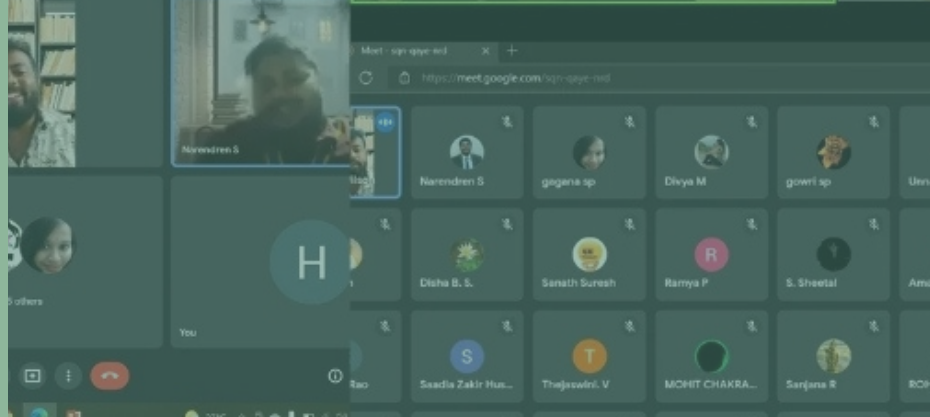
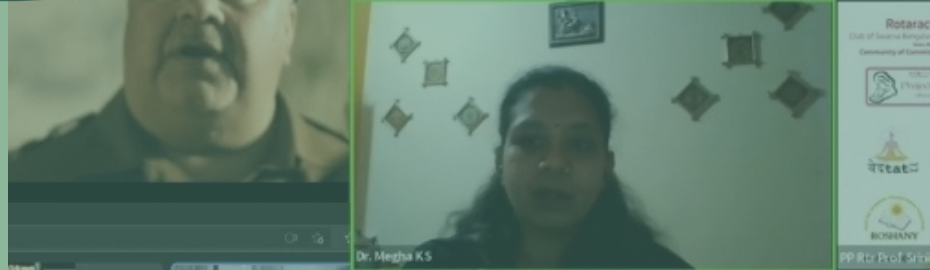


THE AIKIYA

MES ROTARACT CLUB MONTHLY E-NEWSLETTER
January 2022 • Edition 7



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Rotaract
District 3190

PRISM OF
POSSIBILITIES
Rotaract International
2021-22

Certificate of Recognition

This is presented to

**Rotaract Club of
MES College**

for securing Platinum Recognition for their Spectra-ular efforts in Quarter - 2 for the Rotary Year 2021-22.

**TWO
PLATINUM
RECOGNITION**

Rotaract Club of
MES College
District 3190





MESSAGE FROM VICE PRESIDENT, RBNW

RTN. DR. VEENA NAGRAJ

Rotary Bangalore North West

Dear Rotaractors,

" Do your little bit of good where you are; it's through those little bits of good put together that overwhelm the world"- Desmond Tutu

The new year's resolution that all of you must take should be to practice selfless giving. Your thoughts and acts must be focused on giving something worthwhile to the society. Please ensure your participation in meaningful community service activities and be a proud Rotaractor.

With regards

Yours in Rotary,

Rtn Dr Veena Nagaraj



MESSAGE FROM DISTRICT ROTARACT REPRESENTATIVE

DRR RTR. ANURAG PATWARY

R. I. District - 3190

Warm Rotaract Greetings from Team Spectra!

It's always a delight to address Rotaractors of the Rotaract Club of MES College once again and highlight your enthusiastic efforts towards the society & the Rotaract movement.

Congratulations on receiving a Platinum Recognition for the second time in a row! Fabulous work yet again this last quarter and we hope to see the Club keep up this spirit of Rotaraction.

MES Rotaract Club never fails to deliver, and once again this month with diverse projects like Change Brings Change, Finta Intervista, Vedatva. Another impactful week-long initiative Paws for the Cause, helping the voiceless every day with nutritious food & other necessities.

We would also like to commend the Team for the consistent and quality Newsletters that it released showcasing the amazing work done by the Club.

We wish you the best for the rest of the year and looking forward to meeting you all at your DOV to take a closer look at the marvellous work by the Club. Let's explore the Prism of Possibilities as Change-Makers to Serve to Change Lives.

