



# THE AIKYA

## MES ROTARACT CLUB MONTHLY E-NEWSLETTER OCTOBER EDITION

### ABOUT THIS ISSUE

October marking the start of a fresh quarter, all we carried with us was learnings from the difficulties and obstacles of the previous quarter and motivation from the success achieved in the previous three months.

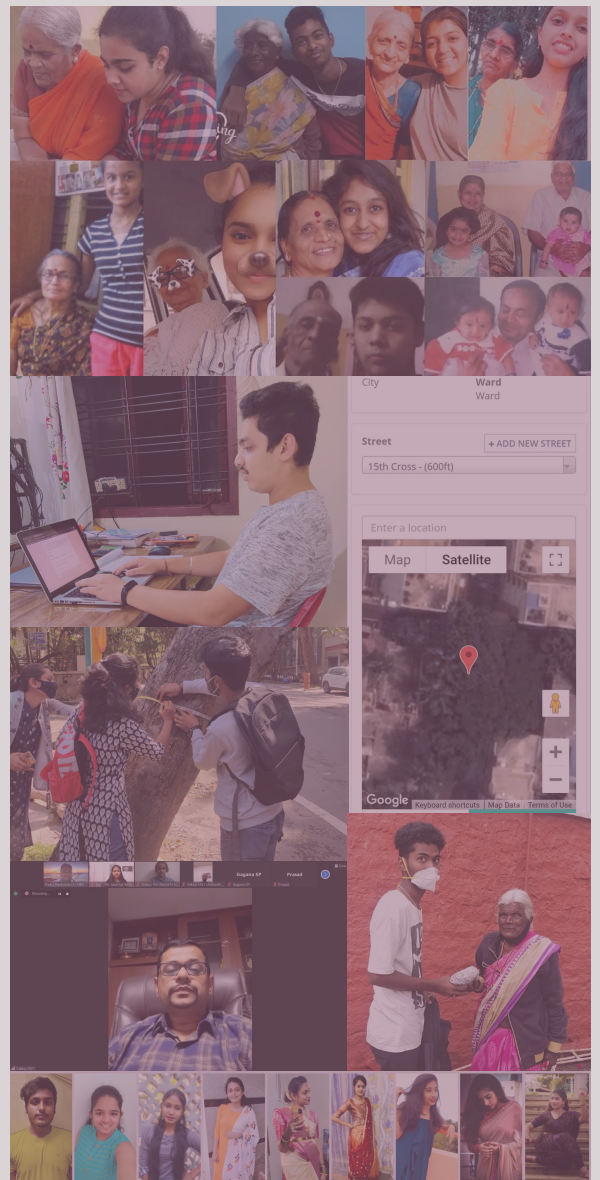
With changing months and progressing year, all that remained constant was dedication to service, the team was still looking forward to take that one extra step to make things happen.

The month started off with a couple of Club Service activities, which brought the members of the club together and contributed in keeping them active.

The quarter started off with rigorous planning and effective practical reasoning of all the plans that were thought by the team.

All the plans and ideas kept in close touch, we were successful in completing the first month of the second quarter with valuable contribution towards service. several activities ranging in different avenues were planned and completed.

We also joined hands with two NGOs and helped in their service of which, one focused in enriching the young minds of this country and the other focused upon building a sustainable environment. We also successfully completed a project in Professional Development avenue that focused on industrial unit as a profession.



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# MESSAGE FROM PARENT ROTARY PRESIDENT



Rtn. Suresh Narayan  
Rotary Bangalore Northwest

My best wishes for a happy Diwali. Diwali is celebrated as domination of good over evil. Goodness in thoughts and action brings the best in us. By coordinated action we can mitigate the sufferings of many around us. Taking care of environment is our responsibility we owe to the next generation. We have to tell ourselves not to dishonour Mother Earth. In this regard, any positive intervention however small is most welcome. You can plan several projects starting with your own homes. Home composting of kitchen waste can be a starting point. I congratulate your club to have been grouped in the platinum category for the first quarter. I am sure you can reach great heights. My best wishes to all of you.

GOD bless.

