



Sampige

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RI DIST. 3192

PRESIDENT'S MESSAGE



Dear Northwesters,

Season's Greetings!! "That service is the noblest which is rendered for its own sake" - Mahatma Gandhi

As we move towards the half year mark of the Rotary Year 2025-26, I look back at the eventful half year with projects and fellowship.

Overcoming challenges and attaining great heights making positive impact deserves its rightful recognition, and we partnered with Rotary Bangalore Abilities on the occasion of International Day of Persons with Disabilities Unsung Hero Awards 2025.

Indeed, a momentum towards inclusive philosophy.

Pulse Polio 2025 brought together the scale of operations that has enabled India to be at the forefront of preventing the spread of this debilitating disease. It's a masterclass in public health - primary healthcare service, community monitoring, and the Rotary International and the Rotary Districts collaboration. The National Pulse Polio Vaccination Program continued as a precautionary measure to maintain the Polio free status of India. I am honored to state that Rotary Bangalore Northwest contributed towards it by vaccinating (thereby protecting) 9900+ children below five years of age. This project at Rotary Bangalore Northwest was planned, managed, and executed by Rtn. Kashinath, Pulse Polio Chair, whom I would like to thank with gratitude.

I look forward to the next phase of the Rotary Year 2025-26 implementing impactful projects.

I congratulate President Elect Rtn. Jayanthi Rao and her team; best wishes to the team for the Rotary Year 2026-27.

I wish you and your family a Very Happy New Year 2026!

Yours in Rotary Service,

Rtn. Lakshmi Achuta

President 2025-26

SECRETARY'S MESSAGE



Dear Sampige Readers,
Greetings!

I am pleased to present the Secretary's Report highlighting the activities carried out by our club during the month of December.

Club Activities Conducted

- 4th December: RYLA was successfully conducted at Cadambi College.
- 6th December: An English Speaking Class was conducted at VVES School.
- 7th December: A Speaker Meeting was held by Rtn. Shripad, who shared his inspiring experience of the Panch Kedar trek.
- 7th December: The IDPD Award Ceremony was attended by the President and Rtn. Sumati Rao.
- 8th December: CPR Training was conducted at MS Engineering College.
- 10th December: The President attended a Polio Workshop organized by the District Polio Team.
- 13th December: A Spoken English Class was conducted at VVES School.
- 14th December: Mock Governor's Official Visit, and Club Assembly were attended by the Board of Directors and other club members.
- 19th December: Rtn. Kashinath and the President visited the Primary Health Centre (PHC) in connection with the Polio Drive.
- 20th December: A Spoken English Class was conducted at VVES School.

The month of December was marked by meaningful service activities, learning initiatives, and active participation by club members. The club continues to uphold Rotary values through consistent community engagement and fellowship.

Thank you.

Yours in Rotary,

Rtn Sachin Kamble

Secretary 2025-26



EDITOR'S MESSAGE



Dear Sampige Readers,

"Cheers to a new year and another chance for us to get it right." – Oprah Winfrey.

A Time for Reflection.

As the New Year 2026 unfolds, take a moment to look back on the past year. December is the time of the year to reflect on the year gone by. Internalise the lessons, plan for the time ahead. Acknowledge all the good that has happened. Forgive all who may have upset you. Most importantly celebrate how far you have come despite all the challenges that life hurls at you.

As I reminisce about the year gone by, images of President Rtn Lakshmi Achuta and her team organising events, meetings, raising funds, conducting classes, collaborating, attending ICGF and hundreds of such instances flash before my eyes. In the year that has passed, over 125 impactful projects have been completed by the Challengers team. People from various walks of life have benefitted, be it people learning life saving CPR techniques, students getting career guidance, students learning spoken English, visually challenged students getting financial support, the list goes on. Every single member has contributed in his or her way towards achieving this success. A huge thanks to all our members for their generosity and support. President Rtn. Lakshmi Achuta has been at the helm of things and has admirably handled the planning and execution of meaningful and philanthropic projects.

While we keep busy filling others' cups, we need to pause occasionally, to fill our own. Self-care isn't a luxury, it's a necessity. Rest, recharge, regroup and focus on yourself. When you're at your best, everything else falls into place. You need to realise and accept that if you are not in good shape then all those million things you want to do will not happen in any case. When you are at your best everything else will fall into place.

