



# Sampige

## HOUSE BULLETIN OF ROTARY BANGALORE NORTH WEST

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RI DIST. 3192

### PRESIDENT'S MESSAGE



Dear Northwesters,

True teachers are those who help us think for ourselves – Dr. S. Radhakrishnan Nation Builder's award recognizes and honours teachers who make significant contributions to education and society. We had two opportunities to honour teachers - we honoured Yoga teachers across Karnataka for their untiring efforts towards enriching their students with the nuances of the yoga tradition; and honouring the interact schoolteachers for their dedication and recognition for their efforts.

Rotaractors joined us to observe World Suicide Prevention Day to raise awareness about the importance of mental health and to prevent suicides worldwide. There were two talks organized engaging Rotaractors and students from MES College by discussing case studies; Rotary Club of Kolonnawa, Sri Lanka organizing a webinar wherein Rotaractors from Christ University participated.

Snooker tournament saw enthusiastic serious players vying for the prestigious PDG Dr. Sameer Hariani Memorial Cup. Our member, Rtn. Umadevi, World Billiards Champion and World Snooker Champion oversaw the tournament planning and execution with partner clubs.

As the saying goes 'The more you give, the more you receive' – it creates a cascading effect of transfer – of positivity and goodwill. The Rotary Foundation, has benefitted the globe many times over. The Rotary Foundation and Global Grant Chair at Rotary Bangalore Northwest, Rtn. U B Shanker, provided an overview of The Rotary Foundation and insights into how the contributions impact the world over. Indeed, an insightful session. One of the well-organized projects undertaken with the involvement of multiple stakeholders to make it happen successfully was the Health Camp, Blanket donation and Tree Plantation. A well planned and detailed project led by Rtn. Ramya, Community Service Director, included a campaign to spread public awareness. It would not have been a success without the commitment of community leaders from Kanchiganala; enthusiastic community including the children; Manipal Hospitals team of doctors and nurses from their Doddaballapur hospital; Trust Pharma and Druggists; Consolidate Hygiene (Rtn. Ramya & Rtn. Sachin); special mention and thanks to Mr. Santosh, who had coordinated and organized the venue; to his family for their graciousness and hospitality; active presence of Rtn. Pushpa.

To provide students with an opportunity to explore the vast life science sector and industry insights, a talk 'Living Science – Career Opportunities' was provided by myself. The challenges they currently faced was also discussed. 'Voices United - Peace as a shared responsibility' was a great event. Panel lists from Indonesia, Sri Lanka, Kenya, Philippines and Bengaluru were part of the discussion. Rtn. Karthik, International Service Director, coordinated the event and handled the tech requirements very efficiently and seamlessly, bringing in the global participants closer to us through these conversations. The event coincides with the Campaign Non Violence Week September

21st 2025 to October 2nd 2025. The event was attended by Rotarians from across and including the RI Peace rep Rtn Vasanthi Ranganath.

I would like to thank President Elect, Rtn. Jayanthi, for the flag exchange with Rotary club of Gaithersberg, Maryland, USA despite her busy schedule. I appreciate all the efforts undertaken by her and Annette Anirudh for this meeting. Annadana by Rtn. Sumathi and Navadhanya Donation sponsored by Consolidate Hygiene reflects the belief that by feeding others, we serve God and contribute to the well-being of the world.

As we conclude the first quarter of the Rotary year 2025-26, I would like to thank all the stakeholders involved in the projects.

**Yours in Rotary Service,**

**Rtn. Lakshmi Achuta**

President 2025-26

## SECRETARY'S MESSAGE



**Dear Sampige Readers,**

During the month of September 2025, Rotary Bangalore North West actively participated in several service projects, fellowship programs, and awareness initiatives.

The details are as follows:

