



Rotary
District 3201



RAINBOW

OPPORTUNITIES TO SERVE

RAINBOW is a spectrum of seven colours – all merging in harmony – the VIBGYOR. In the Rotary Year 2022-23, DG Rtn. S. Rajmohan Nair is presenting a Rainbow of seven broad areas of opportunities to serve! Rotary clubs independently and Rotarians individually can explore, identify and choose any or all of the colours of the “Rainbow of opportunities” to serve the community around them, touching lives in a meaningful and gratifying way. Let us look at these spectrum of colours – VIBGYOR – each depicting an avenue of service as envisaged by our Governor.

V ALUE ADDITION

Adding value to education and learning adding value to life

Education should create a well-rounded personality. Values like compassion, honesty, kindness, a willingness to serve the country and community must be taught to students from a young age. Only then can education pave the way for a brighter future

To achieve this, INTERACT, the school outreach initiative of the Rotary, can be used to create programmes and organize activities. We can help build a happy environment for learning by:.

- Providing smart classrooms
- Sponsoring underprivileged children
- Giving educational aids including study materials and gadgets
- Providing state-of-the-art facilities in schools
- Promoting green campuses
- Extending training for parents and teachers
- Initiating literacy programmes
- Organizing drug-abuse awareness programmes
- Instituting Governors Award for Model Teachers
- Teaching life skills and lifesaving skills
- Conducting cyber-security awareness sessions
- Spreading sanitary hygiene awareness in schools

- Spreading primary disease prevention awareness through teachers
- Promoting healthy food habits
- Starting farming clubs in schools
- Promoting reading habit among children
- Imparting basic maintenance skills (such as changing bulbs, fixing fuses, etc.)
- Organizing civic sense awareness sessions for children/adults
- Conducting traffic-rules awareness programme
- Instituting student scholarships
- Global warming awareness for children
- Holding child sex abuse awareness campaigns for teachers

I NCLUSION

Caring for the physically, psychologically, and economically challenged and the socially excluded

It is our responsibility to ensure that every individual, regardless of any challenge, is given equal opportunity and access to services and facilities. To help achieve this, we will launch the following initiatives.

- Social security awareness programmes
- Enrolment of housemaids to social security schemes Rotarians to lead by example.
- Learning disability/dyslexia management training for teachers/parents
- Making public places disabled-friendly
- Ensuring safety of women in public spaces
- Facilitating skill-enhancement programmes for transgender people

- Enabling long-term care for the mentally challenged
- Medical insurance for the underprivileged
- Toilets for transgender people at public places
- Rehabilitation of former prison inmates
- Skill enhancement for school teachers
- Introducing Visual, Auditory, Kinaesthetic (VAK) learning style model to teachers
- Promotion of para-athletic/blind cricket

BUILDING RESPONSIBILITY

Becoming the change, beginning the change, leading the change

Rotarians must be proactive in bringing about lasting, positive changes in our neighbourhoods. We should serve as role models for societal responsibility through activities such as:

- Waste management in association with local self-governance body
- Providing local waste management solutions
- Encouraging recycling
- Creating “model roads” - turning a local road into a “model” one in all aspects

- Instituting awards for the best maintained and model roads
- Spreading pedestrian safety awareness
- Building a pet crematorium
- Building water tanks for forest-dwelling fauna
- Engaging scribes for blind children
- Aiding in the maintenance of public toilets

Initiatives such as the above-mentioned will have a huge impact on the lives and lifestyles of the residents in the respective neighbourhoods. While these may seem to be too simple, the results will be priceless and longstanding, and the entire community will benefit from such efforts.

GO GREEN

Saving the nature so the nature will save you

Go Green! is the popular mantra. We should explore avenues, such as the following, to enhance the green cover in the areas around us.

- Create Miyawaki forests in available spaces
- Ensure carbon-neutral rotary events
- Encourage balcony gardening
- Create small, green, lung spaces or oxygen hubs within crowded cities
- Institute awards for the best roof garden/balcony garden/school garden

- Clean up water bodies and rejuvenate rivers
- Launch joint green initiatives with forest officials
- Promote fruit tree plantation
- Encourage herb gardening in schools
- Promote agriculture/farming clubs
- Support public garden maintenance
- Sponsor plastic waste van

Beyond greening spaces, Rotarians should

- educate their communities on energy efficient building practices
- promote renewable energy options
- eliminate wastage of energy and resources like water, electricity, etc.