Suresh Narayan

President RBNW 21-22

*#Unity\_in\_Service*

# MESSAGE FROM FACULTY COORDINATOR & MENTOR



Rtn. Dr. Veena Nagaraj  
MES Rotaract Club

Dear Rotaractors,  
"Only a life lived for others is worth living" - Albert Einstein.  
This statement brings out the purpose of life. As young assets to the nation, your goal should be to look for the meaningful purpose of life and extend your helping hand to make tomorrow a better one. Several activities that are done have given you broader perspective of service. I am extremely thankful to all of you for spending your valuable time on tree survey in the local area. Your eagerness to assist in the digitization of the assessment sheets of the Govt school is very appreciable. Please keep the spirits going and reach out to more people with your service.

Yours in Rotary  
Rtn Dr Veena Nagaraj

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# MESSAGE FROM DISTRICT ROTARACT REPRESENTATIVE



DRR. Rtr. Anurag Patwary  
R. I. District - 3190

Warm Rotaract Greetings from Team Spectra!

It gives me the immense privilege to address Rotaractors of the Rotaract Club of MES College once again, especially after all the wonderful initiatives this Club has been doing.

On behalf of Team Spectra, we would like to take this opportunity to congratulate the Members of RaC MES College for bagging the Platinum Recognition for Quarter-1. Amazing work done by the Club & its members by functioning as a holistic Rotaract Club.

MES Rotaract Club continues to deliver sustainable & long-term initiatives such as "Tag the Tree" & "Enriching Future" and its informative monthly Newsletters to keep the members up to date.

We wish you all the very best for many more successful months to come and looking forward to seeing more unique and sustainable initiatives from this 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

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# MESSAGE FROM ZONE ROTARACT REPRESENTATIVE'S

It Gives us Great Privilege to address the Rotaractors of Rotaract club of MES College, before we take it further, we would like to take a moment to appreciate our Spartaning Rotaractors for their astonishing efforts and setting a new set of benchmark for every project they take up .

It was a great start of the second quate with an initiative towards environment Followed by various projects related to education, health, food career, respect and love for elderly members of the family and also enriching the festivity of Navratna .



Rtr. Ramya Ashwathnarayan  
Zone Violet

Rtr. Abhinav Hooli  
Zone Violet



We would also like to take this moment to thank the entire team of Rotaract club of MES College for supporting us in every step we take and always motivating us to do bigger and better, thank you for your efforts and congratulation for achieving Platinum citation in the Quarter, and setting the highest benchmark We wish you all the very best for you upcoming project and initiates and promise to stand by you to the bets of our capacity.

Regards  
ZRR'S  
Zone Violet

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# MESSAGE FROM PRESIDENT, MES RAC