- 3rd September-CPR training was conducted at One Source for 50 employees.
- The President and Vocational Service Director met with the Rotaract Coordinator of Christ College to explore opportunities for collaboration.
- The President attended a virtual talk on Reset Your Wellness Mindset.
- 5th September - Rotary Club of North West was the support club for the Global Yoga Summit.
- 6th September - Our club served as the support club for a Snooker Tournament held in Bangalore.
- 7th September Guest Speaker Rtn. U.B. Shankar addressed the members on The Rotary Foundation.
- 10th September - On the occasion of World Suicide Prevention Day, Rotary Bangalore North West, in association with Sneha Society for Counselling, conducted a session at MES College. An online webinar on Breaking the Silence on Stress was also held in collaboration with Rotary Club of Kolonnawa and Rotary Club of North West.
- 14th September- A Medical Camp was organized at Kanchiganala Village in partnership with Manipal Hospital and Trust Pharma.
- Blankets were donated to the needy at Kanchiganala Village. The blankets were generously contributed by Consolidated Hygiene Pvt. Ltd.
- A Tree Plantation Drive was carried out at Kanchiganala Village, with saplings contributed by Consolidated Hygiene Pvt. Ltd.
- Snacks (biscuit packets) were distributed to children in the village, sponsored by Consolidated Hygiene Pvt. Ltd.
- 16th September- The President conducted a Career Guidance Session at MES Kishore Kendra.
- Our Youth Service Director exchanged the club flag with the Rotary Club of Gaithersburg, USA.
- 22nd September - Rotary Club of North West was one of the partner clubs for the National Builder Award Ceremony.
- 23rd September - An online event titled Voices United – Peace as a Shared Responsibility was conducted.
- 27th September- A Navadhya Donation Drive was organized for Pourakarmikas, with grocery sponsorship by Consolidated Hygiene Pvt. Ltd.
- The ICGF on Youth Service was attended by the President, Secretary, IPP, Wellness Director, Community Service Director, and Sergeant-at-Arms.
- In the evening, the President, Secretary, and Community Service Director attended the Dandiya Night organized by Rotary Bangalore West Rotaract Club.



- 28th September The Club Assembly was conducted, with 13 members in attendance.

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.

Thank you

**Rtn Sachin Kamble**

Secretary 2025-26

## EDITOR'S MESSAGE



**Dear Sampige Readers,**

As we reflect on another month of service and fellowship, I'm thrilled to share the highlights from our recent events. From community projects to engaging meetings, our club continues to make a positive impact in our community. This bulletin captures the spirit of our endeavors, showcasing the dedication and passion of our members.

I'd like to extend my gratitude to everyone who contributed to our initiatives and to our bulletin team for their hard work in putting this edition together.

Let's keep spreading the Rotary spirit and making a difference!

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 NEWS



1. More than 30,000 are set to gather in Taipei for Rotary International convention in June 2026.
2. Rotary Fusion Summit was held in Brussels in September 2025, bringing together Rotary and Rotaract members from Europe, Africa and Middle East for learning and collaboration.
3. RI has launched a WhatsApp channel for sharing updates on news and projects.
4. A Rotary club in Madurai recently funded and organised a flight for corporation children to visit ISRO.

5. In Pune, two Rotary clubs have launched projects to provide solar energy to rural homes and schools.

6. Funds through CSR were handed over to Rotary Club of Madurai West to provide infrastructural facilities to persons with autism.

**Rtn. Sindhu Shanker**

## ICGF - JWALA



Second Intercity General Forum, for the Rotary year 2025-26, ICGF on Youth Services, was at Dwaraka Auditorium, MS Ramaiah Campus, Bangalore. Mr Bhaskar Rao, Former police commissioner of Bangalore, as the Key note speaker gave an inspirational speech. Event was well represented by Rotary Bangalore North West members.

## COMMUNITY SERVICE.



CPR Training IV. CPR Training is the flagship project of Rotary Bangalore North West 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. Fourth session of CPR training was organised for the staff of OneSource , Doddaballapur.



Medical Camp Organised by Rtn. Ramya Nair, Community Service Director, Rotary Bangalore North West, supported by Manipal Hospitals was successful in providing free medical consultation and medicines to the community in Kanchiganala, Doddaballapur. Community expressed their gratefulness for the service by Rotary Bangalore North West and Manipal Hospitals.





Warm blankets were distributed to villagers of Kanchignala to provide protection from the upcoming winter.



Afforestation Drive - With rapid industrialization and uncontrolled urban growth, Bangalore's green cover has been depleting at an alarming rate. To restore balance, Rotary Bangalore North West organized a Tree Plantation Drive at Kanchiganala, Doddaballapur. This initiative is a step towards afforestation and creating much-needed lung spaces around Bangalore, ensuring cleaner air and a healthier environment for future generations.



Navadhanya Donation to Pourakarmikas - Packets of nine different types of grains used in Indian cooking was distributed to a group of 75 deserving Pourakarmikas who toil day and night to keep our community clean.



## VOCATIONAL SERVICE



On the occasion of Teacher's Day, Rotary Bangalore North West proudly participated in the Nation Builder Award Ceremony held at Sir Puttanna Chetty Town Hall, Bengaluru. We were honored to recognize and celebrate the dedication, passion, and invaluable contributions of outstanding teachers who shape the future of our society. A heartfelt salute to all educators who continue to inspire generations!



