



Sampige

HOUSE BULLETIN OF ROTARY BANGALORE NORTH WEST

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RI DIST. 3192

PRESIDENT'S MESSAGE



Dear Northwesters,

"The ultimate use of power is to empower others" William Glasser. Under EKYA (Diversity, Equity, Inclusion initiatives) Program, we undertook Tandem Cycle Project. This project Rotary Club of Bangalore Northwest, Rotary Club of Bangalore Oasis, Rotary Club of Turvekere and few individual donors who donated Tandem Cycle to a visually impaired. Mr. Sharath, is the beneficiary and is employed in a public sector bank. Through the donation of Tandem Cycle, Mr Sharath, the beneficiary, journeyed from Bengaluru to Goa to attend the International Purple Festival in Goa. With the Project Tandem Cycle, we aim to empower visually impaired

individuals by enhancing their mobility, independence, physical fitness, and social inclusion transforming a simple mode of transport into a powerful tool for accessibility and equality; while encouraging community participation. While accepting the Tandem Cycle, Mr Sharath said "Platforms like Rotary Clubs and other individuals who initiate to bring the awareness to the society through the inclusive programs makes a lot of difference, brings change managers across the society." There are many visually challenged who aspire to do cycling, but the availability of tandem cycles is the constraint. Through this project, Rotary Club is supporting the beneficiary with tandem cycle to pursue their dream of cycling in Bengaluru. This will be long-term solution than getting restricted to one event from Bengaluru to Goa. The International Purple Fest Goa 2025 is a landmark global event promoting inclusion and accessibility. It was held in Goa from October 9 - 12, 2025. The festival is hosted by the Department for Empowerment of Persons with Disabilities and the Office of the State Commissioner for Persons with Disabilities, Government of Goa, in collaboration with the Ministry of Social Justice and Empowerment, Government of India, and United Nations India. During IPP Rtn. Dr. Veena Nagaraj's tenure, Rotary Bangalore North West has supported a visually challenged student, Yogesha B by providing him with a laptop to prepare for the MBA entrance exam. He successfully cleared the KEA entrance exam and got admission in JSS college Mysore. Generous donors contributed for his college fees. In my endeavour to assist Yogesh, after the discussion with him about the remaining fee, I reached to my friends and family, a school buddy, Rtn. Rachana Nagesh (nee Kuttappa) from Rotary Panchsheel, Mysuru, reciprocated my request and Rotary Panchsheel facilitated the remaining fee. World Polio Day is one of the most important days of the year for Rotary a time to reaffirm our nearly four-decade commitment to eliminating this disease from the world. We participated in the walkathon conducted by Rotary District 3192 to bring awareness about Polio. Rotary Bangalore Northwest successfully undertook the Rotary Health Walk, a fun-filled event promoting health and wellness in our community! We had the pleasure of walking in the beautiful Shri Chamarajendra Park (aka popularly known as Cubbon Park) and capturing beautiful memories across iconic landmarks. This was followed by a scrumptious breakfast at Century Club. We had the pleasure of Ann, John and Annettes joining us on this journey. ICGF Vocational Service UDHYAM reflected the relevance of Vocational Service and its impact. DG Elizabeth Cherian provided significance of Vocational Service,

Panel discussion with the panellists was insightful on their journey, and the impactful talk by Shri. Ravi Tennety, MD, Nettur Technical Training Foundation (NTTF), music by Smt. Savithakka and team made the evening memorable.

A fantastic evening with film, food and fellowship enjoyed by RBNW members! Kantara Chapter 1 movie was much more than expected stunning visuals and Rishab Shetty's powerful performance with deep connection to the cultural traditions of Tulunadu. This was followed by the scrumptious thali dinner at Rajdhani. It was great connecting with fellow Rotarians from our Zone. Talk organized by District 3192 Health & Wellness and Rotary Club of Bangalore "Neuroscience of Gratitude" (with Dr. Melissa Hughes, Keynote Speaker, Human Potential Alchemist) was very informative. On World Mental Health Day, Rotary Bangalore Northwest organized a talk by Dementia India Alliance. Awareness of dementia is extremely important not just for those affected, but for families, caregivers and society. Crucial factors include early detection and care, reducing stigma, supporting families and caregivers, building dementia friendly communities, promoting research and policy support. A Very interesting and engaging discussion via training and panel discussion with 500 students representing the Lifesciences stream of UG & PG at MS Ramaiah College of Arts Science and Commerce (MSRCASC). A joint project with Rotaractors from MSRCASC. The queries by the students were very relevant to the focus area they had in mind, be it relevance of AI, higher education, continual education among other topics. We look forward to the projects in the forthcoming months.