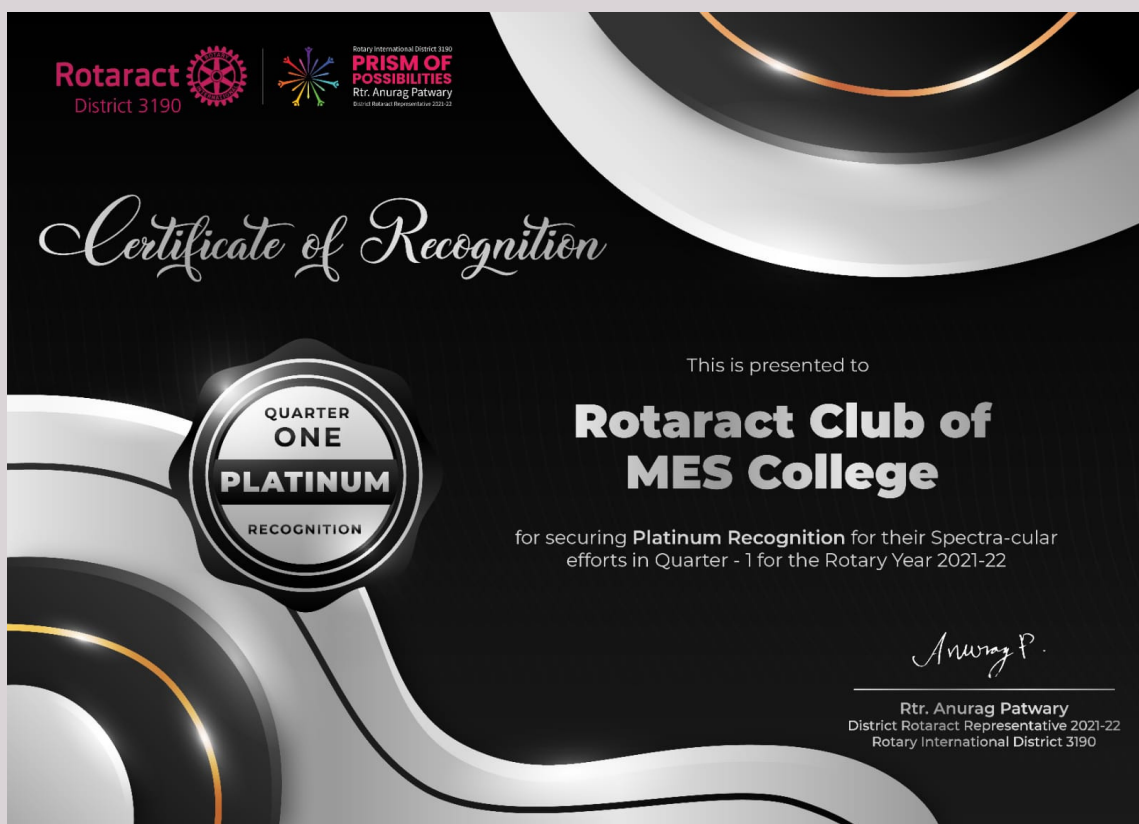


Rtr. Narendren S  
MES Rotaract Club

A Spectacular Greetings form the Team AIKYA,  
This month was one of the most memorable months as we were one the clubs out of 160+ clubs in R.I District 3190 to receive the platinum citation for the 1st quarter. I'm super proud of my entire team and I'm grateful to everyone who helped us in this journey to achieve this milestone.  
This surely motivates us to thrive hard to touch new heights and make a difference in our society.  
I'm super happy that October month was so engaging, as we have had some very very unique projects like "Tag the Tree" in association with NGO The Vruksha Foundation and "Enriching Future" which was in coordination with Makkala Jagrithi NGO.  
I'm sure November month will be equally packed and a fruitful one.  
Looking forward to give our best to make this society a better place to live in.  
Thank You.

*#Unity\_in\_Service*

# Club Recognition



The MES Rotaract Club was certified with Platinum Recognition for the first quarter of the year 2021-22.





## INTERNATIONAL DAY OF ELDERLY PERSONS

1st of October, 2021

A day to celebrate the hearts so selfless and so loving towards their younger beings. This project was a simple way to extend gratitude and show love towards our grandparents who dedicate all their life in our better well being and show selfless love and sacrifice for their grandchildren.

The Rotaractors were asked to share pictures with their grandparents on this occasion showing their love towards the parent like figures. 10 Rotaractors of our club actively and wholeheartedly took part in this project and shared loving and heartwarming pictures of them with their grandparents which framed love, kindness and care. All the photos shared by them were compiled by the PR Team and were showcased on our social media handles. It was a simple gesture to showcase the relationship between the nurtured and the nurturer, the bond so beautiful and cherishable.

## NAVRATNA

5th-16th of October, 2021

Project Navratna was initiated on the occasion of Navratri. A simple club service activity that kept the members going and also helped to bring out their creative side in relation to dressing up.

The members were divided into 9 different groups and each group was assigned one colour of the colours of Navratri. The members were expected to share pictures of them dressed in the colour assigned to them. The pictures submitted thereby went to the instagram poll which helped us decide the best dressed on the basis of public opinion. The best dressed individual for all the different colours was determined on the basis of the votes each one had earned in the poll put up on stories, the winners were showcased on the instagram feed.



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# BOARD OF DIRECTORS MEETING

3rd of October.2021

The very first Board meeting for the 2nd quarter for the Rota year 2021-22 was held on October 3rd, 2021. The meeting was mainly focussed on previous quarter's performance of the Club, improvements and appreciations for the same.

