

Sampige

HOUSE BULLETIN OF ROTARY BANGALORE NORTH WEST

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PRESIDENT'S MESSAGE



Dear Northwesters,

"Be the change you wish to see in the world." – Mahatma Gandhi

As India became Independent on August 15th, 1947 one of the important tasks was to form the armed forces. Not because we wanted to fight, but to protect and defend ourselves. Their role and importance came into prominence after August 15th. Considering the conflicts and wars, including the recent one, if we are safe and secure, it is thanks to the armed forces. Hence, it was apt that August being the Independence month, it was initiated with a talk by Col Balasubrahmanya R.A (Retd) on 'Indian Army: as I saw'.

His talk provided the insights that seldom we get to hear - of the trials and personal sacrifice of the armed forces, their family and much more. His experiences in Siachen, paratrooping was very detailed with his personal narrative and thoughts. Truly inspiring!

With the evolving times, we need to accept the changes since it's a reality. Sessions relevant to youth is very crucial, enabling them on their forward journey. Few such sessions have been organized with Interactors and Rotaractors. We all need tools to sort data, information to make sense for easy understanding and recall. Mind mapping helps students to better understand concepts and ideas. The session by Dr. Meena Yammanur provided them an overview of Mind mapping concept.

Session titled "Workplace Success Skills: From Communication to Conduct" indicated the corporate industry requirements and etiquette for the students. Spoken English classes was initiated at VVES School since they had requested it for their Kannada medium students. The program is well loved by both the students and teachers alike.

Small and positive incremental changes undertaken to improve our health impact our lives. This was the highlight of the talk during the Joint speaker meeting. Social isolation is one of the causes of mental breakdown both in young and old. Social connections bolster cohesiveness in the society – what better way to celebrate World Senior Citizen Day with multi-generational team of Interact, Rotaract, Rotarians and Senior Citizens coming together for an afternoon of dance and music. Coming together with family and friends at the Family meet was wonderful wherein we got to interact with new members and their spouses.

Northwesters enthusiastically participated in the ICGF – Marga on Club Service. Would like to extend hearty congratulations to IPP Rtn. Dr. Veena Nagaraj and team 2024-25, for the numerous awards received.

All in all a very busy August month with projects and activities. I look forward to September which promises to be another eventful month.

Yours in Rotary Service,

Rtn. Lakshmi Achuta

President 2025-26

SECRETARY'S MESSAGE



Dear Members,

It gives me immense pleasure to present a summary of the key activities and programs undertaken by our club during the month of August 2025.

Each of these initiatives reflects our collective commitment towards service, leadership, and community engagement.

- 3rd August - speaker meeting with Col Balasubrahmanya R.A.
- 4th August - Mind mapping session at Cadambi PU College by Meena Yammanur.
- 6th August - Community CPR AT DPS Bangalore both School.
- 9th August - Spoken English coaching at VVES interact school.
- 10th August Community CPR project At Nandini Club
- 10th August 2025 – The Joint Installation Ceremony of the Rotaract Club of MES College and the Rotaract Club of Bangalore Northwest was successfully conducted. The program marked the beginning of a new Rotaract year with enthusiasm and promise.
- 12th August 2025 – Our members extended support to the Bangalore Kidney Foundation, reaffirming our dedication towards health-related causes.
- 13th August 2025 – A knowledge-sharing session titled “Workplace Success Skills: From Communication to Conduct” was organized at Christ University, benefitting students with valuable insights on professional development.
- 14th August 2025 – The club actively participated in the Rotary Action Group for Community Economic Development (RAGCED), under the theme “Impacting Generations, Empowering Leaders”. The session emphasized sustainable community development and leadership building.
- 15th August 2025 – Our members celebrated Independence Day with students of Vijayanagara Vivekananda English School and Kannada School, fostering patriotism and youth engagement.
- 19th August 2025 – A Joint Speaker Meeting was held at Rotary Club of Ulsoor, providing a platform for fellowship, networking, and strategic discussions.
- 21st August 2025 – On the occasion of World Senior Citizens Day, our members visited Nightingale Sandhya, engaging with elders and recognizing their invaluable contributions to society.
- On 22nd August - family meet with dinner & fellowship & BOD
- 23rd August 2025 – The club initiated Spoken English Classes at VVES, aimed at empowering students with communication skills.
- 30th August 2025 – Ann Deepa was at VVES, distributing stationery kits to the students showing continuity in our educational service efforts.
- 30th August 2025 – Members participated in ICGF, representing our club with pride.