Yours in Rotaract,

Rtr. Anurag Patwary

District Rotaract Representative

Rotary International District 3190

Rotary Year 2021-2022

MESSAGE FROM ZONE ROTARACT REPRESENTATIVES

03



ZRR RTR. RAMYA ASHWATHNARAYANA
Zone Violet



ZRR RTR. ABHINAV HOOLI
Zone Violet

Dear Spectra Leaders

Every single day you inspire us with your great work and surprise us with unique initiatives.

Much appreciate team for your dedicated efforts and setting the highest benchmark.

We as ZRR'S are much obliged for your contribution

Wishing your best

ZRR

Ramya Aswathnarayana

Abhinav Hooli



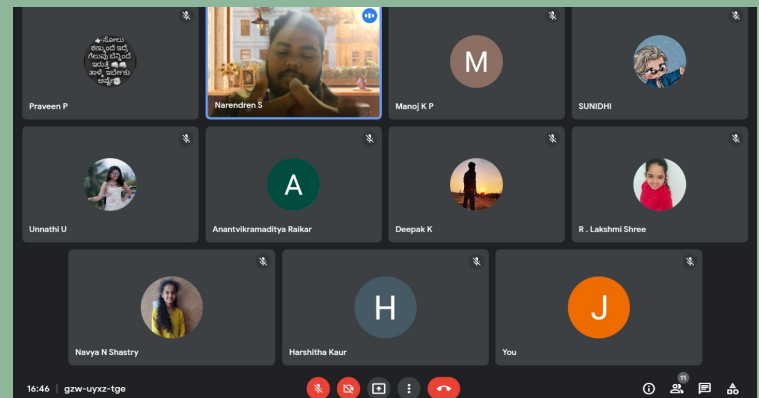
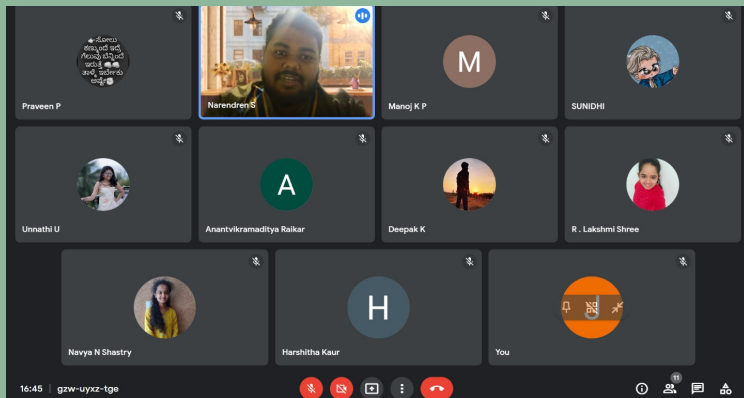
CLUB



RECOGNITION

BOARD OF DIRECTORS MEET - 5

A Board Of Directors Meeting was called upon on the 11th of January 2021. The meeting was called to order after collaring of the President. The meeting focused on the previous 6 months' progress of the Club, achievements of the Club and Rotaractors and discussion for next 6 months of the Rota year-21-22. It involved discussion about major events like Inception and DOV for the year 2021-22 and the related decisions were taken collectively by the Board members.

