



Sampige

HOUSE BULLETIN OF ROTARY BANGALORE NORTH WEST

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RI DIST. 3192

PRESIDENT'S MESSAGE



Dear Northwesters,

“Technology will never replace great teachers, but technology in the hands of a great teacher can be transformational.” – George Couros

While technology is transformative, it is meant to support, not replace, educators; it is essential to balance high-tech tools with traditional, hands-on experiences. Digital tools are viewed as equalizers that give all students a "front row" seat and provide empowerment and access to resources. Laptops given to the Government Schools in Turuvekere will provide the students and teachers alike with the opportunity to access appropriate resources. This will

enable them on their onward journey.

Cancer awareness educates people about early warning signs and symptoms. Early detection often leads to earlier diagnosis, which significantly increases the chances of successful treatment and survival. Public awareness encourages individuals to undergo regular screening tests. Awareness helps correct myths, reduce stigma, and encourage people to seek medical advice early rather than delaying treatment. Rotary Bangalore Northwest commemorated World Cancer Day (Theme 'United by Unique') with very focused activities across the communities bringing awareness.

'You never know how strong you are until being strong is your only choice' - Bob Marley

Yours in Rotary Service,

Rtn. Lakshmi Achuta

President 2025-26

SECRETARY'S MESSAGE



**Dear Sampige Readers,
Greetings!**

It gives me great pleasure to present the Secretary's report for the period. Our club has continued to uphold the true spirit of Rotary through various service activities, fellowship programs, and community initiatives.

During this period, the club actively participated in several impactful projects including community service programs, health awareness initiatives, youth engagement activities, and collaborations with Rotaract clubs and partner institutions. These activities reflect our commitment to Rotary's motto of "Service Above Self."

- 04/02/26: Successfully completed Laptop Distribution Project at Govt Schools in Turuvekere & Maysandara

- 07/02/26: RBNW members participated in District Conference - Vismaya
- 20/02/26: Participated in Cancer Awareness Week with Rotaract Club, Christ University Central Campus
- 21/02/26: Steps of Courage Marathon with Rotaract Club, Christ University Central Campus
- 22/02/26: Speaker session on "Myth & Facts of Cancer & Surgery" by Dr. Nataraj Naidu
- 25/02/26: CPR Training at Christ University Campus by Dr. Anjana Rabindranath and team, Manipal Hospital
- 26/02/26: Blood Donation Camp organised by RBNW & Rotaract Club of MES College (101 units collected)
- 28/02/26: Installation of President and office bearers of Rotaract Club of MS Ramaiah College of Arts, Science, Commerce.

I sincerely thank our President, Board Members, and all club members for their continuous support, participation, and dedication in making these initiatives successful. Let us continue working together to create a positive impact in our community and strengthen the ideals of Rotary.

Warm Regards,

Thank you

Rtn Sachin Kamble

Secretary 2025-26

EDITOR'S MESSAGE



**Giving Life, Drop by Drop **

Dear Sampige Readers,

Have you ever thought about the incredible gift of life that blood donation offers? A recent blood donation camp organised by RBNW, Rotaract Clubs, and MES College collected 101 units of blood. Let's appreciate the organisers, volunteers, and donors for their selfless efforts.

Behind every blood donation, there's a complex process that involves countless volunteers, doctors, and medical staff working in tandem. From registration to screening, collection, and storage, each step requires precision, care, and dedication. The blood bank volunteers and doctors are the backbone of this operation, ensuring that every drop of blood is safe, tested, and reaches those in need. Their yeoman service deserves our heartfelt gratitude.

However, the true heroes of this story are the donors themselves. Their selfless act of donating blood is a testament to humanity's capacity for kindness and generosity. Every donation has the potential to save up to three lives – a priceless gift that can't be quantified. Whether it's a first-time donor or a regular contributor, each individual's effort counts, and collectively, they make a significant impact.