As I end this last editorial of 2025, I think fondly of each one of you Rotarians that I have had the pleasure of interacting with. I wish you all the fortitude to face life being your best self. May you be blessed with the foresight that you need to face life. To learn and to grow. To reach for the stars and beyond. Wishing a Power Packed New Year to all Northwesters

Warm Regards,

Rtn Indira Ramachandra

Editor 2025-26

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Rtn Indira Ramachandra, Editor 2025-26

MEMBERS

Rtn. Sindhu Shankar

Rtn. D.R. Rajesh Kumar

Ann Ranjitha Rajesh

ROTARY NEWS



1. United Nations & Rotary International celebrated the 80th anniversary of the signing of the UN charter on 11th December 2025.

2. At the inaugural address of the Zones Institute, 'Tejas Winds of Change', New Delhi, RI President Francesco Arezzo, said that Rotary's 4 way test finds resonance in India with the spirit of Dharma & Seva, reflecting its ethos of 'Vasudeva Kutumbakam,' 'the World is One Family.

3. A multiyear campaign to increase the endowment of Rotary Foundation exceeded its goals by more than USD 25 million. In 2024-25 alone, Rotary members and others contributed more than half a million dollars to the Rotary Foundation.

4. The Incheon International Peace conference was held in South Korea forging global peace. Gandhiji's statue was installed at a public square by the Indian delegation led by a Gandhian peace activist SC Sanyal President Rotary Club Howrah.

5. A two day Prosthetic Hands distribution camp was organised by Rotary Clubs of Beed & Pune at Jeevanjyot hospital. 103 battery operated electronic hands were fitted on needy people under this initiative.

6. Rotary Clubs of Hardwar, Gangaghat, and Dharamshala, came together to provide emergency relief for flood affected families of Punjab, Himachal and Jammu and Kashmir by supplying them with essential medicines, groceries and toiletries.

Rtn. Sindhu Shanker



ROTARY BANGALORE NORTHWEST – A JOURNEY OF 35 YEARS!



Rotary International is running in its 120th year, and quite successfully at that. It is not easy for an NGO to continue to Grow, that too on a world scale. This in fact is a tribute the way it has structured itself, chosen its members and upheld honesty and integrity.

Rotary Bangalore Northwest is proud to be a part of such a noble institution. This year we are celebrating our 35th Anniversary! It is memorable moment for us all. We have not just survived, we have celebrated every day with more camaraderie, friendship and social service. We may be a bit small in numbers, but our efforts have been gigantic.!

I am a proud Charter Member of this great club – Rotary Bangalore Northwest. I take great pride in being a part of this club every single day – in its good times as well as the testing times. I vividly recall our charter installation in December 1991, by PDG Nagaraju in the august precincts of Vidhana Soudha. We started off with 40 members with some 10 couple members.

Late Rtn W S Venkateswaran was our GSR. He handheld us in the initial years. We started off like young children entering the school for the first time.

Our club had some members who had vast experience in Lions, Jaycees and other clubs which helped us run the association professionally. We followed the Rotary rules and guidelines diligently. We put the foundation for a long-lasting club with comprehensive Bye Laws, Memorandum of Procedures and guidelines for running the institution. This is what has helped survive 35 years without a blemish.

The club was formed with equal emphasis on friendship and fellowship. Only such bonhomie will prepare us for participation in social welfare activities. Club meetings, Board Meetings and Family meetings were the cornerstone of our existence. It propelled us to undertake many community service projects and complete them with aplomb.

RBNW has excelled in executing Global Grant Projects and have done projects worth crores of rupees. With this international co-operation, we were able to undertake large and long-lasting projects in the fields of Health, Education and vocational development. We often meet the beneficiaries with a sense of pride and satisfaction.

Under the Vocational Excellence Award, we have honoured many veterans for their excellence in their chosen vocation. The awardees include academicians, music Maestros, Medical experts and entrepreneurs. Career counselling is another pet project of ours. Our interaction with our Rotaractors and Interactors is of the highest standard.

RBNW has successfully completed 35 years of glorious existence only because of its members and innovative ideas about social service. Northwesters have served the Rotary District in many capacities. We are proud of them.

Rotary Bangalore Northwest has been in the forefront of supporting TRF. Apart from the many PHFs, we also have 3 Major Donors in the club.

Recalling all these and writing it makes me all the more proud. Indeed, I belong to a great Rotary club. This club will go on forever, because Northwesters are a unique lot. While others WORRY about people's sufferings, we Northwesters are CONCERNED, and find ways to mitigate the suffering.

Proud to be a Rotarian! Equally proud to be a Northwester!