These initiatives collectively highlight our club's active involvement in diverse avenues-ranging from health and education to community development, youth empowerment, and fellowship.

I sincerely thank all our members, partners, and well-wishers for their wholehearted support and participation, which made these programs a success.

Let us continue to serve with dedication and create a lasting impact in the months ahead.

With warm regards,

Rtn Sachin Kamble

Secretary 2025-26

“Service Above Self”

EDITOR'S MESSAGE



Dear Sampige Readers,

Growing Stronger Together : Celebrating Membership Development.

"I can do things you cannot, you can do things, I cannot. Together we can do great things." - Mother Teresa

In the Rotary calendar, August is designated as Membership and New Club Development Month. This month is dedicated to focusing on membership recruitment and retention within Rotary clubs worldwide. It's also a time to celebrate the contributions of existing members and the positive impact Rotary clubs have on their communities. As we reflect on August, we're thrilled to highlight a significant milestone for our Rotary club - membership development! This month, we've welcomed six new members who bring fresh energy, ideas, and enthusiasm to our team. This growth not only strengthens our club but also helps us better serve our community.

A notable achievement is the decrease in our club's average age, injecting new vitality and perspectives. We're proud of this positive development and look forward to continued growth.

Let's give a warm welcome to our new members and continue to nurture a culture of inclusivity, fellowship, and service. Together, we can achieve great things and make a lasting impact!

Yours in Rotary Service,

Rtn Indira Ramachandra

Editor 2025-26

EDITORIAL BOARD

Rtn Indira Ramachandra, Editor 2025-26

MEMBERS

Rtn. Sindhu Shankar

Rtn. D.R. Rajesh Kumar

Ann Ranjitha Rajesh

ROTARY INTERNATIONAL NEWS



1. Olayinka Hakeem Babalola, a member of the Rotary Club of Trans Amadi, Nigeria, has been elected as RI President 2026-27.
2. The Rotary Presidential theme has been discontinued from RI year 2026-27.
3. With Rotary help, through the installation of solar lights, families living on the Navajo (American Natives) reservation in Arizona can now read, work and study long after sunset.
4. A mentoring project at the Andong school in Korea is preparing students with autism and intellectual and emotional disabilities for careers in horticulture.
5. Working with local community leaders, Rotary clubs have joined together and piped clean drinking water to remote villages in Ghana.
6. Young people from Brazil's infamous slums have found an outlet for their energy and a chance at the Olympics by learning Judo through Rotary.
7. The Rotary Club International in association with AIIMS is launching a mobile health van to provide healthcare to the elderly in old age homes in Delhi NCR.

Rtn. Sindhu Shanker

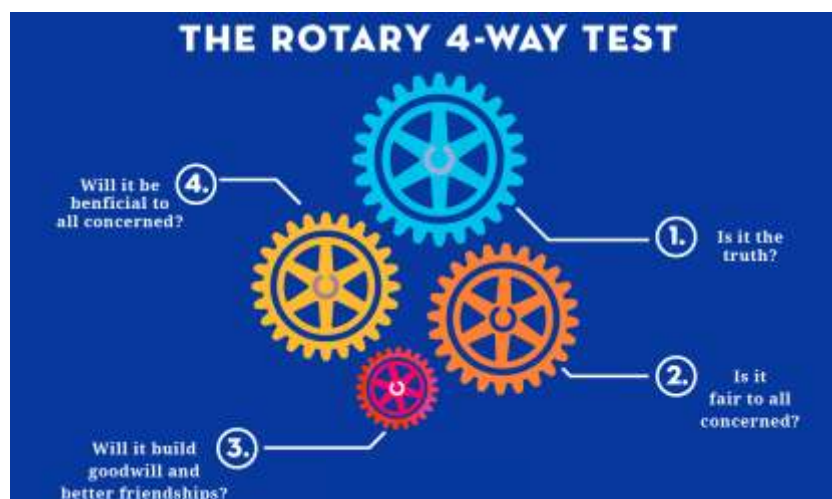
HEALTH AND WELLNESS



Dimensions of wellness : The eight key dimensions of wellness is a holistic framework for understanding and improving overall well-being. Focusing on these dimensions helps create a balanced and healthy life, as each area is interconnected and influences the others.

