



LIONS CLUB OF BANGALORE SHIKSHANA

PRESENTS

SHIKSHANA VEDIKE

News Letter for Year 2018-19



www.lcbshikshana.org

DEDICATION:

The year edition of Shikshana Vedike is dedicated to the "Family and Women". It is only when like-minded people come together in the spirit of helping the needy that greater impact can be made to serving the society. A club can perform well only when both men and women support each other and take charge of responsibilities of service together. We salute those families who find meaning in helping others from different walks of life and put in their hard efforts to foster better human well-being.

ABOUT US:

Lions Club of Shikshana is a 56-year-old Lions Club from District 317F which is part of Lions Club International and is dedicated toward providing premier community service. Our major focus is empowering the youth of our nation through educational programs. Our club members dedicate their time and efforts to impart a good value system to under privileged children, share soft skills lessons, bring health awareness, etc. Hence Lions Club of Bangalore Shikshana strives hard to deliver selfless service to the field of community and humanitarian service.

To know more about Lions Club of Bangalore Shikshana log onto our website: www.lcbshikshana.org


Mission:

- To empower club members and volunteers to serve our communities to the best of our abilities
- Key Focus on meeting humanitarian needs.
- Encourage peace.

Vision:

"To render selfless service to the community"

Words of Wisdom

 **GANDHI** said
Keep your thoughts positive because
your thoughts become your
WORDS.
Keep your words positive because
your words become your
BEHAVIOR.
Keep your behavior positive because
your behavior becomes your
HABITS.
Keep your habits positive because
your habits become your
VALUES.
Keep your values positive because
your values become your
DESTINY.

FROM THE PRESIDENT'S DESK

It is with great pleasure I present to you the Annual news of "Shikshana Vedike" - a newsletter celebrating community service. The pride of Lions Club of Bangalore Shikshana is the dedicated families who are devoted to helping the needy in the best way they can. I am so proud to say that we are one of the few clubs where we have 9 women members and have 17 families out of 20 members. A true family club that instills the value of "We Serve and Lead to Serve". They open their heart and soul to serve others and go beyond their means to take each activity to make it a successful one. The key focus areas they concentrate are in carrying out service activities that empower the youth as they play a key role in creating a better tomorrow for our future generations. They also invest efforts in spreading awareness on healthy living, protecting the environment and caring for the elderly.

I whole heartedly thank our club members for their contributions toward the content of this newsletter.

We take this opportunity to thank all our contributors for helping us make a difference to society.

Long live Lionism!!!

Here's hoping you will have a good read!!!

Regards,

Lion Sujatha Raju

President

Lions Club Shikshana Bangalore



Everyone of us needs to show how much we care for each other and, in the process, care for ourselves. -Princess Diana

Message from Charter President, Zone Chairperson, DC – IT

My beloved members of Shikshana,

When the club started in 2013 and I was installed as Charter President I had no idea how to run this club in right direction. Today I see the club has grown from strength to strength both in terms of leadership and service.

I have personally grown with this club as District Chairperson Information Technology and managed to contribute to the digital growth of our district. Many changes were brought to connect and communicate not only across all clubs but also the district and the society at large.

With the Zone Chairperson of this Region IV, I am so happy to see Shikshana doing their administrative work very well and taken many measures to run the club functions smoothly.

Since your club has been rendering great services to the people, it has attracted the admiration and respect of many. I can easily acknowledge the massive effort of our family members, especially the women in the club who spearhead to show the difference both in service and leadership.

I wish and hope that this club will continue to serve the noble purpose for the years to come with glory.

Best regards,



Lion Bernaad R Chetty

Charter President,
District Chairperson – IT
Zone Chairperson – Zone II, Region IV



Together we make a difference

1. Lending Alms

For the street children of Tannery road, groceries worth Rs. 1800 donated.

Rs. 42,000 worth of scholarship given to four children by Ln Poornima, Ln Swaminathan, Ln Karthik, Ln. Jaya and Ln. Bernaad Chetty.



2. Healthy Teeth, Healthy Mind

Dental Health Organization our Permanent Project with LCB Shikshana organised a Dental Health Awareness cum Dental check-up from July 5th – 22nd for the police department of Kolar district for about 400 policemen and their families. Lion Dr Vinod Kumar and Lion Dr Shruthi lead the program.



If you can't feed a hundred people, then feed just one. -Mother Theresa

3. Honouring the Professionals who added value to the society

- Doctors Day was celebrated on August 22nd by honouring three doctors.