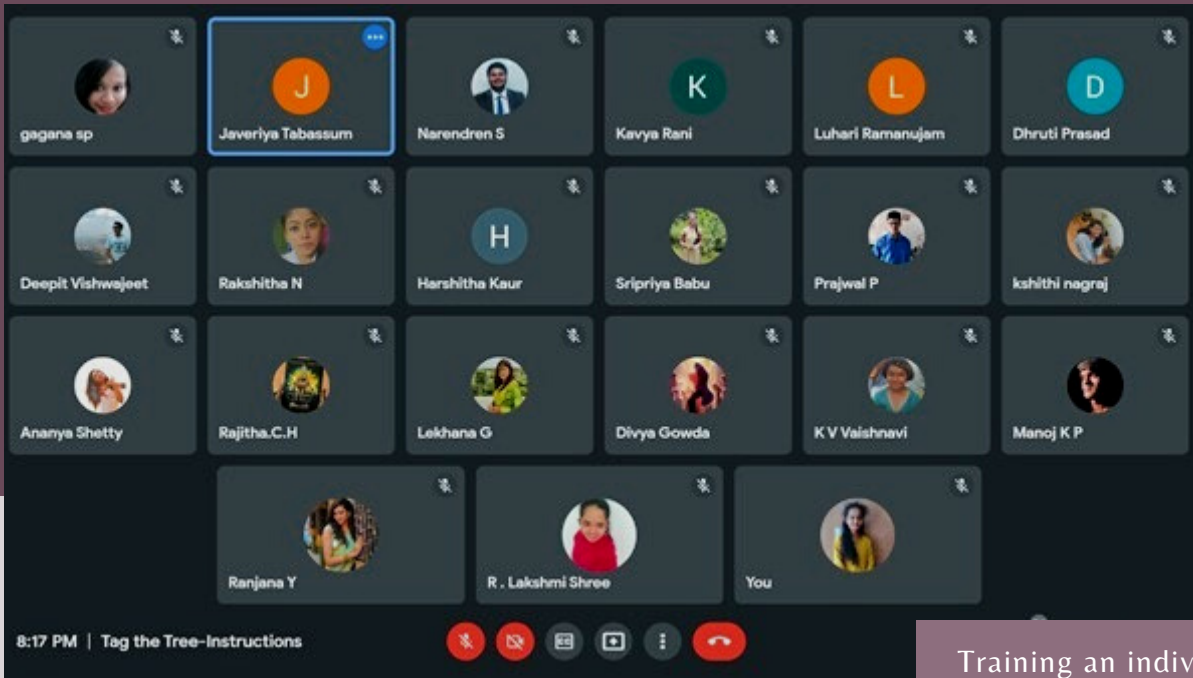
The next main focus of the meeting was to inform, discuss and finalise the events for October month. Major club announcements like membership dues during the month, Navratri festival plans, major community service project, speaker sessions and many more events were informed to the Directors and their valuable suggestions were noted.



The review of the previous quarter and the highs and lows of the same were noted for using them pro-efficiently for the coming months, all the other projects which were tentatively decided by the members were put forth for discussion and the viability of conducting the same were discussed and based on the practicality of the projects they were considered to be undertaken or brainstormed or discarded.

The Director's suggestions were taken on the basis of which the club could move on stronger and unitedly. The meeting was held for a duration of 1 hour which concentrated on the October month. With effective and efficient planning the meeting was called off setting the expectations well enough for the coming month.





## TAG THE TREE : ONLINE TRAINING SESSION

9th of October, 2021

Tag The Tree, a project in coordination with a NGO - The Vruksha Foundation which focuses on performing census of the trees so as to enable the NGO to protect the trees tagged or registered on a long run.

This online meet on the 9th of October was to equip the members of our team with the basic plan and idea of this project which is an on-field activity. The members who registered for the activity were given training and information of the things to be carried and the use of the same on the day of the field work.

The uses of the apps were also mentioned and explained in the meeting to enable smooth running of the project. The areas to be covered were ascertained and decided as Malleshwaram. All the doubts were cleared regarding the project and the team had a clear idea about how to perform the census of the tree works.

This meeting was for a short duration and the highlight of the meeting was to address them about the particulars required for the project to run successfully and also mentioned a brief outline of the entire project by explaining the working of the project to the volunteers.

Training an individual about the purpose of the project makes the projects productive and efficient, serving this was this meeting which mentioned the brief idea and particulars of the project.



“You pray for the hungry. Then you feed them.  
This is how prayer works.”