- 1. Emotional Wellness :** This dimension involves the ability to manage and express feelings, cope with stress, and maintain a positive outlook on life. It's about being aware of your emotions and having the resilience to navigate life's challenges. Practices like mindfulness, journaling, and seeking support from others are key to emotional well-being.
- 2. Intellectual Wellness :** Intellectual wellness is about engaging in creative and mentally stimulating activities. It encourages curiosity, lifelong learning, and the pursuit of new knowledge and skills. This dimension is nurtured by activities such as reading, solving puzzles, taking a class, or engaging in thought-provoking discussions.
- 3. Physical Wellness :** This dimension focuses on caring for your body through healthy habits. It includes regular physical activity, proper nutrition, adequate sleep, and responsible use of alcohol and other substances. Physical wellness is about knowing your body's needs and making conscious choices that support its function and health.
- 4. Spiritual Wellness :** Spiritual wellness involves having a sense of purpose and meaning in life. It's about connecting with your values and beliefs, which may or may not be tied to a specific religion. This dimension is cultivated through practices like meditation, spending time in nature, or engaging in volunteer work that aligns with your personal values.
- 5. Occupational Wellness :** This dimension relates to finding personal satisfaction and enrichment in your work. It's about having a career that aligns with your values, interests, and skills, as well as finding a healthy work-life balance. Occupational wellness is not just about a job but about the fulfillment and purpose you gain from your professional activities.
- 6. Financial Wellness :** Financial wellness is the ability to manage your finances and feel secure about your financial future. It involves creating a budget, managing debt, saving for goals, and making informed financial decisions. This dimension is crucial because financial stress can negatively impact all other areas of your life.
- 7. Environmental Wellness :** This dimension is about your surroundings and their impact on your well-being. It involves creating a safe, pleasant, and stimulating environment, as well as recognizing your responsibility to the planet. Environmental wellness can be improved by making eco-conscious choices, spending time outdoors, and creating a living space that feels comfortable and supportive.
- 8. Social Wellness :** Social wellness is about building and maintaining healthy, supportive relationships with others. It involves developing a strong social network, communicating effectively, and respecting cultural differences. This dimension is about fostering a sense of connection and belonging, which is fundamental to human health and happiness.

Rtn Parvathi Anand



ICGF

The ICGF Jai Ho Club Services event highlighted the District's business plans, impressive dance performances by Christu Jayanthi Dance Academy, compelling Panel Discussion, an inspiring address by Vir Chakra awardee Brig. BM Cariappa, and Taj's warm hospitality, resulting in a delightful evening with Rotary vibes.



YOUTH SERVICE PROJECTS

Spoken English coaching for VVES, our Interact School was conducted by YSD & PE Rtn Jayanthi Rao and Ann Deepa Shripad. VVES is a 35-year-old Kannada medium school, established in 1990, providing education to lower-income group children from surrounding localities. Ann Deepa Shripad gifted stationary kits to the students.



Mind mapping session for the students of S Cadambi PU college was a great success. The training conducted by Meena Yammanur was informative and the students were interactive and engaged.



President Rtn Lakshmi Achuta was the installation officer for the board of Directors of Rotaract Club of MES College and Rotaract Club of RBNW.



Independence day celebration at VVES School. Committed teachers and students ensured that the program went well.



CLUB SERVICE

Very informative talk by Dr. Pushpa Latha Anand which provided an overall perspective that included insightful information related to organic food, nuances to be verified while reading food labels, and others. Appreciate Rotary Club of Kollonava, Srilanka, for joining us for the speaker meeting, which was on an on-site and online mode. The first of its kind this Rotary year. We look forward to many more.



Indian Army: as I saw' - Inspiring talk by army veteran, Col Balasubramanya (Retd). Very gritty, personal and interesting insights from what inspired him into army, what it takes to be an army man, surviving Siachin, para regiment, Kargil....as he summed up - 'Human brain is a beautiful machine'. We salute the grit, bravery, and valour of the armed forces for keeping us safe and secure.



Joint Club Speaker meeting was organised By Rotary Bangalore Ulsoor. RBNW was joint sponsor and the presentations by eminent speakers from RCB was inspiring and interesting. Rtn R V Shrihari & Rtn Vasantha Vaikunth gave presentations on Health and Wellness.



Board of Directors meeting FOR August was held in KSLTA.



Family Day Out at KSLTA was enjoyed by members.



COMMUNITY SERVICE.

CPR Training- II. As we witness a surge in heart attack-related deaths, it's imperative we take action. Cardiopulmonary resuscitation (CPR) can be the difference between life and death. We are proud to say that RBNW has taken up CPR Training Initiative in collaboration with Manipal Hospitals. It was a gratifying experience to be part of CPR training session for 150 people in Delhi Public School, North conducted by Manipal Hospitals



III Session CPR training was held jointly with Rotary Nandini, Rotary Mahalakshmi Central and Rotary Nandini Club. Team from Manipal Hospitals gave excellent training and the audience were interactive and almost everyone tried out the CPR technique.