Let's spread awareness about blood donation's importance. If eligible, consider donating blood today. If not, encourage friends and family to do so. Together, we can create a culture of giving, where every drop counts, and every life is valued.

The organisers, volunteers, and donors show that humanity still thrives. Let's honour their efforts by making blood donation a part of our lives.

With warm regards,

Rtn Indira Ramachandra

Editor 2025-26

EDITORIAL BOARD

Rtn Indira Ramachandra, Editor 2025-26

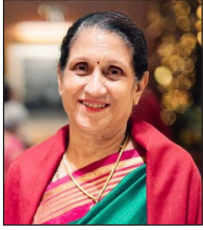
MEMBERS

Rtn. Sindhu Shankar

Rtn. D.R. Rajesh Kumar

Ann Ranjitha Rajesh

ROTARY NEWS



1. Rotary launched a Peace center in Symbiosis University, Pune to train development professionals in Asia.
2. A major health program 'Together for healthy families in Nigeria' by RI is active in reducing maternal deaths.
3. RI is focusing on engaging Rotaractors actively, whom President Francesco Arezzo has termed the 'Present of Rotary.'
4. India has seen a big surge in Rotary membership, reaching to nearly 180,000 members.
- 5 RI mourns the passing of PDG David Grant of District 9400.
6. Recent project of RI includes a 40 ambulance delivery to Ukraine.
- 7 R C Chennai donated 225 bicycles to girls in classes 8- 12 to support education.

Rtn. Sindhu Shanker

DISTRICT CONFERENCE- VISMAYA.



Billiards world champion Rtn Uma Devi Nagaraj was honoured at VISMAYA District Conference.

CLUB SERVICE



Rtn Dr. Nataraj Naidu gave an insightful talk on Myths and Facts about Cancer and Surgery.



RBNW members and family enjoyed visiting ancient temples in Turuvekere.



Board of Directors meeting was well attended and major events were planned.

COMMUNITY SERVICE.



Fun and games organised by Rotaractors and RBNW at Friends of NIMHANS.



Successfully completed 12th CPR training session at Christ University Campus.

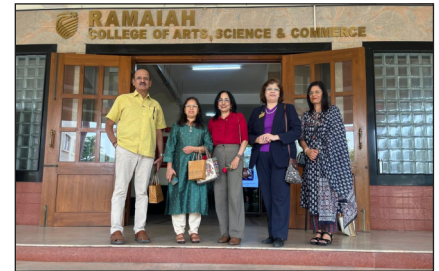


400 runners participated in a marathon organised to spread awareness about cancer by Christ College. RBNW sponsored the breakfast for the runners.



Cancer Awareness week started off with eminent oncologists, social worker, psycho-oncologist participating in panel discussion and as key note speaker in Christ University campus. The discussions were focused primarily around people centered cancer care.

YOUTH SERVICE



Installation ceremony of the President and Office bearers at MS Ramaiah College of Arts , Science and Commerce.



101 units of blood collected in Blood donation camp organised in MES college.



Distribution of laptops to Government Schools in Turuvekere and flag exchange with Rotary Club of Turuvekere.

VOCATIONAL SERVICE



President Rtn Lakshmi Achuta addressing students of NITTE Meenakshi College on career options in pharma industry.

INTERNATIONAL SERVICE



Flag exchanges with visiting dignitaries Rtn Randy Haykins from Pleasanton North Rotary and Rtn BurkhardThost from Germany.

