an ongoing project of our club taken up as a gesture & commitment to provide nutrition to the school students at 3 locations in the vicinity of our club.

- 1) Chettivanipalem
- 2) Appanna Colony
- 3) Akkireddypalem
- 4) Drivers Colony



Rtn.Sanjay Agarwal had sponsored this weeks fruit distribution.

Blood Bank Project

Donations for our prestigious Blood Bank Project are solicited from all sections of the society. Anticipations alone doesn't realize our dream plans into reality. Hence, meticulous planning & rigorous hard work would see our Club on the geographical map of Blood Banks in Visakhapatnam.

As of now, necessary government permissions are underway, meanwhile, let's strive hard together to reach our goal — FULL FLEDGED BLOOD BANK in Autonagar.



Rotary Weekly Meeting, Dt:15.07.2011

- 1) **DG's Official Visit.**— Agenda discussed and programmed finalized for forthcoming DG's Official Visit.
- 2) **Annuual Subscriptions** — All the beloved members who are yet to remit subscription charges are requested to kindly do the same immediately. We need to thank our President for his wonderful start up of our vibrant club.
- 3) **Club Byelaws** — Seeking them will be done over a period of time from our senior members.
- 4) **Homoeo Clinics** — Resumption of services at Autonagar shall be taken up soon.
- 5) **Club President Elect Confirmed:** Rtn. Ch.Satyanarayana.
- 6) **Pot Luck Dinner Meetings:** It was decided by our President & team to conduct all the Pot Luck Dinner Meetings in this year. Rtn. Paidi shall be hosting this months Pot Luck. Details on the last page of this Newsletter.
- 7) **Blood Bank Donation Scheme:** Our prestigious Blood Bank project which took off like a thunder still requires necessary permissions from authorities. Apart from that, all our beloved members are solicited to take initiation in seeking Donations by various means. Suggestions are welcome.
- 8) **President Rtn. VC's gesture to Blood Bank Project:** Rs.5 Lakhs as immediate funding & interim fund of Rs.5 Lakhs for naming Rotary Blood Bank Building in the name of Sardar Gouthu Latchanna Rotary Blood Bank.
- 9) **Accounts Submitted:** AY2010-2011 accounts were submitted & circulated.
- 10) **Monthly Bulletin:** Monthly bulletin in hard copy & soft copy shall be circulated.

About Rotary

Rotary International:

RI is an organization of service clubs known as Rotary Clubs located all over the world. The stated purpose of the organization is to bring together business and professional leaders to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. It is a secular organization open to all persons regardless of race, color, creed, gender, or political preference. There are 33,976 clubs and over 1.22 million members worldwide.

The members of Rotary Clubs are known as Rotarians. Members usually meet weekly for breakfast, lunch or dinner, which is a social event as well as an opportunity to organize work on their service goals.

Rotary's best-known motto is "Service above Self", and its secondary motto is "They profit most who serve best".

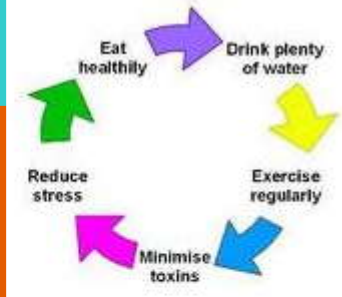


ROTARY INTERNATIONAL
CONVENTION, 6-9TH MAY
2012 AT BANGKOK, THAILAND

INTERESTED MEMBERS
MAY PLEASE INTERACT WITH
DIRECTOR- INTERNATIONAL
SERVICES, RTN.V.ADINARAYAN
REDDY REGARDING FURTHER
PLANNING. HE CAN BE CONTA
CTED ON HIS
MOB: 9392637393