Yours in Rotary Service,

Rtn. Lakshmi Achuta

President 2025-26

SECRETARY'S MESSAGE



Dear Sampige Readers,

October was a month filled with meaningful service, learning, and fellowship. Our club actively participated in several initiatives that reflected Rotary's spirit of care, inclusion, and community support.

On 5th October, we hosted a Joint Speaker Meeting on "Healthy Brain, Healthy Life" featuring a talk by the Dementia India Alliance, raising awareness about brain health. On the same day, through our Tandem Cycle Project, Sharath, a visually challenged sportsman was given the opportunity to cycle all the way from Bangalore to Goa.

On 10th October, Dr. Priya and Ms. Hema delivered an insightful talk on "Understanding Dementia – Early Screening Matters" at Ramaiah College of Arts & Science, spreading valuable awareness among students. Continuing our focus on empowerment, a cheque was handed over on 13th October to Mr. Yogesh, a visually challenged student, to support his higher education.

On 14th October, members enjoyed a family fellowship meet with dinner and a movie (Kantara) in collaboration with the Rotary Club of Bangalore West, strengthening our bonds of friendship.

Our members also participated in the ICGF Udhyam, Vocational Services event held at Palace Grounds on 18th October, and in the Rotary Health Walk followed by a breakfast meet at Cubbon Park on 19th October.

On 23rd October, members took part in the Rotary Polio Walk, reaffirming our continued commitment to Rotary's fight against polio.

The Spoken English Class held on 25th October at VVES School helped students enhance their communication skills, while a Panel Discussion on Pharma Careers at the Dr. A.P.J. Abdul Kalam Auditorium inspired many young minds.

The month concluded on a warm note on 31st October with the distribution of socks to students at VVES School, bringing smiles and comfort to the children.

Overall, October 2025 was a month of impactful service, awareness, and fellowship. Heartfelt thanks to all members for their active participation and continued dedication to Rotary's motto "Service Above Self."

Thank you

Rtn Sachin Kamble

Secretary 2025-26

EDITOR'S MESSAGE



Dear Sampige Readers,

"I can change. I can live out of my imagination instead of my memory. I can tie myself to my limitless potential instead of my limiting past." - Stephen Covey

This quotation from Stephen Covey carries a relevance to one and all. One example that stands out in my mind is that of Yogesha. A couple of months ago I chanced upon a post by a person seeking help to procure a laptop on a community facebook page. This was Yogesha, a student of BA, Mass Communications in SBRR Mahajana college. Yogesha is confident, ambitious young man, focused on pursuing an MBA. Yogesha is also fully blind. He needed a laptop to help him prepare for CAT /PGCET exam using JAWS, NVDA screen reader. We decided to help him out with a used laptop. Yogesha came by himself all the way from Kollegala to our office. We found that the economic situation in his home is not good and he cannot afford to stay in a hostel in Mysuru and hence does the long commute by bus to and from college. His expertise in using voice commands in using applications on the mobile phone and to recognize currency notes was quite remarkable. Making the best use of the laptop, he prepared well for the PGCET exam and procured a rank of 15497 out of 90000 students who had applied. He succeeded in getting admission in the JSS Institution Of Management Studies. Recognising Yogesha's determination and efforts, the Rotary Bangalore North West and the Rotary Club of Panchasheel, Mysuru have sponsored his fees fee. We are certain that Yogesha will continue to succeed and flourish in his career!

Sharath, our Tandem Cycle beneficiary is a visually challenged Indian para- athlete from Karnataka who competes in middle and long-distance running events. He has represented India in international competitions, including the Asian Para Games where he won a silver medal in the 1500m event. He also secured a gold medal in the 5000m T12 category at the 7th Indian Open Para Athletics International Championship 2025. He has won multiple medals at national championships for the blind.