PUBLIC IMAGE

ప్రజా ప్రగతి

ಸುವರ್ಣ ಪ್ರಗತಿ

ಪಿಎಂಶ್ರೀ ಸರ್ಕಾರಿ ಶಾಲೆಗೆ ಲ್ಯಾಪ್‌ಟಾಪ್ ವಿತರಣೆ

● ಪ್ರಜಾವ್ರಗತಿ.ಕಾಂ

ಮುರುತೇಕೆ: ಪಿ.ಎಂ.ಪಿ. ಸರ್ಕಾರಿ ಮಾದರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯ ಹಾಳುಕಾಲು ಬಿಡುಗಡೆಗೆ ಶೈಕ್ಷಣಿಕ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಮತ್ತು ಶೈಕ್ಷಣಿಕ ಗುಣಮಟ್ಟದ ಮೃದ್ವಾಂಶ 2 ಪ್ರಾಚಾರ್ಯರನ್ನು ಮಕ್ಕಳಿಗೆ ವಿವಿಧ ಮಾದರಿಗಳನ್ನು ಸಂಶೋಧನೆಯ ನಿಯಮಗಳಿಗೆ ನಿಂದು ದೊಡ್ಡ ಬೆಂಗಳೂರು ನರ್ತ್ ವೆಸ್ಟ್ ಅಭಿವೃದ್ಧಿಪಡಿಸಿ ಅಂತರ ತರಬೇತಿ.

ಅವರು ಪಟ್ಟಣದ ಸರ್ಕಾರಿ ಮಾದರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಬಾಲಕರ ಪಾಠಶಾಲೆಯ ಆವರಣದಲ್ಲಿ

ರೋಟರಿ ಕ್ಲಬ್ ಸಮಾಜಮುಖಿ ಸೇವೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದು, ಶೈಕ್ಷಣಿಕ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಸುಮಾರು 60,000 ರೂ. ಮನ್ನಿಲ್ಲದ 2 ಲ್ಯಾಂಪ್‌ಹಾಕಗಳನ್ನು ವಿತರಿಸಿದೆ. ಇದು ಶೈಕ್ಷಣಿಕ ಕ್ಷೇತ್ರಕ್ಕೆ ನಾಥಗಳು ಸಲ್ಲಿಸಿರುವ ಅತ್ಯುತ್ತಮ ಸೇವೆ ಎನಿಸುತ್ತಿದೆ. ಮಕ್ಕಳು ಇದನ್ನು ಸುಮಾರುಮೊಗದಿಸಿಕೊಳ್ಳುವ ಮೂಲಕ ಹೆಚ್ಚಿನ ಜ್ಞಾನವನ್ನು ಪಡೆದುಕೊಳ್ಳಿ.

1. లక్ష్మీ అమృత, అధ్యక్షుడు,
బెంగళూరు నాథ్ వేస్ రోటరీ.



ರೋಟರಿ ತುಂಬುವೆರೆಗೆ ಹಾಗೂ ರೋಟರಿ ಬೆಂಗಳೂರು ನಾರ್ತ್ ವೆಸ್ಟ್ ಇವರ ಸಹಯೋಗದಲ್ಲಿ ತಮ್ಮ ಕೊಂಡಿರುವ ಮಕ್ಕಳಿಗೆ ಲ್ಯಾಬ್ಲಾಸ್ ವಿತರಣಾ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಮಾತನಾಡಿದರು.

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ಮುಖ್ಯ ಶಿಕ್ಷಕ ಸಹೀಬ್ ಕುಮಾರ್ ರವರಿಗೆ ದೋಟರಿ ಕ್ಲಬ್ ವತಿಯಿಂದ ಸನ್ಮಾನಿಸಲಾಯಿತು.
ಶಿಕ್ಷಣ ಸಂಯೋಜಕ ಸಿದ್ದಪ್ಪ, SDMC ಉಪಾಧ್ಯಕ್ಷೆ ಚೈತ್ರಾ, ಬೆಂಗಳೂರಿನ ನಾರ್ತ್ ವಸ್ತೆ ದೋಟರಿ ಪದಾಧಿಕಾರಿ