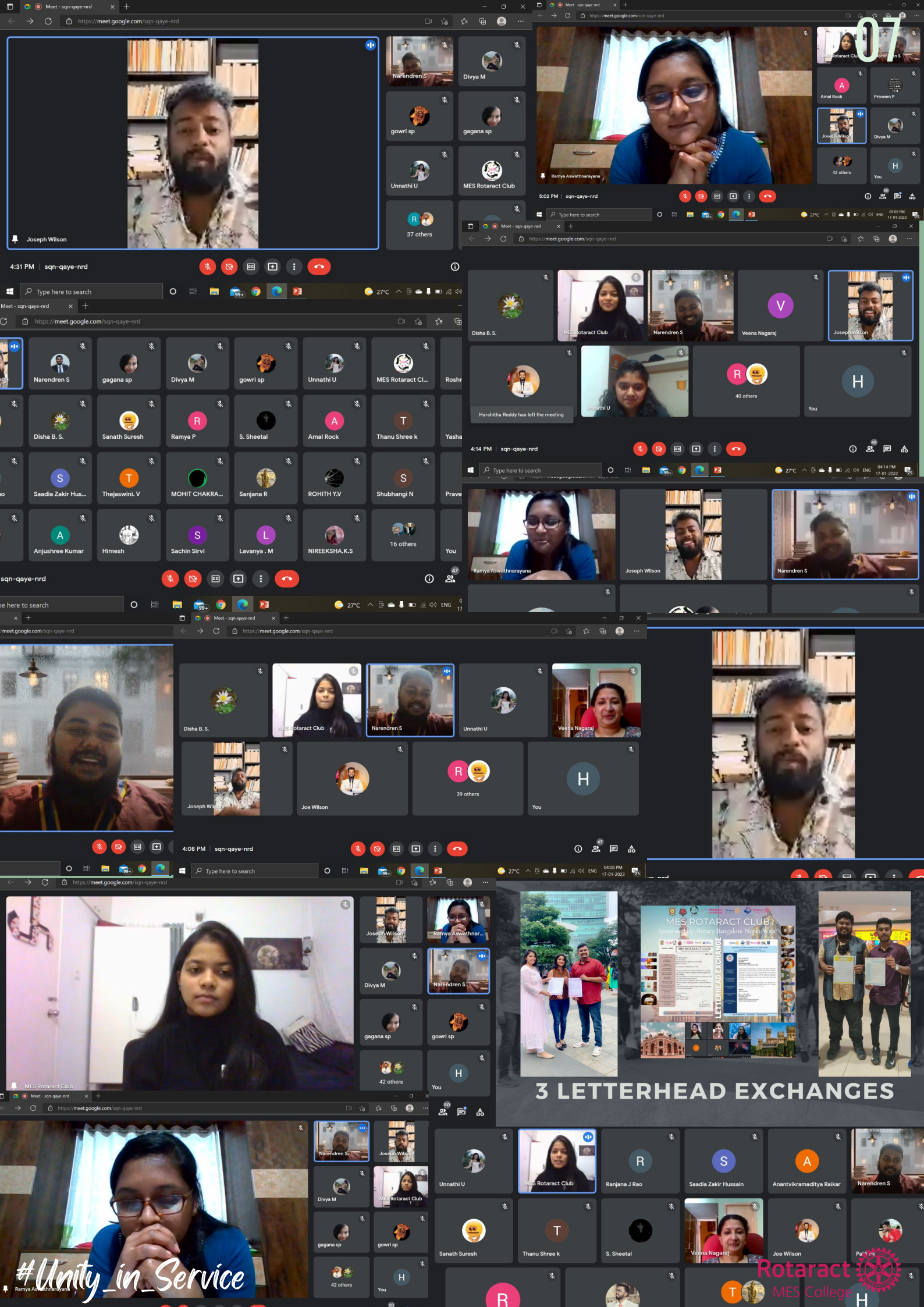


The Board members were informed about the upcoming projects and events for the month and related discussions for the same was henceforth done. Events and projects of all the avenues were discussed in detail, which included a brief review about the possibility of conductor each project and the necessary arrangements for the same were listed.

The Board was mainly congratulated for the great success in Membership and motivated to bring out talents and interests of new Rotaractors and also to involve them in various ice-breaking sessions with fellow Rotaractors too.

INCEPTION

Inception with the District Rotaract Representative Elect 2021-22, Rtr. Joseph Wilson was completed on the 17th of January, 2022. The entire session was extremely insightful and future oriented which also helped the Rotaractors to realise and learn about Rotaract in detail. The Inception begun with performance of the Rotary Four Way Test, following by collaring of the President and Presidential address, a brief report of the 2 quarters was also presented to the audience, the DRRE started the session by drawing a brief outline about Rotaract that included the history of Rotaract, the hierarchy followed by Rotaract at different levels and the different avenues of Rotaract and its explanation and importance. The talk also threw light on the importance of various minute substances in Rotaract that build a change, that included time to time updating of the By Laws, importance of project, treasury and attendance reports, promotion of Rotaract, importance of meetings with members and Board, building of an efficient team for future by building leadership qualities, promoting members for taking up District Committee roles etc. It was an inspiring and insightful way of bringing the various requirements to public notice. The session also highlighted on how to build an efficient team in order to keep the legacy of the club going, in addition to team, the methods of keeping a club active and developing the same were also clearly highlighted by giving a practical perspective of all the avenues, such as, consistency, promotional skills and strategies, signature projects, project display etc which clearly gave a better view of presenting the performance of a club. In addition to these, the District initiatives for the upcoming Rota Year 2022-23 were also put forth to the crowd in order to enable the members to start thinking in an innovative way so as to be in sync with the activities lined up for the coming year, therefore this session gave us a clear example that moving ahead with a structured plan is moving towards success.