A few Bangalore based Rotary Clubs and large hearted individuals helped him to procure a Tandem Cycle. He cycled all the way from Bangalore to Goa covering 600 kms to participate in the International Purple Heart Festival. There, he took part in a hiking competition and set a new record of 20.21 kms longest hike. His journey is often highlighted as a story of determination and endurance in overcoming physical and financial challenges to achieve success. Undoubtedly, the encouragement and sponsorship provided by Rotary to Yogesha, Sharath and other outstanding individuals plays a crucial role in facilitating the realization of their dreams and potential. I express my personal gratitude to the generous donors who support and encourage such individuals who undertake challenges that extend beyond their abilities.

Rtn Indira Ramachandra

Editor 2025-26

EDITORIAL BOARD

Rtn Indira Ramachandra, Editor 2025-26

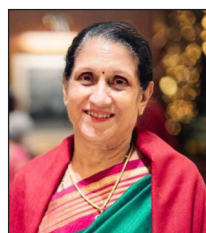
MEMBERS

Rtn. Sindhu Shankar

Rtn. D.R. Rajesh Kumar

Ann Ranjitha Rajesh

ROTARY NEWS



1. The first ever Rotary CSR Awards were held in Kolkata to recognise companies for their social responsibility efforts.
2. The project 'Save a kid's life' was launched in India to provide heart surgery to 140 Sri Lankan kids.
3. The Ministry of Human Resource Development in India has partnered with R I to develop audio visual content for Hindi language education.
4. Rotary is funding a project in Nigeria to improve health care for pregnant women, children and new borns.
5. A Rotary member has planted a Rotary flag on Mount Kilimanjaro.
6. The Fidalgo Island Washington Rotary members are keeping a highway clean under the 'Adopt a Highway' scheme
7. Polio eradication continues to be the main focus for Rotary International.

Rtn. Sindhu Shankar

VOCATIONAL SERVICE ICGF - UDHYAM



ICGF Vocational Service UDHYAM reflected the relevance of Vocational Service and its impact. DG Elizabeth Cherian provided significance of Vocational Service, Panel discussion with the panellists was insightful on their journey, and the impactful talk by Shri. Ravi Tennety, MD, Nettur Technical Training Foundation (NTTF), music by Smt. Savithakka and team made the evening memorable. It was an opportunity to connect with fellow Rotarians and celebrate the spirit of Rotary together. RBNW members enjoyed the evening and the connect.

COMMUNITY SERVICE.



Tandem Cycle Project: Handing over the Tandem Cycle to the beneficiary. The tandem cycle (a bicycle built for two riders one in front, one behind) holds great relevance for visually impaired individuals, particularly in promoting mobility, independence, social inclusion, and fitness. It is now a part of Paralympics. Under the project Rotary Bangalore Northwest, Rotary Bangalore Oasis, Rotary Turvekere and few individual donors have donated Tandem Cycle to Mr. Sharath, a visually impaired beneficiary, He is going to cycle from Bangalore to Goa for the International Purple Festival. The International Purple Fest Goa 2025 is a landmark global event promoting inclusion and accessibility. It is scheduled in Goa from October 9 - 12, 2025. The festival is hosted by the Department for Empowerment of Persons with Disabilities.



Rotary Bangalore North West recently supported Yogesha B, a visually challenged student, by providing him with a laptop to help him prepare for his MBA entrance exam. We're thrilled to share that he's successfully cleared the exam and secured admission to JSS College, Mysore! Thanks to our generous donors, contributions are pouring in to support his college fees. We wish Yogesha all the best for his studies and a bright future ahead!



Members donated generously to help the inmates of an old age home enjoy a joyful Deepavali feast.

CLUB SERVICE



Joint Speaker meeting with great representation by partner clubs on Healthy brain, healthy life talk by Dementia India Alliance. Awareness of dementia is extremely important not just for those affected, but for families, caregivers, and others. The speakers provided insights into early detection, difference between Alzheimer and Dementia, age related cognitive decline vs. dementia and so on. We were honored by the presence of District Officials.



A fantastic evening with film, food and fellowship enjoyed by RBNW members! Kantara Chapter 1 movie was much more than expected - stunning visuals and Rishab Shetty's powerful performance with deep connection to the cultural traditions of Tulunadu. This was followed by the scrumptious thali dinner at Rajdhani. I would like to thank Rtn. Yogesh Pachisia, Rotary Bangalore West, for organizing this fantastic outing- movie with dinner. It was great connecting with fellow Rotarians from our Zone.