ಗಣವು ಇಂದಿರಾನಾಡುಕುಂದು, ಪ್ರಜ್ಞಾಪುರೀಶ್, ವೀಣಾಸಾಗರಾಡ್, ಬಯಲಿರಾಡ್, ಪಾರ್ವತಿಆನಂದ್, ಕಲ್ಯಾಣ ಆನಂದ್, ಪುರುಷೇಶ್ ಶೀಲಾಬಿ ಸದಾಧಿಕಾರಿ ಗಣವು ನಾಡ್, ಪ್ರಸನ್ನಪುರಾಡ್, ಗಾಡ್ ಪ್ರಭು, ಸಾ.ಬಿ.ದೇವರಾಯ, ಶೀಲೇಶ್, ಸುತೇಶ್, ನರಾಯಣ ಮೂರ್ತಿ, ಸತ್ಯನಾರಾಯಣ್, ಶೀಲಾ ಉಮೇಶ್, ಸುಬಿಂಧಿ ವರ್ಗ ಲಾಲುಪ್ರದೇಶ್. ನಮನಕುಂದು ಸಿ.ಬಿ.ಪಾ. ಕಾಡು ಮಕ್ಕಳಿಗೆ ಮಕ್ಕು ರಂಗೇಗಲಿಡು ಬಡವು ಸೇವೆಯೇ ಕ ಲಾಡ್ ಖಾಡ್ ಗಣವು ವಿಶೇಷಗಲಿಡು

ಶ್ರೇಷ್ಠ ಗುಣಮಟ್ಟ ಹೆಚ್ಚಳಕ್ಕಾಗಿ ಲಾಪ್‌ಟಾಪ್ ವಿತರಣೆ

ಪುನಃನೀತಿ: ಪಿಎಂಐ ಸರ್ಕಾರಿ ಮಾದರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಜಾಲಕರ ಪಾಠಶಾಲೆಯ ವಿಧ್ಯಾರ್ಥಿಗಳ ಶೈಕ್ಷಣಿಕ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಮತ್ತು ಶೈಕ್ಷಣಿಕ ಗುಣವೃದ್ಧಿಗಾಗಿ ವೆಬ್‌ಸೈಟ್‌ನಲ್ಲಿ 2 ಆನ್ಲೈನ್ ಚಾಟ್ ಗಳನ್ನು ಮಕ್ಕಳಿಗಿರುವ ಹೆಚ್ಚಿನ ಪ್ರಾಥಮಿಕ ಶಾಲೆಯ ಸಂತಸದಾಯಕ ವಿಷಯವಾಗಿದೆ ಎಂದು ರೋಟರಿ ಬೆಂಗಳೂರು ನಾರ್ತ್ ವೆಸ್ಟ್ ಅಧ್ಯಕ್ಷರಾದ ಲಕ್ಷ್ಮಿ ಅಜಿತ ಸಂತಸಪಟ್ಟರು.

ಪಟ್ಟಣದ ಸರ್ಕಾರಿ ಮಾದರಿ ಹಿರಿಯ ಪ್ರಾಥಮಿಕ ಜಾಲಕರ ಪಾಠಶಾಲೆಯ ಆವರಣದಲ್ಲಿ ರೋಟರಿ

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ಹೆಚ್ಚಿನ ಜ್ಞಾನವನ್ನು ಪಡೆದುಕೊಳ್ಳಿ ಎಂದರು. ತುರುವೇಕೆರೆ ರೋಡಿನ ಕ್ಲಬ್ ಆಫ್ ದಲ್ಲಾಕ್ಷ ಬಿ. ಉಮೇಶ್ ಮಾತನಾಡಿ ಸರ್ಕಾರಿ ಶಾಲೆಗಳಲ್ಲಿ ಮೂಗು ಮುರಿಯುವ ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ಶಾಲೆ ಶಾಲೆ ಇಡೀ ಜಿಲ್ಲೆಯಲ್ಲೇ ಆತಿ ಹೆಚ್ಚಿದುದು ಹೊಂದಿರುವುದಲ್ಲದೆ ಮಕ್ಕಳ ಲಕ್ಷಮ ಜ್ಞಾನ ಈ ಶಾಲೆಯ ಮುಖ್ಯವಿಶಿಷ್ಟತೆ ಹಾಗೂ ಸ್ತಮವೇ ಮುಖ್ಯ ಕಾರಣವೆಂದು ಶ್ಲಾಘಿಸಿದರು. ದಾಖಲಾತಿ ಹೆಚ್ಚಳ, ಶೈಕ್ಷಣಿಕ ಪ್ರಗತಿಗೆ ಕಾರಣ