PGD Dr. Sameer Hariani memorial SNOOKER TOURNAMENT 2025 : Rotary Bangalore North West jointly organised PDG Dr. Sameer Hariani Memorial Cup - Snooker Tournament 2025, along with Rotary Bangalore RT Nagar And other clubs. This year, 28 players across Rotary clubs came together for two days of skill, focus, and fellowship. Partner Clubs: Northwest | Skyway | Brigades | Peenya Participating Clubs: Southend | Harmony | Visionaries | Highgrounds. It's more than just snooker-it's about honoring the legacy of PDG Dr. Sameer Hariani, celebrating Rotary camaraderie, and showcasing true sportsmanship. Rtn. Umadevi Revanna, World Snooker and World Billiards Champion was there throughout the tournament encouraging and overseeing the participants.



Yoga Jyothy Awardees 2025. On the occasion of Teacher's Day, Nation Builder Award Ceremony was held to commemorate birth anniversary of Dr. Sarvepalli Radhakrishnan, the country's second President and a revered philosopher and educationist, who believed that educators are the true nation-builders. Rotary Bangalore North West participated in the Award Ceremony recognizing outstanding teachers for life time achievement awards.



## CLUB SERVICE



First Club Assembly of the Rotary year was conducted efficiently with the avenue directors and chairs presenting their reports.



Speaker Meeting: Rtn. U B Shanker, Chair - Global Grant and TRF gave a presentation on The Global Grant. Rtn Shanker shared his deep insights and knowledge about TRF with the members.



BOD meeting was held in Shilpa Associates. Avenue directors and chairs shared their project plans for the month.

**Nutritious Garden for quality life**

By  
**Dr. Boraiah.B, Professor & Coordinator**  
UAS, GKVK  
Director - Environment

Sept 24<sup>th</sup> 7:30-8:30pm  
<https://meet.google.com/kon-umqu-act>

**Lead Club**  
Rotary Club, Tarabanhalli  
Lakshmi Naveen (President)  
Asharani (Secretary)

**Participating Clubs**  
Rotary E club of Bengaluru Sakhi  
Rotary Bangalore Northwest  
Rotary Bangalore Peenya  
Rotary Bangalore Bhuvabeshwernagar  
Rotary Bangalore RT Nagar  
Rotary Bangalore Platinum City

**Homegrown Vegetables Boost Nutrient Intake**

**Increased Nutrient Intake**  
Homegrown vegetables provide fresh, chemical-free produce rich in vitamins and minerals from store-bought alternatives.

**Physical Health Benefits**  
Gardening activities improve flexibility, cardiovascular health through regular movement.

**Mental Health and Satisfaction**  
Harvesting homegrown crops boosts mood and gives a sense of accomplishment, supporting mental well-being.

**Balanced and Diverse Diet**  
Growing a variety of vegetables ensures a diverse, balanced diet contributing to overall health and quality of life.

Dr. Boraiah, professor GKVK, Rotary Tarabanhalli Director Environment gave guidance and tips on growing a kitchen garden in the backyard or balcony to supplement your diet with nutrient dense foods.



## YOUTH SERVICE



World Suicide Prevention day. Rotary Bangalore North West along with Rotaract Club of MES College have organised a Suicide Prevention Session. Training session conducted by Sneha Conseling Center was extremely impactful; Session has provided the audience with tools to recognise early signs of suicidal tendencies and simple ways to prevent suicides.



The talk “Living Science – Exploring Opportunities” by President Rtn Lakshmi Achuta provided an overview of the education and career pathways, opportunities available in the Biotechnology, Pharmaceuticals and Medical Device industry along the product life cycle – discovery & research, development, non-clinical, clinical & manufacturing; and healthcare sectors. 280 students of MES College attended this program and no doubt greatly benefited about opportunities available to them in the industry.

## INTERNATIONAL SERVICE



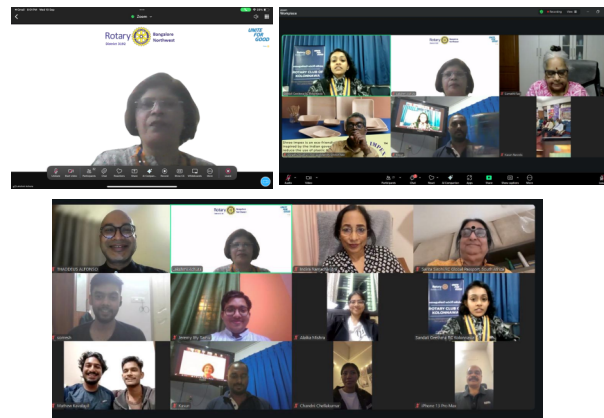
Flag Exchange Across Oceans Exchanging flags has been a cherished Rotary tradition for nearly a century, symbolizing fellowship and goodwill among clubs worldwide. During her visit to the USA, Rtn. Jayanthi Rao had the wonderful opportunity to connect with the Rotary Club of Gaithersburg, Maryland. She exchanged ideas on impactful projects and carried out a flag exchange ceremony with Club President Rtn. Pricilla Kinnear at La Villa Restaurant, marking the spirit of international friendship. Such moments strengthen our global bonds and remind us that Rotary’s spirit of service truly knows no boundaries.







