

# ROTARY BANGALORE ABILITIES NEWSLETTER

JULY 2021

## ROTARY BANGALORE ABILITIES NEWSLETTER 2<sup>ND</sup> EDITION 2021

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# TELLING RBA'S EVENTS FOR JULY 2021

- 1.** On July 3rd, RBA launched a helpline for persons with disabilities called (RHDA) in association with disability network alliance. This is basically an informational service and appropriate guidance will be provided to avail the service. The areas of support will be with regard to android, banking, education, emotional counseling, insurance, legal aid, and disability-related services. People can call or WhatsApp 9845095637 between 9 AM and 7 PM, Monday through Saturday.
- 2.** On July 4th, RBA launched Rotary Bangalore Abilities Tech Accessibility Project to create a barrier free tech environment to all persons irrespective of their disability.
- 3.** On July 10th, the new board of RBA was installed. The chief guest was Mr. Prateek Khandelwal from Ramp My City. Dg. Rtn. Fazal Mahmood was the installing officer. On this occasion we inducted 4 new members.
- 4.** On July 11th, RBA organized seminar on organ donation by MOHAN foundation. Mrs. Jaya and Ranjani Shankar from MOHAN foundation gave an excellent presentation on importance of organ donation. The seminar was held on virtual platform. Around 40 members participated in the seminar.
- 5.** On July 12th, RBA sponsored Rs.5000 for gift a Mask project from district literacy committee for the benefit of SSLC students appearing for exams from the 19th of July. The cost of each Mask is Rs.5.25.
- 6.** On July 21st, Rotary Bangalore Abilities and Rotary Bangalore Sadashivanagar jointly distributed grocery kits to 25 differently abled poor families. Each kit consists of rice, wheat, sugar, salt, oil, chilli powder and turmeric
- 7.** On July 23rd, Rtn. Anandhi was invited as one of the guest speakers at APD on the occasion of World Youth Skills day. Rtn Anandhi gave a motivational speech regarding communication skills and how to use technology.
- 8.** On July 24th, Rtn. Aravinda, Rtn. Hema Setty, and Justin Philips attended Guru Purnima celebrations organized by district club services committee. They invited Dr. Pavagada Prakash a famous scholar of Philosophy. He explained about significance of Guru Purnima and the principles of Adwaitha siddantha.
- 9.** On July 25th, Rtn. Kranthi, Rtn. Srinivasamurthy and Rtn. Chandrashekar attended and planted 5000 Indigenous saplings at Kommasandra village govt land. This is the ongoing project with Rotary HSR from 2020.
- 10.** On July 25th, we also organized our first speaker session in club house. The guest speaker was B Kannan administrative officer information technology department New India Assurance Chennai Regional office. The topic is Insurance policies for persons with disabilities
- 11.** On July 30th, RBA and RCB jointly donated a laptop and 10 rucksack bags to Jyothi Seva residential School for the blind and 200 kilogram of Rice and two bags of Dal at Rotary house of friendship.
- 12.** On July 31st, Rtn. Nagaraj and Rtn. Aravind attended the webinar on climate change and sustainability. This webinar was organized by district 3190 and Rotract district 3190 environment committee in association with PEERRI. The main speakers were Shri.Bhagawanth Khuba, Minister of State for New and Renewable Energy Chemicals & Fertilizers, Government of India, Shri Upendra Tripathy, IAS Retd.

# Pictures for the month of July 2021



# FRIENDSHIP DAY CELEBRATIONS

Friendship Day was celebrated on the 1st of August by Rotary Bangalore Abilities. It was a Fun and Fellowship program for the members and their families and very well Organised by Kranthi at her Home. It was a day filled with Joy, Happiness, and everyone was excited as we all met each other after a very long time. For a few of us, it was our first meeting. There were around 25-30 members who had joined along with their families.

The day began with the cutting of the cake and taking some amazing pictures with the entire team and their families! The place was filled with all kinds of music and all kids playing around. We played some interesting games like chess, passing the ball where each one had to perform a task, blind fold game, and we also had a very interesting craft making activity. On a thermocal ball, we had to decorate it with colourful flower shaped paper cuttings. We were frequently feasting on cake, snacks, Chocolates, and juice.

The most important part of the day was the delicious food. Everyone brought in a dish; and so like a real foodie, we got to taste a variety of mouth-watering dishes. For Lunch, members had prepared a variety of dishes Like chapati, paneer, kheer, puliyogere, and curd rice. Nagaraj ordered a lip-smacking ice cream for all of us.