4:31 PM | sqn-qaye-nrd

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https://meet.google.com/sqn-qaye-nrd

Narendren S, gagana sp, Divya M, gowri sp, Unnathi U, MES Rotaract Cl..., Roshr, Disha B. S., Sanath Suresh, Ramya P, S. Sheetal, Amal Rock, Thanu Shree k, Yasha, Saadia Zakir Hus..., Thejaswini. V, MOHIT CHAKRA..., Sanjana R, ROHITH Y.V, Shubhangi N, Prave, Anjushree Kumar, Himesh, Sachin Sirvi, Lavanya . M, NIREEKSHA.K.S, 16 others, You

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27°C

Disha B. S., MES Rotaract Club, Narendren S, Veena Nagaraj, Joseph Wilson, Harshitha Reddy has left the meeting, Unnathi U, 40 others, You

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27°C

Ramya Aswathnarayana, Joseph Wilson, Narendren S

4:08 PM | sqn-qaye-nrd

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27°C

Disha B. S., MES Rotaract Club, Narendren S, Unnathi U, Veena Nagaraj, Joseph Wilson, Joe Wilson, 39 others, You



MES Rotaract Club

Joseph Wilson, Ramya Aswathnar..., Divya M, Narendren S, gagana sp, gowri sp, 42 others, You

3 LETTERHEAD EXCHANGES

MES ROTARACT CLUB
Spans the Rotary Bangalore North-West
LETTERHEAD EXCHANGE

Ranjana J Rao, Saadia Zakir Hussain, Anantvikramaditya Raikar, Narendren S, Sanath Suresh, Thanu Shree k, S. Sheetal, Veena Nagaraj, Joe Wilson, 42 others, You

#Unity_in_Service

Ramya Aswathnarayana

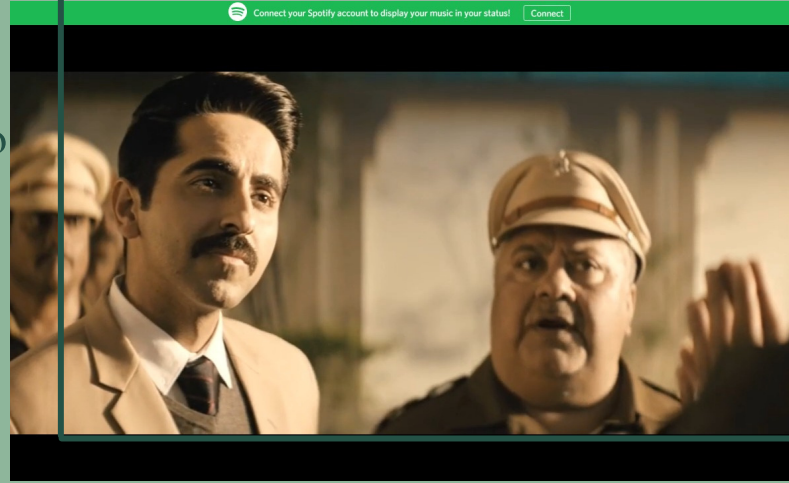
Narendren S, Joseph Wilson, Divya M, MES Rotaract Club, gagana sp, gowri sp, 42 others, You