Rotary Bangalore Northwest successfully completed the Rotary Health Walk, a fun-filled event promoting health and wellness in our community! We had the pleasure of walking in the beautiful Shri Chamrajendra Park (aka popularly known as Cubbon Park) and capturing beautiful memories across iconic landmarks. This was followed by a scrumptious breakfast at Century Club. We had the pleasure of Ann, John and Annettes joining us on this journey.



Board of Directors meeting was hosted by Rtn Kashinath and Ann Shobhanath in the beautiful ambiance of the Bowring Institute.

YOUTH SERVICE



YSD Rtn Jayanthi Rao conducted an impromptu painting contest with the Rotaractors with End Polio as the theme. These are some of the entries.



On World Mental Health Day, Rotary Bangalore Northwest partnered with Rotary Club of MS Ramaiah College and organised a talk by Dementia India Alliance. Awareness of dementia is extremely important not just for those affected, but for families, caregivers and society. Crucial factors include early detection and care, reducing stigma, supporting families and caregivers, building dementia friendly communities, promoting research and policy support. The speakers provided insights into early detection and care, difference between Alzheimer and Dementia, age related cognitive decline vs. dementia and so on. The talk was engaging and well appreciated by 80 students who attended this talk.



Rotary Bangalore North West conducted the fourth session of Spoken English coaching for VVES, our Interact School by YSD & PE Rtn Jayanthi Rao. VVES is a 35-year-old school, established in 1990, providing education to lower-income group children from surrounding localities. We noticed a marked improvement in the confidence and delivery style of the students. Great job by YSD Rtn Jayanthi Rao and Ann Deepa Annigeri.



School uniform accessories (socks) were provided to the VVES students. Students come from lower income families and accepted the uniform accessories graciously.



President Rtn Lakshmi completed the training and panel discussion with 500 students representing the lifesciences stream of UG & PG at MS Ramaiah College of Arts Science and Commerce (MSRCASC). A joint project with Rotaractors from MSRCASC

INTERNATIONAL SERVICE

World Polio Day 2025 walkathon- World Polio Day is one of the most important days of the year for Rotary a time to reaffirm our nearly four-decade commitment to eliminating this disease from the world. Poliomyelitis, also known as polio, is a highly infectious disease that mainly affects nerves in the spinal cord and brain stem. Most people infected with the virus don't show any symptoms, but a small number become paralyzed. Polio primarily targets children under age five. Rotary International began working to vaccinate children against polio in 1979. In 1985, Rotary created its PolioPlus program to amplify these efforts. Then in 1988, Rotary and our partners launched the Global Polio Eradication Initiative (GPEI). We've come a remarkably long way since then. Polio was endemic in 125 countries in 1988; that's down to two now. The global effort to eradicate polio has prevented an estimated 20 million cases of paralysis.



PUBLIC IMAGE

Monday, October 6, 2025
BENGALURU



Jegath Krishnan and visually challenged Sharath on a tandem in Bengaluru on Sunday. They are travelling from Bengaluru to Goa.
SUDHAKARA JAIN

Visually challenged person gets an opportunity to take part in global inclusion fest

The Hindu Bureau
BENGALURU

In a unique initiative under its EKYA Programme promoting diversity, equality, and inclusion, the Rotary Club has donated a tandem to Sharath, a visually challenged employee of a public sector bank.

The donation from the Rotary Club of Bangalore Northwest, the Rotary Club of Bangalore South, and the Rotary Club of Tumakere, and individual donors, will enable Mr. Sharath to cycle from Bengaluru to Varanasi in the lead-up to the 10th International Purple Festival, scheduled from October 9 to 12. "This project aims to empower visually challenged individuals and promote their independence, financial independence, and social inclusion," said Lakshmi Achuta, president of Rotary Club of Bangalore Northwest.

Mr. Sharath expressed his gratitude, saying that inclusive programmes by

'The project aims to empower visually challenged individuals by enhancing mobility, independence, and social inclusion'

The initiative is in collaboration with Inclusive Strides, a group of visually challenged individuals and volunteers promoting outdoor accessibility. The cycling journey will involve two visually challenged participants accompanied by four able-bodied captains on tandems.