Rtn T R Somasundar
Charter Member, RBNW

YOUTH SERVICE



Session VII, VIII, IX and X of Spoken English class in VVES was conducted by YSD Jayanthi Rao and Ann Deepa Shripad. Kudos to Deepa and Jayanthi for their dedication and commitment. We notice a marked improvement in the confidence level and communication skill of the students.



Interactive RYLA on Soft Skills was conducted for around 150 students at Cadambi Independent PU College. Rtn Mohan Kumar conducted the session which got the students fully engaged in improving their soft skills.



Vidyanidhi Literacy project - provides study material for needy SSLC students. RBNW donated Vidyanidhi books to S. Cadambi Independent PU College & to Rtn. Mohan Kumar, Rotary Ulsoor for using in other Interact Schools.



COMMUNITY SERVICE



Rotary Bangalore Abilities conducted IDPD awards recognising and rewarding talent and excellence in people with disabilities. As always RBNW was an active participant and supported the cause.





CPR Training is the flagship project of RBNW for the year 2025-26. The percentage of CPR trained public in India is dismally low. Our endeavour here is to provide CPR training to cross sections of our society and empower people with this technique and save lives of heart attack victims with timely intervention. RBNW organised the sixth session of CPR training in MS Ramaiah College for a group 150 Students and faculty members. RBNW is proud to have spread the CPR training program to over 750 people across Bangalore.



POLIO PLUS Orientation and planning meet was conducted successfully with representation from Rotary Bangalore Northwest President participating in the meet along with presidents from Districts 3191 and 3192.



Successful Pulse polio program was conducted in two PHCs - Subedarpalya and Yeshwanthpur by RBNW team on National Immunisation Day.



CLUB SERVICE



RBNW had a speaker meeting with Rtn Shripad Annigeri presenting his adventurous trek to Panch Kedar. It was amazing to understand how he was able to overcome his fear of heights and climbing and had great experience during this trek.



Club Assembly-II was conducted successfully with a good attendance including many of the new joiners.



MOCK GOV was conducted in the presence of District officials and was well received by the distinguished guests.



INTERNATIONAL SERVICE



Yoga enthusiast Rtn Dr. Shobha Rani Hiremath represented RBNW at the Global Yoga Summit - 2025.



TOGETHER WE CONNECT.



President Rtn Lakshmi Achuta at Rotary Bangalore RT Nagar GOV



President Rtn Lakshmi Achuta at Rotary Bangalore Indira Nagar GOV.



President Rtn Lakshmi Achuta at Rotary Bangalore Nandini GOV



PE Rtn Jayanthi Rao participated in a morning walk with PEs, DGE and PDG in Lalbagh followed by delicious breakfast at MTR.

GRATITUDE

Dear valued donors,

The Rotary Club of Bangalore Northwest extends our heartfelt gratitude for your generous donation. Your kindness will help us continue our service projects and make a meaningful impact in the lives of those we serve. Thank you for believing in our mission and supporting our efforts. We're honored to have you as part of our Rotary family.



Rtn Vidya Shankar



Rtn. Parvati
Anand Gouder

HEALTH & WELLNESS BY SHOBHA



The Art of Staying Well: Small Steps, Big Impact

In a world that rarely slows down, where rising stress levels and fast-paced lifestyles have become the norm, the conversation around health and wellness is more relevant than ever. Even as modern medicine advances at a rapid pace, the foundations of good health remain simple, enduring, and universally accessible. Ultimately, true wellness is not a destination but a lifelong journey towards harmony between the body, mind, and spirit.

The Changing Face of Health

The World Health Organization defines health as a state of complete physical, mental, and social well-being. Chronic conditions such as hypertension, diabetes, heart disease, and stress-related disorders are increasingly common, not just among the elderly, but also the young and middle-aged. Sedentary habits, irregular food patterns, sleep deprivation, and digital overload have silently become part of daily life. Addressing these requires awareness, discipline, and a renewed approach to self-care.

The Pillars of Physical Well-Being

1. Nutrition: Eating for Well-Being

Eating right is among the most powerful choices we make for our health. A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can prevent nearly 80% of lifestyle diseases. Hydration, mindful eating, and portion control play equally important roles. Reducing salt, sugar, and processed foods can dramatically improve long-term health.

2. Movement is medicine

Exercise is not just for weight control, it improves circulation, strengthens the heart, boosts mood, and enhances immunity. Even simple activities such as brisk walking, yoga, or cycling for 30 minutes a day can significantly uplift quality of life. "Movement is medicine" remains one of the simplest truths in wellness.