ಪವನೇಧರ ಮುಖೈಶ್ವರ ಸರ್ವೇಶ ಕುಮಾರಾ ರವರಿಗೆ ರೋಟರಿ ಕ್ಲಬ್ ವತಿಯಿಂದ ಸನ್ಮಾನಿಸಲಾಯಿತು. ಶಿಕ್ಷಣ ಸಂಯೋಜಕ ಸಿದ್ದಪ್ಪ, ಉಪಾಧ್ಯಕ್ಷ ಚೈತನ್ಯ, ಬೆಂಗಳೂರಿನ ಪಾರ್ಲಿಮೆಂಟರಿ ಪಕ್ಷ ರೋಟರಿ ಇಂದಿರಾ, ಪ್ರಜ್ಞಾ, ವೀಣಾಕುಮಾರಾ, ಜಯಂತಿ, ಪಾರ್ವತಿ, ಕಲ್ಯಾಣಿ ಅನಂದಾ, ತುರುವೇಕೆರೆ ರೋಟರಿಯ ಸುರೇಶ್, ಪ್ರಸನ್ನಕುಮಾರಾ, ಪ್ರಭು, ಸಾ.ಶಿ.ದೇವಪಾಪಾ, ಲೋಕೇಶ್ವರ, ಸಂತೋಷ, ನರಸಿಂಹಮೂರ್ತಿ, ಸತ್ಯನಾರಾಯಣ್, ಶೋಭಾ ಇದ್ದರು.

Laptop distribution covered by Praja Pragati, Suvarna Pragati and E Sanje.

అనంతపురం జిల్లా పరిషత్తు

అనంతపురం

ರೋಟರಿ ಸಂಸ್ಥೆಯಿಂದ ಉತ್ಕಮ ಸೇವೆ

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‘Steps of Courage’ Marathon Unites Bengaluru in Cancer Awareness Drive

CH NEWS, BENGALURU

More than 600 participants took part in the 'Steps of Courage' 5K cancer awareness marathon, flagged off from Christ University to Audugodi police station, in a spirited show of solidarity and support for cancer prevention and early detection.

The event was organised by the School of Psychological Sciences at CHRIS (Deemed to be University) and spearheaded by students from the MSc Clinical Psycho-oncology and MSc Psychology (Health and Well-being) programmes. The initiative was held in collaboration with the Bangalore Institute of Dental Sciences, Rotary Bangalore Northwest (District 3192), and the Rotaract Club of Christ University.

The marathon brought together cancer survivors, caregivers, healthcare profession-

By combining health education with civic engagement, 'Steps of Courage' demonstrated how academic institutions can actively contribute to national health goals through research-informed and community-based action.



als and students, fostering dialogue on lifestyle risks, stigma and the importance of timely screening. Organisers highlighted that India currently ranks third globally in new cancer cases, underscoring the urgency of community-driven awareness

initiatives.

Ahead of the marathon, the university hosted a series of awareness activities on February 20, including free oral health check-ups, a hair donation drive in partnership with Bangalore Hair Donation, and expert sessions. Dr T Naveen, Director of Kidwai Memorial Institute of Oncology, addressed participants on the theme "United by Unique", emphasising collaboration between medical and psychosocial care systems.

Organisers noted that the programme marked a shift from symbolic awareness campaigns to participatory learning. By combining health education with civic engagement, 'Steps of Courage' demonstrated how academic institutions can actively contribute to national health goals through research-informed and community-based action.