## ANNADHATA : FOOD DONATION DRIVE

16th of October, 2021

Project, “Annadata” was hosted and completed on the occasion of World Food Day, i.e., on the 16th of October, 2021.

A Community Service Project which helped us serve a time’s meal to the people who were in genuine need of help, a day which marks the importance of food, we felt the need and importance of providing food to all those who are deprived of this basic necessity.

Through this project we were able to distribute food packets to about 50+ needy people who struggle to get a one time meal. With proper coordination of seven rotaractors and support from many more we were privileged to successfully complete this project, we covered a range of areas comprising of Yeshwanthpur, RMC, Malleshwaram and Srirampura.

Freshly prepared meals were collected from the hotel, all securely wrapped and the people who were in genuine need were recognised by all the members who were on the field working and the food packets were hence distributed to them.

A feeling of contentment and satisfaction of being helpful to the needy kept us motivated and we hope to continue to spread smiles and help people.

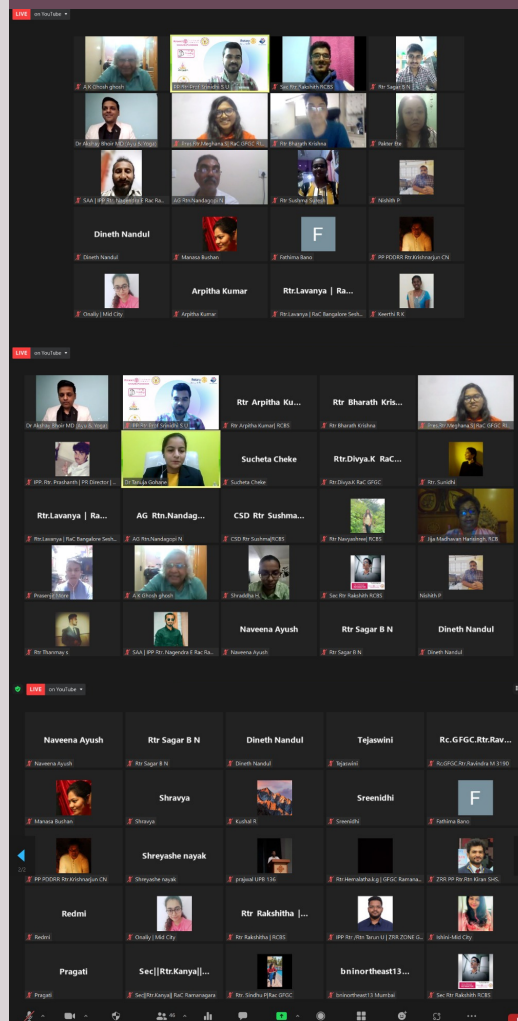
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# VEDATVA : SESSION ON AYURVEDIC LIFESTYLE 17th of October, 2021

Rotaract Club of Bangalore Seshadripuram, R.I Dist.3190 conducted an online session on 'Ayurvedic Lifestyle', We were one of the collaborating clubs for the event. The lecture was inclusive of various lifestyle discussions of the present generation and pandemic effect on present health of people. Rotaract Club of Bangalore Seshadripuram, R.I Dist.3190 conducted an online session on 'Ayurvedic Lifestyle', a RCBS Project named 'Vedatva'.



The distinguished speaker of the session was Dr. Akshay Bhoir, the Managing Director of Swasthavritta and Yoga and the Director of Brahmanand Ayurveda. Dr. Tanuja Gohane, the Managing Director at Ayu and Yoga and Rejuvenation expert at Brahmanand Ayurveda. The event was completed on the 17th of October, 2021. We were one of the collaborating clubs for the event. The speaker session focused on the various lifestyle discussions of the present generation and how is the effect of the pandemic on the lifestyle and health of the individuals, it highlighted the importance of a healthy lifestyle and also stated various points on how to develop a healthy lifestyle. The session also threw light upon the importance of yoga and physical activity in this stunned state of life. The lecture was inclusive of various lifestyle discussions of the present generation and pandemic effect on present health of people. The session also had a great Q&A session for which each of the answer were very relatable and practical from the speakers. They also provided some Pro tips to inculcate in our Life in the future.