The International Purple Festival in Goa, hosted by the Department for Empowerment of Persons with Disabilities and supported by the United Nations India, celebrates inclusion, accessibility, and empowerment for people with disabilities.

THE HINDU

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Tandem cycle donation lets visually impaired person to join global inclusion fest

The project aims to empower visually impaired individuals by enhancing mobility, independence, and social inclusion, says president of Rotary Club of Bangalore Northwest

Updated - October 05, 2025 09:13 pm IST - Bengaluru

THE HINDU BUREAU

The project aims to empower visually impaired individuals by enhancing mobility, independence, and social inclusion, says president of Rotary Club of Bangalore Northwest

Updated - October 05, 2025 09:13 pm IST - Bengaluru

THE HINDU BUREAU



Jegath Krishnan and visually challenged Sharath riding a tandem cycle from Bengaluru to Goa, in Bengaluru on Sunday. | Photo Credit: SUDHAKARA JAIN

In a unique initiative under its EKYA Programme promoting diversity, equality, and inclusion, the Rotary Club has donated a tandem cycle to Sharath, a visually impaired employee of a public sector bank.

The donation from the Rotary Club of Bangalore Northwest, the Rotary Club of Bangalore Oasis, the Rotary Club of Turvekere, and individual donors, will enable Mr. Sharath to cycle from Bengaluru to Goa to participate in the International Purple Festival, scheduled from October 9 to 12.

"This project aims to empower visually impaired individuals by enhancing mobility, independence, and social inclusion," said Lakshmi Achuta, president of Rotary Club of Bangalore Northwest.



Mr. Sharath expressed his gratitude, saying that inclusive programmes by the rotary and other organisations create awareness and drive social change.

The initiative is in collaboration with Inclusive Strides, a group of visually impaired individuals

The Hindu online coverage of Tandem Cycle donation.



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The initiative is in collaboration with Inclusive Strides, a group of visually impaired individuals and volunteers promoting outdoor accessibility. The cycling journey will involve two visually challenged participants accompanied by four able-bodied captains on tandem cycles.

The International Purple Festival in Goa, hosted by the Department for Empowerment of Persons with Disabilities and supported by the Union government and United Nations India, celebrate inclusion, accessibility, and empowerment for people with disabilities.

Published - October 05, 2025 09:12 pm IST



Tandem cyclist gets covered in the Hindu

Speaker meet Dementia covered in
Bharat Vaibhav.



Tandem cycle beneficiary Mr. Sharath in Goa to attend the International Purple Festival



Visually challenged individual, Sarath received a Tandem Cycle from RBNW. He cycled all the way to Goa to attend Purple heart Festival. In Goa he has hiked 20.21 kms setting a new record for longest hike.

TOGETHER WE CONNECT.



PE Rtn Jayanthi attended the President Elects meeting.



President Rtn Lakshmi Achuta reached out to her fellow Rotarians from Rotary club of Panchsheel to sponsor MBA fees for visually impaired student Yogesh. Generous donations from this club has helped the student to complete the fee payment and join the MBA program in JSS Institute of Management studies in Mysore. We wish Yogesh a bright and successful future.



IPP Rtn Veena Nagaraj is attending a training with PDG Rtn Srinivas Murthy for orientation to start a new Rotary club at Chikkaballapura. Congratulations to Rtn Veena on being selected as member of this elite team.



Rtn Lakshmi Achuta with co-presidents at Chitra Kala Parishad to attend the preview of art exhibition and sale by RB Skyway



District Board Meeting at Sai Spiritual Centre, NR Colony was attended by IPP Rtn Veena Nagaraj and President Rtn Lakshmi Achuta.

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.



Charter Member
Somasundar TR.



Rtn Indira
Ramachandra



Rtn Lakshmi
Achuta



Rtn Sumathi
Rao



Rtn Dr. Shobha
Rani Hiremath



Rtn Shripad
Annigeri



Rtn Krishnan
Ramakrishnan



Rtn. Karthik
Krishnamoorthy



Rtn. Parvati
Anand Gouder



Rtn Pradeep
Kumar



Smt. Bharathi
Ramesh

Reflections by Shobha



7 Hidden Habits That Drain Your Spiritual Power

"Daily awareness to nurture calmness and clarity within"

Have you ever felt emotionally exhausted for no clear reason - even when nothing major seems wrong?