ENDPOLIONOW



1. Drink eight glasses of water a day.
2. Include two vegetables and one fruit in every meal.
3. Begin each meal with a raw vegetable salad.
4. Make a light snack of assorted sprouts.
5. Start the day with a glass of warm water and a dash of lime.
6. Use only fresh vegetables.
7. Once a week have only fresh fruits until noon, make lunch the first meal of the day.
8. Eat only freshly cooked meals, not refrigerated leftovers.
9. Include one green vegetable and one yellow vegetable in every meal.
10. Go on a juice fast for a day. Start with vegetable juice, and sip fruit for lunch and dinner.
11. Kick the old coffee habit. Have a glass of fresh fruit juice instead.
12. Cut out all deep-fried foods from your diet.
13. Cut down on high sugar products like soft drinks, ice-cream, candy and cookies in your diet.
14. Never skip a meal, even if you are on a diet. Eat a fresh fruit or have vegetable juice instead.
15. Avoid beverages like soda, coffee, colas and so on.
16. Include high fiber foods plenty of fruits, vegetables and grains in planning your diet.
17. Use salt in moderation
18. Wash vegetables thoroughly in clean water before chopping.
19. Steam or boil vegetables rather than fry or saute.
20. Retain peels of potato, cucumber, carrot and tomato while cooking.
21. Do take a moment off to mentally list out the nutritional value of the food you are about to eat.
22. Don't rush through your meals. Set aside enough time to appreciate, enjoy and digest your food.
23. Make every meal an enjoyable experience. Set dishes out attractively and chew slowly to appreciate the full flavor of the foods you eat.
24. Choose to be radiantly healthy. Keep yourself informed about the nutritive value of every food you buy.
25. Shop for groceries yourself. Notice the look, feel and smell of fresh fruit and vegetables and enjoy their intrinsic goodness.
26. Watch out for eating habits paired with emotional states, like reaching for a chocolate when you're depressed. Resist the urge and eat fruit instead.
27. Eat popcorn (rather than chips) while watching a movie.
28. Sit at the table at meal times. Don't read the paper or review bills while eating.
29. Make it a point to have dinner with the entire family at the table, and not in front of the TV.
30. Eat just to the point of the fullness. Don't stuff yourself!
31. Stop smoking.
32. Restrict alcohol consumption.
33. Get a good night sleep, every night.
34. Enroll today in an exercise programme.
35. Take a brisk, 20 minute invigorating walk each morning.
36. Spend 10 minutes every morning and evening doing basic stretches.
37. Do not use elevators when you can climb the stairs.
38. Enroll in a TM programme today.
39. Focus on your breathing. Take a deep breath, then exhale slowly. Repeat a couple of times a day.
40. Learn to relax. Spend 20 minutes consciously relaxing each muscle of your body.
41. Spend 20 minutes a day in silent meditation, prayer or contemplation.
42. Learn the healing power of laughter. Watch a crazy movie, recall a joke or read a funny book and laugh out loud.
43. Tap the powers of your sub-conscious. Relax your body for 20 minutes and project the Perfect You on your mind screen.
44. Balance your lifestyle. Devote equal time each week to work and fun.
45. Join kids in a sports activity and rediscover the joys of childhood.
46. Do keep in touch with friends. Call up or visit them and be at peace with the world.
47. Enroll in an activity (like dancing, swimming or roller skating...) you never indulged in because you were afraid of what people might say.
48. Forgive someone who you think has done you wrong and cleanse your spirit of rancour.
49. Do a nice turn to someone you don't know too well, but who could do with a friend.
50. Spend a quiet half-hour chatting with your family.
51. Read a great book once a week.

Healthy
Living



LUCKY DIP COMPETITION

Aspiring Rotarian Rtn.J.Venkata Giri bagged Rs.2,200/- as Lucky Dip Winner on Installation Day. Congratulations to him.

THE ART OF GIVING

The true **Art in Giving is to give from the heart without any expectation** of a return. We have to appreciate the following for their Art of Giving.

- 1) Rtn.Adi Narayan Reddy had donated Rs.2,000/- towards purchase of Mike Set.
- 2) Mallidi Srinivas Reddy donated Rs.2,000/- inspired by Rotary activities.
- 3) IALA Chairman, Shri.Y.Sambasiva Rao donated Rs.3,000/- towards Rotary activities.
- 4) New Rtn.J.Venkata Giri donated Rs.2,200/- to Rotary activities that he bagged from Lucky Dip competition held on Installation Day.



MARRIAGE DAY GREETINGS
RTN. PRADIP KUMAR NAHATA - 12TH JULY

POT LUCK DINNER MEETING

Cherishing our old memories that we spent together with all members, anns & annets of our Rotary Family is around the corner. Rtn.Paidi Maheswara Rao, is hosting at Panchavati Township at Akkireddypalem on 30th July 2011 (Saturday). Lot of fun & entertainment is awaiting for Anns & Annets after a long gap of nearly an year. Request all to be participate & make it grant occasion again.

Articles Invited Articles of special interest viz., health, life style, personal life experiences, tourist destinations, societal value may please be mailed to be approved & incorporated in our forthcoming issues, are invited from all members, Anns & Annets.

Rotary club Visakhapatnam South

Auto Nagar, Gajuwaka, Visakhapatnam-530012, Andhra Pradesh, India

email: info@rotaryclubvisakhapatnamsouth.com,

URL: www.rotaryclubvisakhapatnamsouth.com



Rtn Y.V.Choudary
Club President



Rtn K.Srinivas Reddy
Club Secretary



Rtn .Bheemesh.P.L.
Chairman-Weekly