RBNW Celebrated World Senior Citizens day at Nightingales Sandhya Kirana in collaboration with Rotaract Clubs of MES & North West, Interact Club of VVES school. Inmates were engaged in a day of Fun, Food & Frolic with entertainment program by students of VVES school.



RBNW has been supporting needy patients who are afflicted with Kidney problems to get free dialysis from Rangadore Memorial Hospital, Bangalore Kidney Foundation. 100 BPL Card holder patients will be benefitted.



VOCATIONAL SERVICE

President Rtn Lakshmi Achuta delivered a training on Workplace Success Skills for a large group of 60 students at the brink of completing their education and poised to join their profession of choice. The training was well received and will help the young adults in their career advancement.



INTERNATIONAL SERVICE

Installation Ceremony of the President and Office Bearers of Rotary Club of Kolonnawa, Colombo, Srilanka. Congratulations to Rtn. Sandali Geethma and team. We are partnering with them and appreciate that President Rtn Lakshmi's message was shared during the installation.



President Rtn Lakshmi Achuta donated to TRF fund and became a first time PHF.

POLIO PLUS FUND



K T Suresh



Jayanthi Rao



Lakshmi Achuta



Veena Nagaraj



Shripadaraj Annigeri



U B Shanker

TOGETHER WE CONNECT.

Rtn Vimala Mallappa at Rotary India Leadership Conclave, Chennai



Installation Ceremony of
Rtn. Vivian, Rotary Club of
Lakeworld



Installation Ceremony of
Rtn. Group Captain
Srikanth, Rotary Club of
Malgudi



Installation Ceremony of
Rtn. Prathima Rao, Rotary
Club of E-Sakhi



RBNW members at the
Installation of President
Yogesh, Rotary Club of
West.

MEMBER STORIES



The role of music in our lives – A good song is enough to bring back a lot of your old memories. Equally, a good song is enough to let you forget everything old and freshen you up into the present. Good music has a soothing effect on our minds. It calms the nerves, bring a smile on your face, and generally lightens up everything around you.

Blessed is the person who can perform a good musical piece – be it singing, playing an instrument or writing a song/musical piece. Equally blessed is a person who has an ear for good music. Good music needs good audience; only then will the artists perform to their peak. The world of music thus consists of Taansens (those who perform) and the kaansens (those who listen and applaud).

Good music is what pleases your ears and from there your heart and the mind. It simply elevates your existence. Music could be vocal or instrumental, classical or filmy, retro or recent. Each genre has its own audience. The purists rejoice the classical music be it Carnatic or Hindustani or Rock music. The less evolved keep themselves happy with film music and ghazals.

We, the people of this generation, are a lucky lot because we have easy access to all types of music, local and international. Just at the press of a button we can retrieve and listen to music of any genre, any year or any country/language. Online music is the order of the day. Gone are the days when we stored the music for ourselves – remember the LP records, the Cassettes, the Discs and even the pen drives? Today our store house is the internet. Music anytime, anywhere.

Gone are the days when we stuck to the Radio and prayed for the best songs in our preferred language. Today we rely on CARAVAN which stores 5000 plus songs or an online Spotify with lakhs of songs stored online. Simply put them on when you are in a relaxed mood or while you are on a long drive with your beloved. Discuss the songs/music and revisit the memories when these songs entered your mind. Discuss the poetry/lyrics of the song to trace the romanticization or the philosophy embedded in the songs.

Good music is therapy. Make it a part of your life. Invest some money in the iPod, the earphones, the wireless speakers and the ubiquitous Bose speaker that cancels all the extraneous noise. Make your private playlist and a separate family playlist. Share Favorite playlists with friends and colleagues. Even more, try your hands at some Karaoke singing of your favorite songs. You will love your talent. Invest some money in a good karaoke system. Host karaoke get togethers at home frequently. Music is a great companion for the sick or the retired.

Simply said – When you are happy, you enjoy the song. When you are sad you understand the lyrics.

Rtn T R Somasundar,
Charter member, RBNW

GRATITUDE

We want to extend our heartfelt gratitude for your generous donation. Your kindness and support mean the world to us, and we're truly grateful for your trust in our cause. Your contribution will make a significant difference, and we're honored to have you as part of our community. Thank you again for your kindness and support.

Ganesh Chaturthi feast for destitute slum dwellers.



Rtn. TR Somasundar



Rtn. Sumathi Rao



Rtn. Vijayakumar



Rtn. Shripad Annigeri



Rtn Parvathi Anand



Rtn. K T Suresh.