That quiet inner fatigue often isn't about the body at all. It's a sign that your **spiritual energy is depleting**.

Our spiritual energy, or prana, is the subtle life-force that brings clarity to the mind, warmth to the heart, and peace to the soul. When it flows freely, we feel light, creative, and centered. But when it begins to deplete, we grow dull, anxious, and restless.

Let's explore seven hidden habits that silently drain your spiritual power, and learn how to preserve the light that keeps you peaceful and strong.

1. Overthinking and Emotional Overload

The mind consumes enormous energy when it loops endlessly through "what if," "why me," or replayed conversations.

Every repetitive thought is like an open tap, letting energy drip away.

Awareness Tip: Pause when thoughts spiral. Breathe deeply and say silently, "Let it go. I choose peace."

Remember : Energy flows where attention goes. Direct it wisely.

2. Arguments and Ego Battles

Each time we get drawn into proving a point or defending our ego, we lose inner power. Even silent judgments about others lower our vibration.

Awareness Tip: Before reacting, ask yourself, "Do I want to be right, or do I want to stay in peace?"

Peace is victory in the spiritual realm.

3. Unhealed Emotional Wounds

Old hurts, guilt, and resentment act like open circuits that constantly pull energy. They may not be visible, but they silently drain vitality.

Awareness Tip: Forgiveness isn't weakness - it's energetic freedom.

As you release pain, energy stops depleting and begins to flow freely again.

4. Digital Overstimulation

Too much scrolling, news, or social media chatter scatters your energy. Your mind becomes fragmented, like too many browser tabs open at once.

Awareness Tip: Create digital silence.

Step away from screens every hour; spend a few moments in silence, prayer, or nature.

When the senses rest, your spirit recharges.

5. Draining Company

Some people uplift your energy; others unintentionally pull it down. This isn't about judging anyone - it's about understanding energetic exchange.

Awareness Tip: Protect your peace with compassion and boundaries.

Offer empathy, but know when to step back.

You can care for others without carrying their energy.

6. Gossip and Negative Speech

Speaking ill of others or indulging in gossip leaks energy instantly. Every negative word first passes through our own aura before reaching anyone else.

Awareness Tip: Before speaking, pause and ask:

"Will my words add any value to this moment?" Speech is sacred - use it to heal, not to harm.

7. Neglecting Spiritual Anchors

Skipping prayer, meditation, or silence disconnects you from your Source.

Even a few minutes of daily connection through chanting, puja, or gratitude keeps your energy centered.

Awareness Tip: Light a lamp, chant your favorite mantra, or spend 5 minutes in mindful stillness.

It's not about the duration, it's about the devotion.

"How to Seal the Energy Drains"

Once you identify the leaks, you can consciously protect your energy.

- 1) Awareness :Notice what feels heavy versus what feels light.
- 2) Regular Spiritual Practice : Daily connection replenishes your inner battery.
- 3) Cleansing Rituals :Salt bath, incense, or nature walks clear residual heaviness.
- 4) Forgiveness & Compassion :Heals emotional knots.
- 5) Conscious Speech: Speak truth consciously and avoid loose talks
- 6) Gratitude & Service : Transform leaks into luminous flow through gratitude and kindness.

Closing Reflection: Guard Your Inner Light, Your spiritual energy is your sacred currency.

Spend it with intention, protect it with awareness, and invest it only in what uplifts your soul. When your energy is whole, peace becomes effortless.

It doesn't come from others - it radiates from within you.

"Guard your inner light. Speak kindly. Think purely.

For every thought and word is a thread in the fabric of your soul."

Reflection for Readers

- Which of these 7 habits drains your energy the most?
- What one small step can you take this week to protect your spiritual power?

'Rtn Dr. Shobha Rani Hiremath'

TRAVEL DIARIES

Busy professionals Rtn Rajesh and Ann Ranjitha took a break from their demanding schedule to tour celebrated temples, monuments and beaches in Odisha. These are some memorable and unique pics from their trip.



Gopuram of
Puri Jagannath temple



Chakra on Rs.10 note is a
replica of Konark temple chakras.