”Enriching youth is enriching future”



# ENRICHING MINDS

21st of October, 2021

MES Rotaract Club in coordination with a NGO Makkala Jagriti whose primary focus lies in the enrichment of the young minds of this state who reflect a significant impact on the country’s future.

We are aware of the various challenges put forth in the field of education due to the pandemic, the less privileged children were the ones who were first hit by this bane, in these circumstances, the NGO had performed an assessment of students from government schools on basic questions of languages and math to ascertain the position in which the young minds stand, an effort to bring the quality of the minds after the pandemic was put to action. The test papers were collected from various government schools and the task was now to digitalise these assessments so the score of quality could be determined more systematically and conveniently.

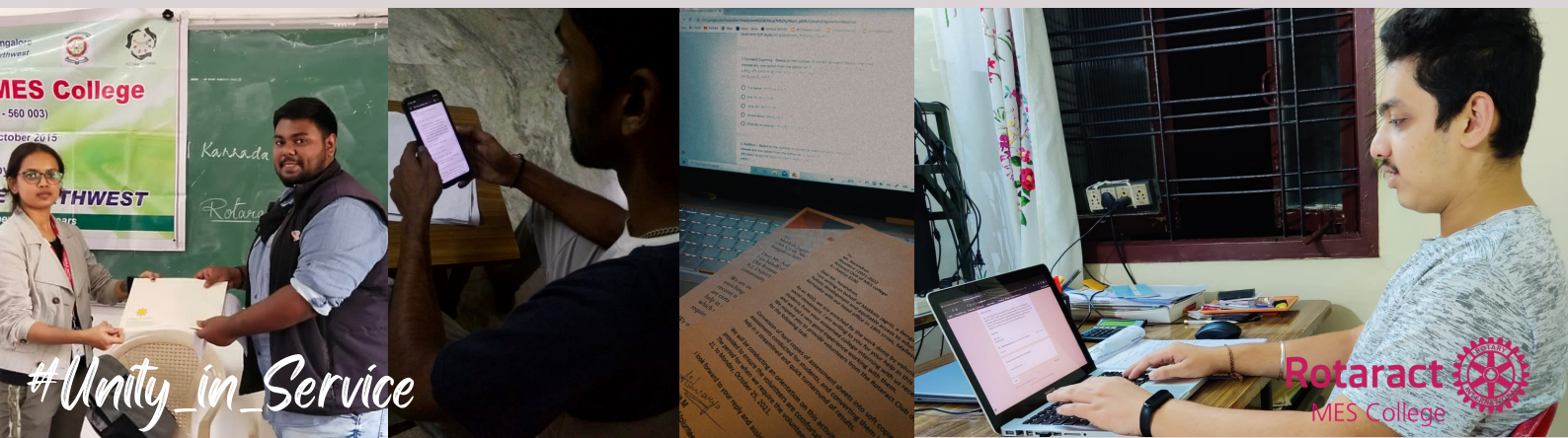
The NGO approached the MES Rotaract Club regarding this project of digitalising assessments and were in need of effective volunteers for the same.