3. Rest: The Most Underestimated Healer

In the rush to meet deadlines and responsibilities, sleep is often sacrificed. Yet quality sleep helps regulate hormones, repair the body, restore mental clarity, and reduce stress. Prioritizing 7–8 hours of restful sleep is one of the kindest gifts we can offer our bodies.

The Power of Mental and Emotional Wellness

Mental health is as vital as physical health. The growing prevalence of anxiety, burnout, and emotional exhaustion highlights the need for conscious mental well-being practices.

Mindfulness and Stress Management

Mindfulness, meditation, deep breathing, pranayama and Yoga Nidra are proven tools to calm the mind and create inner balance. They help us respond to life rather than react to it.

Healthy Relationships

Human connection is a powerful healer. Supportive families, friendships, and community networks, like those nurtured within Rotary provide emotional safety and belonging. Studies consistently show that people with strong social bonds enjoy better health and longer life expectancy.

Positive Psychology in Everyday Life

Gratitude, self-compassion, meaningful goals, and a sense of purpose can significantly elevate emotional wellness. Journaling and reflective practices help individuals stay grounded and self-aware.

Preventive Health: The Smart Approach

Prevention is always better than cure. Simple measures like annual health check-ups, vaccinations, monitoring BP and blood sugar, and maintaining a healthy BMI can prevent many complications. Screening for cancers, especially breast, cervical, colon, and oral cancers, should be a regular part of healthcare after a certain age. Through lifestyle modifications, many chronic diseases can be prevented, managed, or even reversed.

Community Wellness: The Rotary Way

Rotary has always been at the forefront of humanitarian service from Polio eradication to health camps and blood donation drives. By promoting holistic wellness, Rotarians can become ambassadors of healthy living in their families, workplaces, and communities.

Initiatives such as: Wellness awareness talks, Nutrition and fitness workshops, Mental health support sessions, Yoga and meditation events, Screening camps, Clean drinking water projects can collectively create healthier, happier communities.

A Call to Action : Health is not a luxury, it is a responsibility we owe to ourselves and those who depend on us. Simple daily commitments, consistent habits, and conscious choices can transform our lives. Let us make wellness a priority, not an afterthought.

A healthier self leads to a healthier family.

A healthier family leads to a healthier society.

And a healthier society is the foundation of a stronger nation.

As Rotarians, let us lead by example. Let us choose wellbeing, every single day.

'Rtn Dr. Shobha Rani Hiremath'

TRAVEL DIARIES



Rtn Ramesh Joshi and Ann Meena enjoyed a vacation in the picturesque hill station of Munnar.



Rtn Somasundar and Ann Lakshmi on a pilgrimage trip to Vaitheeshwaran Temple, an architectural masterpiece in Chidambaram.

ROTARY BANGALORE NORTHWEST VIBES



World Billiards champion Rtn Uma Devi Revanna was awarded the Karnataka Ratna award for her excellence in the field of sports.

BIRTHDAYS & WEDDING ANNIVERSARIES FOR THE MONTH - DEC. 2025

Name	Birthday	Anniversary
Rtn D R Rajesh Kumar	04-Dec	-
Rtn V Vijayakumar and Ann Savithri	-	10-Dec
Rtn Vishak Marthanda	20-Dec	-
Annette Shruthi Sundar D/o Rtn Somasundhar	26-Dec	-
Annette Neha Suresh D/o Rtn K T Suresh and Rtn Pushpa Suresh	27-Dec	-
Ann Savithri W/o Rtn V. Vijayakumar	27-Dec	-

PROGRAMS OF DECEMBER - 2025

Date	Programmes
04-12-2025, Thursday	RYLA, Soft skills training by Rtn. Mohan Kumar at S.Cadambi PU College
06-12-2025 & 07-12-2025, Saturday	Global Yoga Summit, GKVK
06-12-2025, Saturday	Spoken English classes at VVES
07-12-2025, Sunday	Club meeting – Speaker meeting
07-12-2025, Sunday	IDPD awards, RHF
08-12-2025, Monday	CPR training - MS Engineering College
13-12-2025, Saturday	Spoken English classes at VVES
14-12-2025, Sunday	Club Assembly & Mock GOV, Tulip Hotel
20-12-2025, Saturday	Spoken English classes at VVES
21-12-2025, Sunday	Pulse Polio (Morning)
21-12-2025, Saturday	ICGF – International Service (Evening)
25-12-2025, Thursday	BOD
27-12-2025, Saturday	GOV, Tulip Hotel

For private circulation only.

Edited by : Rtn. Indira Ramachandra

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creative suite
Delivering Magic with Logic

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