Sponsoring Tandem cycles for the visually impaired



Rtn Sumathi Rao



Rtn Vidyashankar



Ann Lakshmi
Somasundar



Dr. Praveen
Chandra



Rtn Partha,
Rotary club of Oasis



Rtn Umesh,
Rotary Club of
Turuvekere.

ROTARY BANGALORE NORTH WEST VIBES.



Charter member Rtn Somasundar's financial services firm Shilpa Associates celebrated their 26th Anniversary at Hotel ITC welcome, Bangalore. It was attended by more than 120 HNI investors. The firm has run 26 years without any change in ownership or line of business or any inorganic takeover.



Rtn Prof. Yeshwanth was part of this musical program in Bowring Insitute winning hearts with his melodious numbers.



DG Rtn Prof. Elizabeth Cherian celebrated her birthday on 1 Aug with her team of Presidents. We wish her many more years of life's journey inspiring people around her along the way.



Thoughtful and generous RBNW members had organised a festival feast for the less privileged inhabitants of Magadi slum. You can see them enjoying the food with gratitude for the donors.



PP Rtn Veena Nagaraj worked hand in hand with the ICGF team to ensure 100% registration and continued her support at the registration desk for a successful ICGF event. Kudos PP Rtn Veena



PP Rtn Dr. Veena Nagaraj and her team had an incredible year, bagging numerous awards for their outstanding performance and contributions during the Rota year 2024-25. To celebrate their achievements, Rtn Veena organized a special session, where individual awards were presented in recognition of their hard work and dedication.



Club Excellence Award received from Rotary International for the Rotary year 2024-25. This is essentially in recognition of stellar performance in all Avenues of Service.

BIRTHDAYS & WEDDING ANNIVERSARIES FOR THE MONTH - SEPTEMBER 2025

Name	Birthday	Anniversary
Annette Krishna Shashank S/o Rtn. Ramakrishnan	01-Sep	
Annette Sujaya D/o Rtn Vijayakumar Vaidyanathan	03-Sep	
Rtn Dr. Girish And Ann Sabitha		04-Sep
Rtn Ramesh Joshi And Ann Meena		04-Sep
Ann Meena W/o Rtn Ramesh Joshi	05-Sep	
Rtn Dr. Girish	06-Sep	
John Rajeev Hiremath H/o Of Rtn Dr. Shobha Rani	07-Sep	
Rtn K N Sridharan	09-Sep	
Annette Arinjay B Urs S/o Rtn Lakshmi Achutha	10-Sep	
R M Rao And Rtn Sumathi Rao		10-Sep
Rtn Jayanthi Rao	13-Sep	
Ann Kanchana W/o Rtn. Ramakrishnan	13-Sep	
Rtn Parvati Anand Goudar	16-Sep	
Ann Soumya Upadhyaya W/o Rtn. Prashanth Upadhyaya	17-Sep	
Rtn Pushpa Suresh	25-Sep	
Annette Amrithnath S/o Rtn Vijayakumar Vaidyanathan	26-Sep	
John Nagaraj H/o Rtn Veena Nagaraj	28-Sep	
Rtn. Smitha And Rtn. Shank K Vasudev		28-Sep

PROGRAMS OF SEPTEMBER - 2025

Date	Programmes
03-09-2025, Wednesday	CPR Session IV at One Source.
05-09-2025, Friday	Nation Builder Award
06-09-2025, Saturday	Snooker Tournament at KSBA
07-09-2025, Sunday	Speaker meeting at Hotel Tulip
10-09-2025, Wednesday	World suicide prevention day at MES College
14-09-2025, Sunday	Health Camp & Tree Plantation – Doddaballapur
16-09-2025, Tuesday	Career guidance talk at MES Kishora Kendra PU College
17-09-2025, Wednesday	CPR Session V at TBD
20-09-2025, Saturday	Online Speaker meeting with Rotary Club of Kolonnawa
21-09-2025, Sunday	ICGF Youth Service
24-09-2025, Wednesday	International Peace Forum
26-09-2025, Friday	Blood donation Camp
27-09-2025, Saturday	Navadhanya Donation
28-09-2025, Sunday	Club Assembly -1- Online Speaker meeting with Rotary Club of Kolonnawa
21-09-2025, Sunday	ICGF Youth Service
24-09-2025, Wednesday	International Peace Forum
26-09-2025, Friday	Blood donation Camp
27-09-2025, Saturday	Navadhanya Donation
28-09-2025, Sunday	Club Assembly -1

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 creative suite

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