- On September 7th our club observed Teachers' Day and honoured five Government teachers of R. S. Palaya Government School, Kamanahalli.



- On September 17th on Engineers' Day, we honoured Sunil Kumar of Vasanth Nagar.



4. Celebrating Important Days

- Independence Day Celebration.



- Gandhi Jayanthi was celebrated on 2nd Oct at R.S. Palaya Government School.



- Celebrating Karnataka Rajyotsava at a BBMP School.



- Children Day Celebration with distribution of rain-coats.



- Republic Day Celebrated at Little Angles School.



- On International Women's Day March 8th. We donated a Sanitary Pad Incinerator machine costing Rs 24,000 to women inmates of Central Jail, Papahara, Bangalore.



5. Serving our elders:

We visited the senior citizens at Sri Shirdadhi Sai old age home at Sultanpet Nandi village, Chickballpur.



6. Support to face Nature's fury

We donated essentials needed for daily life to the flood affected victims in Kerala in August 2018.

we thank Ln.Parthiban, Ln Surekha, Ln Manjunath, Ln Rashmi, Ln Swaminathan and Ln Thomas for raising funds for the same.



7. Children are our Future:

With the support of Local leader and other lions club we installed a Children Play equipment at BBMP Govt school in RS Palya, Bengaluru.



8. Helping our Special Children:

On the occasion of Republic Day, we conducted a service activity with New Voices at the Paradise of the Deserted, Home for Destitute Autistic Children in Kammanahalli. We donated diapers and curtains.



9. Diabetes Camp

a.LCB Shikshana organised diabetic check-up and BP check-up for more than 150 people. We invited Vasant Nagar area corporator Mr Sampath along with the support of VRWA leaders. We thank VRWA General Secretary Sunil Kumar for the logistics support and Lion Dr Vinod Kumar for conducting the camp.



b. As part of The World Diabetics Day, we participated in Diabetic Screening Camp, an Awareness walk and then Diabetic Screening was held at Vidyaranyapura Senior Citizens Forum.



10. Creating better Environment

Lion Jyothi took the initiative and planted fruit bearing samplings on 7th Sept at Government School.



11. Cancer Awareness:

A marathon called 'Walk of Hope' to bring out awareness on childhood cancer.



12. Healthy Kidney Awareness:

We participated in World Kidney Day Awareness conducted by Manipal Hospital to spread awareness on kidney related problems.



13. School Health Camp

LCB Shikshana conducted Eye Camp on 27th Oct 2018 at R.S Palaya Government School, 200 Children were benefited.



14. Mega Peace Poster

'MEGA PEACE POSTER DRAWING CONTEST' was conducted at Stacy Memorial School. Master Gururaj of Class 7 won the 4th Place amongst 150 children who participated.



15. Mega Health camp

We took part in Eye and Dental screening at a „Mega Health Camp“ at Government School, Maramma Temple, Venkatapura, Koramangala.



16. Quest Program

Lions Quest program was inaugurated at Little Angels School Kamanahalli, in the presence of Ln. Usha Kumari DC for Quest. Ln. Jennifer has implemented this program by taking weekly classes for the full year.



17. Image Building and Fund Raising:

As an initiative for Image building and fundraising we took part in Vasanth Nagar Habba by putting up a stall on the 2nd of Dec and raised Rs 12,000 for service activities.



18. Next Gen Youth

a. Career guidance program was conducted at Little Angel School in association with all clubs in the Region IV which took up the theme "Next Gen Youth". During the Region Meet, inspiring speech were delivered by Arjun Devaiah and Srinivas.



b. We along with LCB Pyramid conducted an Inter Collegiate Public Speaking Competition at YMCA.



19. NEW VOICE

International President Gudrun launched a new Program on July 1, 2018 called New Voices. The New Voices Initiative celebrates women's contributions to Lions Clubs International. This initiative promotes gender parity by focusing on increasing the number of women in Lions Clubs, as well as closing the gap between men and women in leadership positions. In Jennifer S Chetty was chosen from our club for this initiative and was given the leadership title. NEW VOICE team organised a workshop for effective communication and LCB Shikshana took part in it for the benefit of the ladies of our club.



20. Let's Save Life - Donate Blood

We conducted two a blood donation camp-

- at a local event organized by Dream School in L.B. Shastri Nagar and 100 Units of blood was collected.
- in a company called Monsanto in Manyatta Tech Park. 100 bottles collected, and more than 250 employees were educated on the importance of blood donation.