Marathon run for Cancer Awareness drive covered by
CH NEWS.

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.



Rtn. Ramakrishnan



Rtn Lakshmi Achuta



Rtn Vijaykumar V



Subba Krishna Rao

TOGETHER WE CONNECT



Rtn Veena Nagaraj at the Facilitators Session 2026-27.

TRAVEL DIARIES

"Once the travel bug bites there is no known antidote, and I know that I shall be happily infected until the end of my life." - Perhaps this quotation is best suited for some of our members.



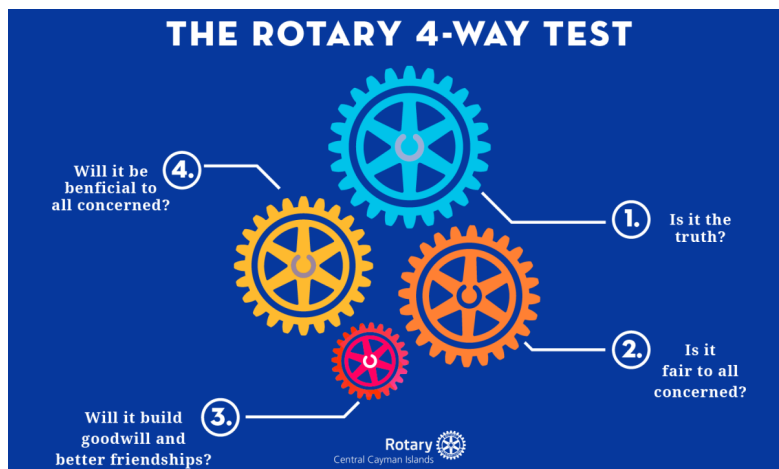
Rtn Dr. Shobha Rani Hiremath in Srilanka. Tour was called " The Ramayana Trails "

BIRTHDAYS & WEDDING ANNIVERSARIES FOR THE MONTH - MARCH 2026

Name	Birthday	Anniversary
Rtn Dr. Sarasija Suresh	04-Mar	
Ann Vidya W/o Rtn Pradeep Kumar	04-Mar	
Ann Lakshmi W/o Rtn T R Somasundar	05-Mar	
Rtn Vishak Marthanda And Ann Shwetha		06-Mar
Rtn Pratap Ujjini	08-Mar	
Annette Parumitha D/o Rtn Pratap Ujjini	08-Mar	
Ann Chetana W/o Rtn. Vidyashankar	10-Mar	
Rtn Sivaprakash	14-Mar	
Annette Sudeep Sripadraj S/o Rtn Sripadraj	16-Mar	
Annette Aditi Payas D/o Rtn. Sowmya Payas	19-Mar	
Annette Pranav S/o Rtn Pratap Ujjini	21-Mar	
Rtn Kashinath And Ann Shobha Nath		23-Mar
Ann Smitha Bhargavi W/o Rtn Shank Vasudev	25-Mar	
Annette Manvita D/o Rtn Vishak	28-Mar	

PROGRAMS OF MARCH - 2026

Date	Programmes
01-03-2026	Visit to Manipal Hospitals, Yelahanka – Talk by Dr. Abhilasha, Dietician; followed by lunch hosted by Manipal Hospitals
02-03-2026	Lunch sponsored by Rtn Indira Ramachandra at 'Friends of NIMHANS'
06-03-2026	Rotary Children's Carnival, Bal Bhavan, Cubbon Park TBD – CPR training
18-03-2026	Vocational Excellence Award & Women's Day celebrations
22-03-2026	Club Assembly - 3
25-03-2026	BOD
29-03-2026	Health Camp – Lead by Rtn. Dr. Girish, Ann Dr. Sabitha Girish, Dr. Sunil Kumar at Honganahalli (Malur), Kolar District



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 creative suite

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