Sun Temple, Konark



Lingeshwar temple in
Bhubaneswar where one can
have darshan of 108 Lingas
in one temple.



Udayagiri and Kandagiri Caves.



Boating in Chilka lake.

A trip defeating the Inhibitions



INTRODUCTION :

I've been fortunate to travel across the globe-meeting new people, exploring hidden corners of the world, tasting exotic cuisines, and immersing myself in diverse cultures. But nothing compares to this Panch Kedar Trek, I undertook a few days back, in the hinterland of Uttarakhand state of India. This wasn't just another adventure; it was a journey that challenged my fears, redefined my limits, and left me transformed. This was my first ever trek in my life.

Conquering Motion Sickness :

Since childhood, I've battled motion sickness. Even short hill drives to places like Tirupati or Ooty would leave me nauseated. But this time, something changed. Despite the long and winding mountain roads, I felt perfectly fine. It was as if the Himalayas themselves had blessed me. **Jai Bholenath!**

Overcoming Fear of Heights : I used to avoid heights; terraces of tall buildings made me dizzy, and looking down from a hilltop was unimaginable. But on this trek, I stood at over 12,000 feet, gazing down at the valleys below with awe and serenity. The view wasn't just beautiful; it was empowering. **Om Namah Shivaay !**

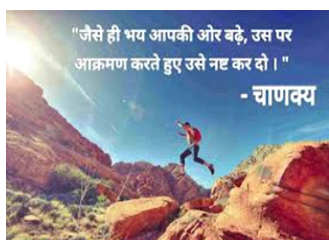
Defying the Fear of Climbing : Even climbing a ladder at home used to make my legs tremble. Yet, I found myself scaling steep trails to Chandrashila and Madmaheshwar, unsure how I managed but I did. And that triumph will stay with me forever. **Har Har Mahadev!**

Why Panch Kedar Was Different : This trek wasn't just about reaching sacred shrines or conquering peaks. It was about conquering myself. Every step was a reminder that fear is just a feeling and it can be overcome. Panch Kedar trek gave me more than memories; it gave me strength.

Some Trivia : I visited three hill top temples - Kedarnath, MadMaheshwar and Tungnath-Chandrashila, as part of five hill top temples (Panch Kedar) tour which have some mythological significance. The trek took me to elevations of 11,755 ft, 10,470 ft and 12,100 ft and trekking distance of 18km, 16 km and 5 km respectively.

Final Thoughts : If you're someone who's ever doubted your ability to push past personal limits, I hope my story inspires you to take that first step. The mountains are waiting and they have a way of showing you who you truly are.

Darr ki aage Jeet hai



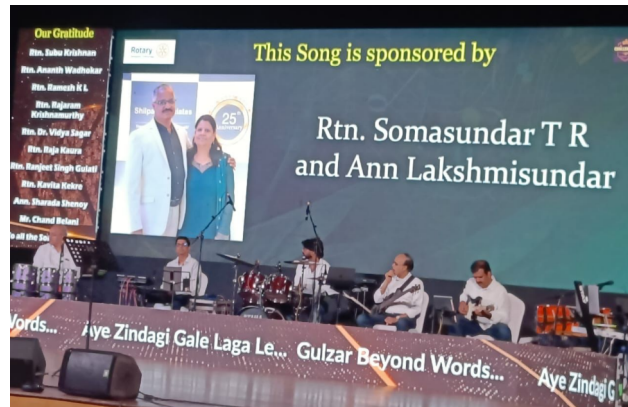
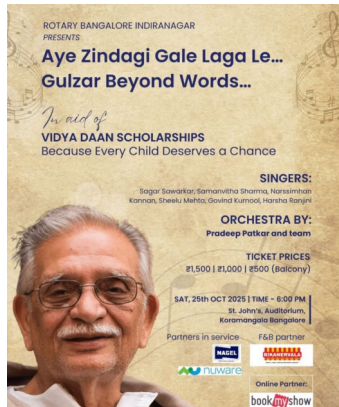
"जैसे ही भय आपकी ओर बढ़े, उस पर आक्रमण करते हुए उसे नष्ट कर दो।"
- चाणक्य