21. Farmers our Nation Life Line

We twinned along with 13 Clubs lead by LC Peenya Dasarahalli to support Farmers in Doddabalapur. DC for Agriculture Technology Lion Thomas Chinnappa graced the occasion and distributed 100 crates and other farming tools.



22. Let's Conserve Water

On the day of World Water Day, we organized the rally of awareness. 2nd VDG Lion Deepak Suman graced the occasion.



The Importance of Communicating with Teenagers

The key to building a positive relationship and sorting out any communication difficulties with your teenager is to keep the channels of communication open. Listening is a key to good communication which can strengthen our relationship in many powerful ways.

Let us explore how listening can help in strengthen your relationship with your teen.

1. Listening shows commitment.

Truly listening means paying undistracted, uncritical, uninterrupted, uncontested, and undivided attention to what the teenager has to say, hardest to do when opposed to what is being said.

2. Listening is an act of affirmation.

Adolescents feel valued when what they have to say is treated as worth listening to.

3. Listening encourages reciprocity.

By taking time to truly listen, parents also teach their teen how to model the same when the role is reversed.

4. Listening can yield consent.

When parents want their teen to comply with what that young person doesn't want to do, sometimes listening patiently and giving a full hearing to the teenager's objections can cause her or him to cooperate with them.

Parenting is the easiest thing in the world to have an opinion about, but the hardest thing in the world to do.

Matt Walsh

5. Listening teaches speaking up.

When parents listen, their interest encourages their teen to communicate. They give the young person permission to practice declaring themselves – stating feelings, beliefs, questions, needs, wants, disagreements, and limits.

6. Listening is educational.

The best informant parents listen to their adolescent's internal and external worlds of experience. The adolescent then will feel "The more you let me talk, the more about me you get to know."

When parents choose **NOT** to listen, the consequences can be far reaching. The adolescent can feel-

- that his parents are too busy to listen.
 - that the lack of listening to his views as quietly hurtful.
 - less inclined to listen back.
 - less willing to work through disagreements.
- The adolescent can tell parents less.

Listening is an act of giving and being given to, dedicating parental attention to your teen and receiving what is shared in return. In this way, listening enable communication, while not listening can weaken that connection.

Lion Jennifer S Chetty

Quest Program teacher
New Voices Leadership

Benefits of Yoga in Modern Life.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Yoga asanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.

Some of the benefits of yoga are as follows:

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Yoga to live with greater awareness
- Helps in attention, focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system
- Yoga for better relationships

Ln. Swaminathan
Second Vice President
Editorial Committee:



Our proud Lions of the Club:

1. Club President: Ln. Sujatha Raju
2. Club Secretary: Ln. Jyothi Thomas
3. Club Treasurer: Ln. Poornima Swaminathan
4. Club First Vice President: Ln. Dr. R. Vinod Kumar
5. Club Second Vice President: Ln. Swaminathan, K
6. Immediate Past President and DC Agriculture: Ln. Thomas Chinnappa pmjf
7. Club Marketing Communications Chairperson: Ln. Jennifer Chetty
8. Club Membership Chairperson: Ln. Karthik T N
9. Club Director: Ln. Manjunath Mayasandra
10. Lion Tamer: Ln. Jayalashmi Karthik
11. Tail Twister: Ln. Rashmi K
12. Club LCIF Coordinator and DC IT: Ln. Bernaad R Chetty mjf
13. Club Service Chairperson: Ln. Parthiban TS
14. Club Members: Ln. Surekha Parthiban
15. Club Members: Ln. C V Nanjunda Swamy
16. Club Members: Ln. Kannappan SP
17. Club Members: Ln. Dr Shruthi C S
18. Club Members: Ln. Joseph Royan F
19. Club Members: Ln. Maria Veronica Joseph
20. Club Members: Ln. T John Ronith

We welcome our new family member

Mrs Glory Victor,
Secretary / Principal of Little Angels School, Kammanahalli
Mr. Victor Roop Kumar,
Retd. Sr. Finance Manager, Air India

We thank the current leadership of District 317 F, for their guidance and support.



Lion K Sathyanarayana Raju, pmjf
District Governor



Lion N Yudhistira
District Ambassador



Lion Ajith Babu
District Cabinet Secretary



Lion Dinesh VD
District Cabinet Treasurer



Lion Prasanna Kumar
Regional Chairperson



Lion Thomas Chinnappa,
DC Agriculture

Editorial Committee:

Ln. Sujata Raju, Ln. Swaminathan, Ln. Karthik and Ln. Bernaad Chetty