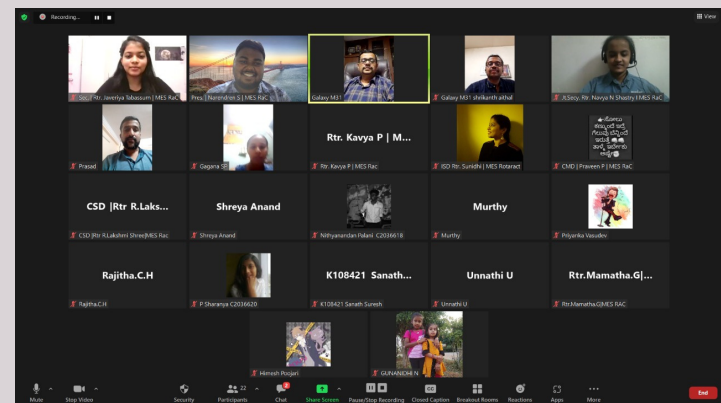
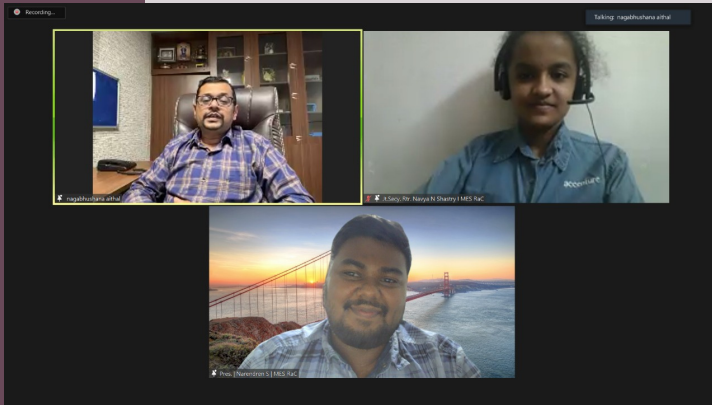
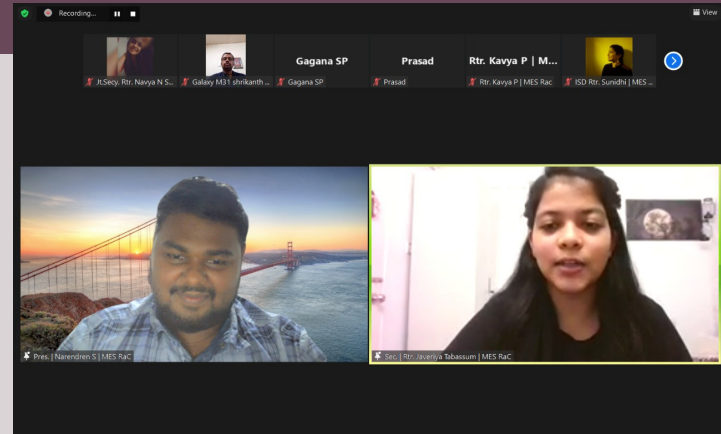
The club provided them with 32 Rotaractors who efficiently understood the assignment after the orientation session hosted by them on the 21st of October, 2021, the answer scripts were given to each volunteer with relevant information of the task.

The volunteer worked for a week and successfully completed the assessment papers which also qualified as an internship criteria required for our fellow Rotaractors.

The team was efficient in evaluating 3,000 plus assessment sheets that would further help the NGO to evaluate and take measures to improve the state of performance and delivery of the students.

This project surely did have an internship advantage to the ones who volunteered but also helped in understanding and helping the young minds hit by the pandemic to bettering in education.





Nothing stops an achiever from achieving!

# CONCEPT TO CREATION

23rd of October, 2021

Concept to Creation was one such project in the Professional Development Avenue, which stood true with its meaning. Every young mind has various concepts in mind regarding a new idea or set up in the future but doesn't know about giving a path to realise those ideas and this event gave a brief idea on how a person with just merely a good plan can create what he believes in. The event was conducted by Mr. Nagabhushana Aithal, he has made his mark in the industrial sector and through this session we learnt more about his life and challenges. We got a picture about how everything in this world has its own challenges and hurdles and achievement is in the end result of the endless hustle, we learnt about various possibilities in the field of setting up an unit in the industrial sector of economy. A stable plan for raising and maintaining income, various opportunities provided from supporting bodies and a lot more that could help a creative mind realise his dream.

The session also had a very interactive question and answer session in which all the queries regarding start ups and opportunity availability was brought forth and the discussion brought out several other helpful points which an interested mind can make use of, the session concluded with a thank you note and was hence closed with a lot of learning and experience.



# TAG THE TREE

24th of October, 2021

Project Tag The Tree is in coordination with a NGO - The Vruksha Foundation, this is a step taken by them to protect and have a track on the health and well being of the trees that have been registered or recorded in the app developed by the founders of the NGO. We as Rotaractors volunteered this project by conducting the survey of the trees in 'Malleshwaram' in and around the 15th cross of Malleshwaram.

The group of 18 conducted the survey of the trees or saplings in the locality, the app provides us various parameters that helped keep track of the trees. The activity is to tag a tree and ascertain its location on the map which is incorporated in the app, further with the help of google lens we determined the species and name of the tree. We also determined the length and girth of the tree by physically measuring the dimensions, once all these particulars were entered into the given spaces, a few other questions were answered which related to the tree health. Once all the entries are entered and submitted, the tree were successfully updated to the app and the NGO will thereby look after it's growth and well-being.