ROTARY BANGALORE NORTHWEST VIBES



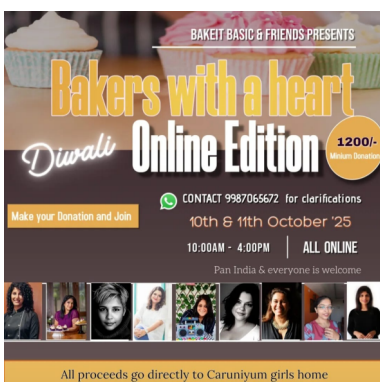
Peace Through Music Concert: This event, featured classical music from composers like Mozart and Beethoven. Half the audience consisted of students from underprivileged backgrounds, many of whom were experiencing a live classical concert for the first time. Some of our members had the privilege of attending this event organised by Rotary Bangalore Skyway.



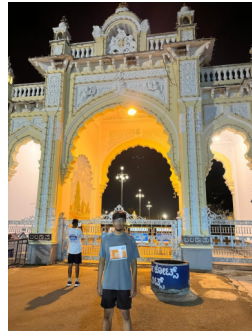
Music lovers from RBNW sponsored and attended a concert “Gulzar beyond words” a fundraiser promoting Vidya Daan Scholarships. This concert was organised by Rotary Bangalore Indiranagar.



Rtn Uma Devi is renowned for her award-winning achievements in Billiards with her most recent honor being the Karnataka Rajyotsava award for sports in 2024. She has now added another distinction to her credentials by being selected as a jury member for the Karnataka Rajyotsava Awards. Here, she is participating in high-level discussions with the award committee.



Despite an extremely busy schedule President Rtn Lakshmi Achuta managed to bake some cakes and distribute it to Caruniyam girls home on the occasion Deepavali festival.



Annette Arinjay Urs, son of Rtn Lakshmi Achuta participated in the Mysuru Marathon. He participated in the 10k run alongside Shri Yaduveer Wodeyar and other runner.

Look at Annette Arinjay Urs go, after participating in the Mysuru marathon, he completed a Cyclothon in Bengaluru.

BIRTHDAYS & WEDDING ANNIVERSARIES FOR THE MONTH - NOV. 2025

Name	Birthday	Anniversary
Rtn Chayapathi	01-Nov	-
Rtn Chayapathi And Ann Mamatha	-	03-Nov
Annette Nitin Nagaraj S/o Rtn Veena Nagaraj	04-Nov	-
Rtn. Prashanth Upadhyaya	07-Nov	-
Annette Pawan Rao S/o Rtn Sumathi Rao	18-Nov	-
Annette Vaishnavi Upadhyaya D/o Rtn. Prashanth Upadhyaya	20-Nov	-
Ann Shobanath W/o Rtn Kashinath	23-Nov	-
Rtn Pratap And Rtn Madhura Ujjini	-	24-Nov
Annette Lakshya S/o Rtn Chayapathi	26-Nov	-
Rtn Dr. Veena Nagaraj	27-Nov	-
Annette Jayawant S/o Rtn Dr. Girish	27-Nov	-

PROGRAMS OF NOVEMBER - 2025

Date	Programmes
02-11-2025, Sunday	Kannada Rajyotsava special - Family speaker meeting – Lines Of Legacy- Hase Chittara Art of Karnataka - Dr. Githa U Badikillaya, Founder Trustee, Destination Heritage – Tulip Hotel
05-11-2025, Tuesday	CPR training - MES Kishora Kendra PU College
08-11-2025 to 10-11-2025 Saturday to Monday	Kadalekayi Parishae, Kadu Malleshwara Temple
08-11-2025, Saturday	Menstrual Health & Hygiene Management training by Rtn. Sowmya Shrikanth at VVES School
15-11-2025, Saturday	Spoken English classes at VVES
16-11-2025, Sunday	Joint Speaker meeting – ‘Kings, Sultans and Sahibs – Bangalore Tales’ – Pradeep Kamat – Tulip Hotel
21-11-2025, Friday	Inter Interact Quiz
22-11-2025, Saturday	Spoken English classes at VVES
27-11-2025, Thursday	BOD meeting
28-11-2025, Friday	District Kannada Rajyotsava
30-11-2025, Sunday	Family Trip

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Edited by : Rtn. Indira Ramachandra

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