Much can be achieved if Rotary, Rotaract and Interact come together to make this vibrant dream come true. There are also ample opportunities to club the initiatives under “Go Green” with those under “Building Responsibility.”

YOUTH POWER

Harnessing the potential of the youth to build a better tomorrow

Youth is power. They are our future. India is blessed with one of the youngest populations in the world. Though it is a blessing, it is a huge responsibility too.

“The youth of today are the leaders of tomorrow.” Providing suitable platforms and opportunities for our youngsters to succeed and achieve their dreams will make our country’s future brighter and better. A vibrant Rotaract community can set them on the right track. To achieve this, we propose the following.

- Leadership skill development seminars
- Encouragement and support to entrepreneurship
- Career counselling/psychometric workshops
- Vocational training

- Jail visits/rehabilitation of juvenile prisoners
- Teacher training on narcotic usage prevention
- Road safety /trauma care training
- Life hacks training

Speechcraft workshop
 Awareness programmes on online abuse and training
 on how tackle it
 Creation of part-time job opportunities
 Traffic-rules education for two wheelers
 Trauma and casualty care volunteering

Sponsorship of youth athletes
 Creation of job opportunities for financially backward
 youngsters by Rotarians
 Rotary Art Talent Hunt
 Sports promotion in government schools
 Palliative care volunteering

All of these are essential to dissuade todays youth from picking up self-destructive habits like drug abuse and violence. At the same time, we must also facilitate

areas for physical activities like gyms and playgrounds
 events that promote social interaction to counter the effects of screen-based lifestyle

O LD AGE

Applying age-old wisdom to modern challenges

The older generation has much wisdom to impart, as there is no substitute for real life experience. Even if they are not tech-savvy, life lessons of hard-work, patience, determination, etc. continue to be relevant.

Rotary initiative Probus, along with its youth programmes Rotaract and Interact can go a long way in ensuring that our senior citizens are a happy part of our everyday lives. The following programmes would ensure more positive involvement of and more positive contribution by the senior citizens in our lives in the interest of all.

Celebrating Grandparents Day
 Probus clubs formation and promotion
 Storytelling sessions by grandparents
 Encouraging Adopt a Grandparent among
 Interact members
 Tying up with an old age home in the locality

Volunteering to spend time with lonely senior citizens
 Alzheimers/Dementia awareness
 Digital literacy programme for senior citizens
 Making a wish of a grandparent come true
 Donating ambulance vans to old age homes

R EACH OUT TO REHABILITATE

Making a difference wherever it matters, wherever we can

Rotarians have always been in the forefront of rehabilitation efforts in their communities. These are the areas identified to contribute our efforts to make a difference in the world we live in.

Spreading social responsibility awareness among
 all age groups
 Providing cancer care
 Conducting free cataract surgeries
 Providing wheelchairs and prosthetics
 Conducting medical camps
 Channelizing service projects in collaboration with
 sister clubs

Providing support to dependents of cancer/terminally
 ill patients
 Rehabilitation of alcohol addicts and their families
 Installation of community biogas plants
 Financial/vocational aid to parents of
 specially-abled children

In addition to the above, let us also pledge to rebuild. Natural calamities are becoming common with each passing year. While we cannot prevent them, we can be prepared for them. Rotarians must devise:

Disaster management plans at the club level
 Mock drills and training for Interact and Rotaract members to mould them into citizen disaster management teams
 Preparedness strategies to promptly organize and distribute help in times of crisis
 Reskilling strategies for those who have lost their livelihoods
 Strategies to rebuild small and medium enterprises

As diverse as the hues that make up the rainbow, VIBGYOR is a vibrant plan. It has a wide scope from improving the greenery, to engaging the elderly in our activities, to providing value-based education that goes beyond just information. Like the hues of the rainbow that merge to form white, the symbol of peace, the initiatives under Rainbow will bring our community together in harmony and peace.

Though individually these initiatives look small, when put together, they bring hope and the promise of a brighter tomorrow, like a rainbow, for the entire community