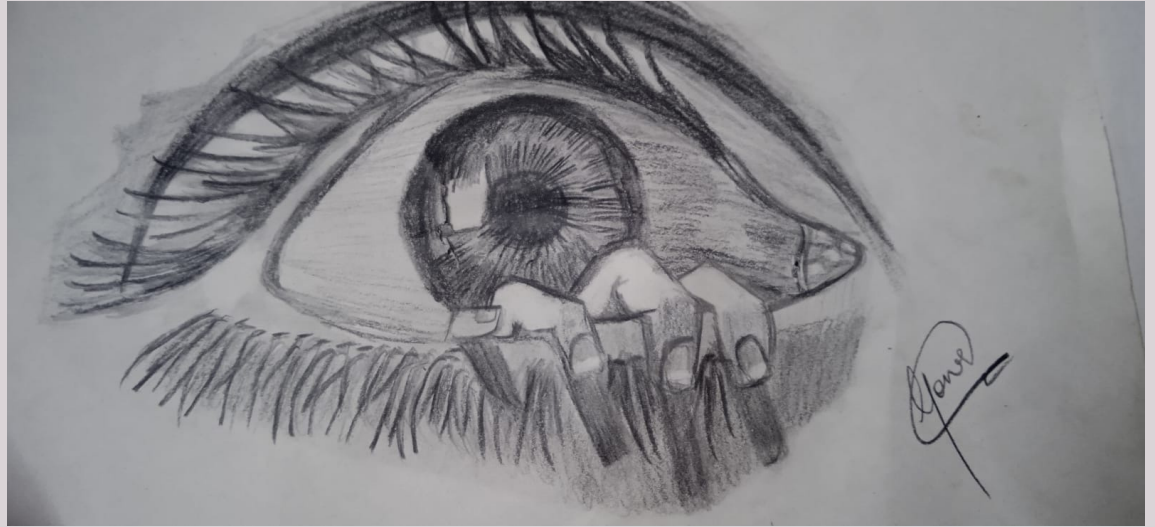
This is a project which not only helps yield more trees but helps to yield bigger and stronger trees that will sustain the environment on a longer run.

Our group was successful in performing this survey for 127 trees in the locality and we hope that these trees sustain for a better future.

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# Creative Corner



- Gowri S Pratap  
2nd B.Com A



- Harshitha Kaur  
2nd B.Com D

Thoughts about my future always ruin my brain  
 Constant thinking about it drives me insane  
 And always end up in soon  
 How much ever I try to refrain,  
 It always goes in vain  
 At times I feel like standing in rain  
 And transiently forget all my strain  
 I'm striving hard to take it to my stride  
 How long should I hide my bind?  
 Is there any way out to attain a peaceful mind?

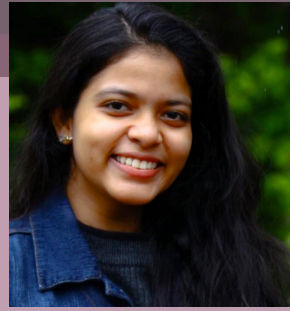
Stars are the most fascinating creations  
 Just a single star grabs my attention  
 A sky with a crescent moon and full of stars is a  
 deadly combination  
 But it can only be an imagination  
 Cause stars are rarely seen due to light pollution  
 Consequently astronomers are facing huge  
 distraction  
 Unfortunately upcoming generation may see stars  
 only as a illusion  
 Disappearing stars are one of the wretched  
 evolution!!

Music always lightens up my soul  
 It is not exaggerating to say ,that it is my antidote  
 Not just drugs can make you high  
 Even music can make you fly  
 From singing birds to clattering train  
 Music is so ubiquitous  
 That it can even do wonders where  
 It makes me sway and sweep  
 And also puts to sleep  
 Moreover it makes me reminsient and I cry and weep.

- Kritika R  
 2nd B.Com A

*"Use your words to  
 express who you are, if  
 character is defined by  
 actions, let words define  
 your personality!"*

Rtr. Javeriya Tabassum  
Secretary



Rtr. Harshitha Kaur  
PR & Editorial Director



Rtr. Deepak K  
PR & Editorial Co-Director



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