The rest of the day was fun filled and was over in a jiffy.

We all had a rejuvenating get together after a very long time. The Friendship Day was absolutely a much-needed break for all. It was a happy and memorable time spent with our RBA Family. Also, a feather in the cap was the news that RBA received many awards from the district, held the same day. Thanks a ton to Kranthi and family for organising such a lovely day for all of us.

- Chandana

# MY STICK, MY WAY

Hi, I am Arun and am seized with a zest for living life on my own terms. Having seen the downside of life, I have chosen to be a Life Wellness Coach and offer support to people. I can say this with a tinge of sadness or anger at what life has given me but I choose a happy face. John F Kennedy famously remarked "ask not what your country can do for you; instead ask what you have done for your country"..... Similarly, I say, "Ask not what MS has done to you but ask what you have done with your MS"

I have seen it all. From being a swanky sales guy to being derisively referred to as a disabled guy has not been easy.

I learnt to live life the hard way, but that doesn't mean I should not live it at all. From being called by various names and terms - as a wastrel, drunkard, nincompoop, to being called useless, I have heard it all and more!

Five years ago, I was diagnosed with an incurable disease called Multiple Sclerosis, which I didn't even know had existed till then. My life, which was going hunky-dory, had suddenly turned upside down.

During the course of my certification for being a life coach and subsequently listening to my fellow MSPs (multiple sclerosis person) I learnt whatever you are going through is nothing and that "This too shall pass"

I was losing control. I just couldn't balance myself. After having sprained my ankle a couple of times and breaking my arms and legs, I realized through an ENT doctor that it was better to walk using a walking stick rather than breaking my bones again.

What did I do? I said "So what, this too shall pass". Started using a walking stick, but, in STYLE. Today, I am known as the "Man with a walking stick".

I do things that gives me kick in life, and in the process, tell myself everyday that I am still alive and kicking. But, understanding certain facts, I take the utmost care of myself too.

I did not hold myself back. I engaged in things which interested me and in which I was able to achieve. With a keen sense of good dressing, I got into modeling. The photo presentation of Models at the event, "Seeing the Unseen" at Bangalore was very well received. It got a good coverage in the news – with the theme being “Photographs on the Invisible Symptoms of Multiple Sclerosis”

After the encouragement I got on my first attempt to walk on the Fashion Ramp, I became a regular. Apart from feeling glamorous, I get a lot of self confidence when I walk on the stage in front of huge audiences. I got to do things which I could have only dreamt of, and then I realised that dreams do come true if only we endeavour. I got a tattoo done, got featured in a regional magazine, been a guest of honour at a couple of events, my pictures were put up in an exhibition for photographers, walking the ramp with a beautiful actress! These can happen only in a dream at least for me.

To overcome my own worries, I started volunteering in various other fields. I take part in all programs and events connected with Disability segments. Initially I used to go as a guest to understand, but with time I started becoming an active participant. This has helped me to network more, and understand more. Since Multiple Sclerosis is not well known to many, I try my best to spread an awareness on this Neurological Disorder. At one point in my life, I was clueless as to what happened to me, and was worried about the future. I make it a point to reach out to anyone who is struggling to come to terms with certain truths. By sharing my experience and my knowledge, I try to help or motivate others.

Becoming a Life Wellness Coach, added value and confidence. While I teach and coach the others, I realise that I am teaching and learning myself too. There is a lot to learn, and I have the desire to learn.

Let me end with the following quote: “Without faith, nothing is possible. With it, nothing is impossible.” - Mary McLeod Bethune. ... Impossible is I AM POSSIBLE, and I have convinced myself, “It's Possible.”

Arun Mohan

# YES SIR, YES SIR, 3 BAGS FULL!

On August 1st came the good news that RBA won a lot of awards in the District Awards event. Here are the names of the awards and photos from the venue:

- Best Skyrocker President Award
- Best Skyrocker Secretary Award
- 100% Registration for Conference
- 100% Giving Club
- Platinum Award for Club Service Avenue
- Contribution for Covid Initiatives
- TRF Chair
- Citation for Environment
- Citation for Agriculture
- District Governor's Citation Gold
- Citation for Disease Prevention and Treatment
- Support for End Polio Campaign
- Contribution in going Service Projects
- Contribution in Improving Public Image
- Citation for Basic Education and Literacy