Rotaract MES College

R, S, A, T, H

CHANGE BRINGS CHANGE

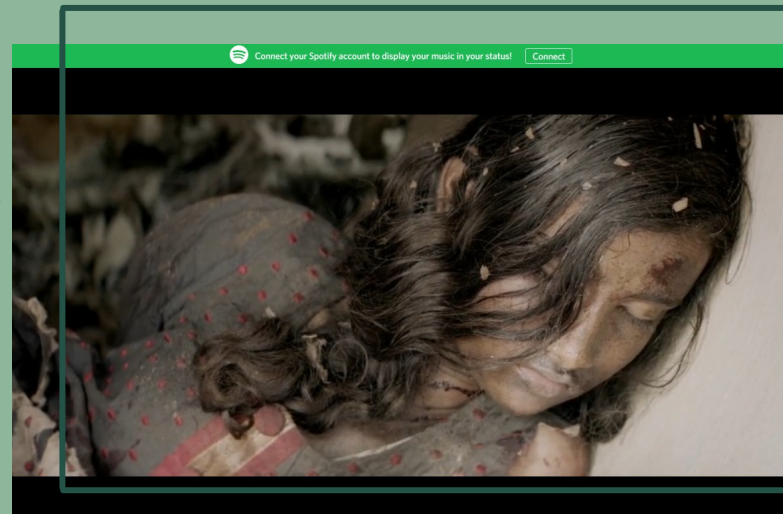
Change Brings Change was a fun club service activity which was also linked with learning and realizing the most basic and important thing that brings us pride and uniqueness of being Indians.



This was a movie night on the auspicious occasion of the National Republic Day, 2022. We streamed "Article 15" on the MES Rotaract Club server of Discord, the movie is known for its exceptional performance and storyline of portraying one of the most important articles of the Indian Constitution that hails all individuals are equal without any discrimination of caste, gender, creed etc.

As the Republic Day is celebrated for the birth of our Constitution, this movie gave an insight on how following or not following the principles of the Constitution will lead to imbalance and instability in the society. The members also enjoyed using the chat where they expressed their emotions with regard to the movie and also had various fun conversation.

This project surely helped us to bring the Rotaractors together and also help in spreading an important message on an important day which will help in creating awareness throughout.





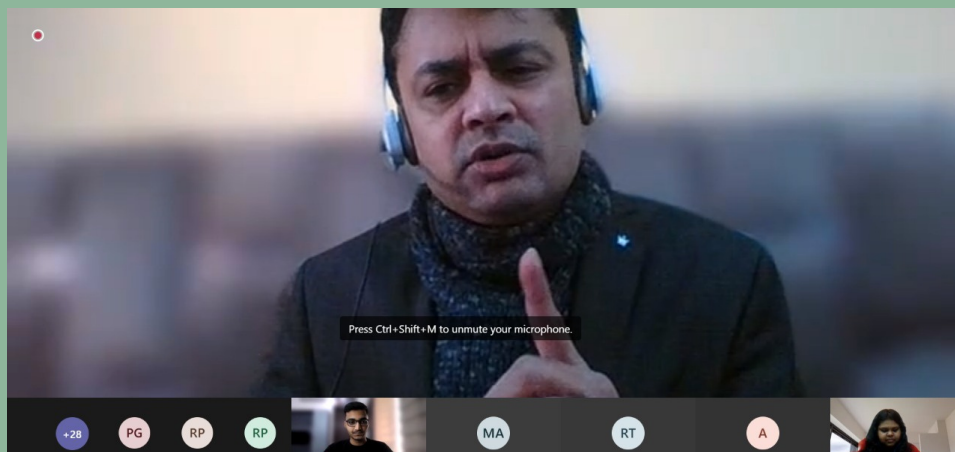
FINTA INTERVISTA

A session in collaboration with Rotaract Club of NSIT Regency and TIMES, it was completed on the 29th of January, 2022

This session was conducted by Mr. Amit Poddar, a knowledge expert at TIMES with more than 15 years of experience.

The session spoke about the basic to advanced etiquette of an Interview and the views and demands that an interviewer seeks in an interviewee.

It threw light on the basic idea that any individual should have before facing any interview, the back stage work that goes in to make the outcome seem effortless and beautiful



It gave an insight on the various requirements an interviewee must possess, which ranged from behavior, body language, posture, attributes, etc. It thought us how to prepare for every kind of a situation or question that an interviewer can pose at the interviewee. It gave a gist about how to master, "Expectation Management" which will in turn help in carrying out the interview flawlessly. It focused on the importance of language, speech, tone management, posture, dressing sense, knowledge requirement, display of confidence, formalism etc. It also highlighted on how one can build an attention grabbing CV and present it confidently to meet the job demands of the respective companies.

In conclusion this session was an answer to silly and complex queries one would have with regard to facing an interview.

VEDTATVA

10

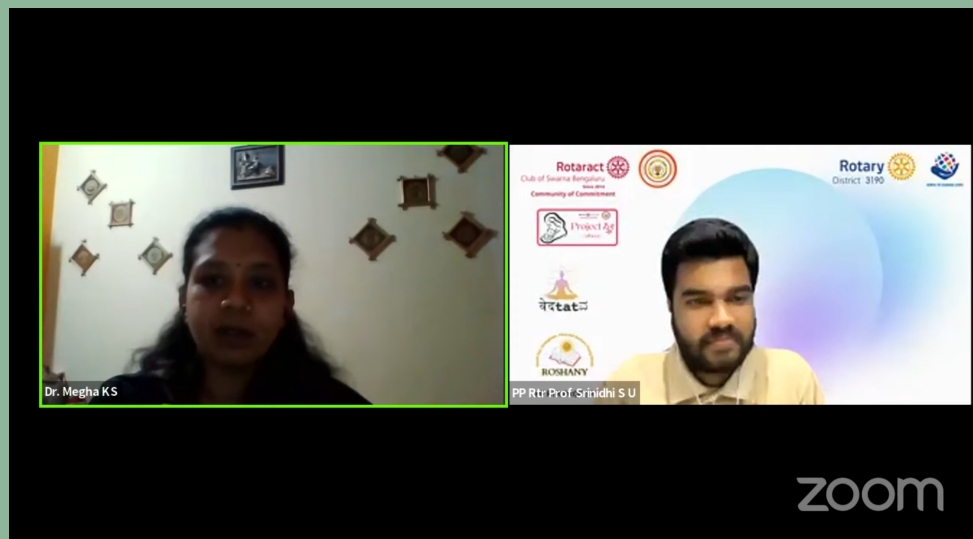
A session in collaboration with the Rotaract Club of Swarna, Bangalore was completed on the 30th of January, 2022.

The session was a very interesting and informative one which enlightened the gathering about the ayurvedic science of pediatrics.

The prime focus was the involvement of gold particles or the supplements in the food of infants. The lecture was given by Dr. Megha KS. She explained how, when, what all must be included in the infant's food to make it more nutritious and healthy. She referred to the procedure in Ayurvedic texts and educated us about it. She also told us about the benefits, medicinal values of various herbs and juices with which the Swarnaprashana, which means -

"consumption of gold" is done.

Overall, it educated us so much about Ayurveda and its connection to healthy lifestyle.



Ingredients

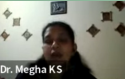
- Ash of gold – Swarna Bhasma
- Vacha
- Shankha pushpi
- Brahmi
- Guduchi satva
- Yashti madhu
- Ashwagandha
- Ghee and
- Honey.



zoom

Benefits

1. The immune system of diseases becomes stronger.
2. Increases physical strength. And the growth of the baby.
3. Grasping power, analysis power, and recall memory become sharper.
4. Improves digestive power.
5. Tones up skin colour and texture.
6. Protects the baby from different kinds of allergies.
7. Aayush (gives long life)
8. Mangalam (is auspicious)
9. Punyam (virtuous)
10. Vrushyam (aphrodisiac)
11. Varnya (increases complexion)
12. Grahapaham (eliminates the evil effects of planets)



#Unity_in_Service



PAWS FOR THE CAUSE

Paws for the cause is a project with an objective to feed the stray dogs that deserve just as much as the other dogs do. The project was initiated on the 30th of January and is ongoing until the 6th of February, 2022.

In this project, the Rotaractors are expected to feed the stray dogs and put a temporary stop to their never ending search for food. This project required a fair amount of research regarding what can and what cannot be fed to the stray dogs, we made sure that this project only left a positive impact on the dogs, a list of items that can be fed to the dogs were shortlisted and circulated among the members and the members started to feed the dogs keeping all the conditions in mind, resident's privacy was also given due consideration while undertaking the project, as on the 31st of January about 15 dogs were fed by our Rotaractors and the project is still under progress.



Creative Corner



Rajitha.C.H
3rd BSc 'B' CBZ

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Rtr. Javeriya Tabassum
Secretary



Rtr. Harshitha Kaur
PR & Editorial Director



Rtr. Deepak K
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<https://issuu.com/mesrotaract>

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MES sage To Youth