Voices United - Peace as a shared responsibility was a great event. Panelists from Indonesia, Sri Lanka, Kenya, Philippines and Bengaluru were part of the discussion. Our Bengaluru panelists, Dr. Meera Baidur, Dr. Shradha Kanwar and Gayathri Gireesh were eloquent and very knowledgeable. Rtn. Suparna Ghosal International Service Director of Rotary Bengaluru Platinum City was proficient as a moderator. Rtn Karthik Krishnamurthy of Rotary Bangalore North West handled the tech deck with the support of the tech team.



World Suicide prevention day - Rotary Bangalore North West & Rotary Bangalore had organised a joint Speaker Meeting on World Suicide Prevention Day in collaboration with Rotary Club of Kolonnawa, Srilanka and Rotaract Club of Christ College. Zoom Meeting had over 35 participants from across the world who got deep insights about recognising suicidal tendencies, intervention methods which even a layman can use and help prevent suicide.

## PUBLIC IMAGE

### CPR training empowers students

On August 6, 2025, Delhi Public School North conducted a hands-on CPR training workshop for teachers, staff, and student council members, in collaboration with Manipal Hospital, the Rohan Rajeev Foundation, and the Rotary Club of Bangalore Northwest. Led by emergency physicians Dr. Vikas G K and Dr. Bindu, the session covered Basic Life Support (BLS) techniques, including CPR, AED usage, and the "CAB" sequence: circulation, airway, breathing. Participants also learned to handle choking incidents through live demonstrations and interactive practice. The workshop highlighted the importance of timely intervention in emergencies, especially in schools, to prevent fatalities. Rotary members Lakshmi, Indira, and Rahul attended, emphasizing community collaboration in promoting health awareness. The event concluded with a vote of thanks, leaving participants confident in their ability to respond effectively and potentially to save lives.



ವಿಜಯ ಕರ್ನಾಟಕ



### ಇಂದು ಆರೋಗ್ಯ ತಪಾಸಣೆ ಶಿಬಿರ

ದೊಡ್ಡಬಳ್ಳಾಪುರ: ಹಾಲೂಕಿನ ರಾಜಕುಟದ ದತ್ತಿ ಕಂಟೇನರ್‌ನಲ್ಲಿ ರೋಟರಿ ಕ್ಲಬ್ ಆಫ್ ಬೆಂಗಳೂರು ನಾರ್ಥ್ ಹಾಗೂ ಮಹಿಳಾಲ್ ಆಸ್ಪತ್ರೆಯ ವತಿಯಿಂದ ಸೆ.14ರಂದು ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣೆ ಶಿಬಿರ ಆಯೋಜಿಸಲಾಗಿದೆ. ಶಿಬಿರದಲ್ಲಿ ರಕ್ತದೊತ್ತಡ, ಮಧುಮೇಹ, ಕಣ್ಣಿನ ಸ್ಕ್ರೀನಿಂಗ್, ವೈದ್ಯರ ಸಲಹೆ ಮೇರೆ ಇಸಿಜಿ, ವೈದ್ಯರ ಸಮಾಲೋಚನೆ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಬೆಳಿಗ್ಗೆ 10ರಿಂದ ಮಧ್ಯಾಹ್ನ 1 ಗಂಟೆಯವರೆಗೂ ಶಿಬಿರ ನಡೆಯಲಿದ್ದು, ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ ಗ್ರಾಮಸ್ಥರು ಭಾಗವಹಿಸಿ ಈ ಶಿಬಿರದ ಸದುಪಯೋಗ ಪಡೆದುಕೊಳ್ಳುವಂತೆ ಮನವಿ ಮಾಡಲಾಗಿದೆ.

ಸಂಯುಕ್ತ ಕರ್ನಾಟಕ

### ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರ

ದೊಡ್ಡಬಳ್ಳಾಪುರ: ಹಾಲೂಕಿನ ರಾಜಕುಟದ ದತ್ತಿ ಕಂಟೇನರ್‌ನಲ್ಲಿ ರೋಟರಿ ಕ್ಲಬ್ ಆಫ್ ಬೆಂಗಳೂರು ನಾರ್ಥ್ ಹಾಗೂ ಮಹಿಳಾಲ್ ಆಸ್ಪತ್ರೆಯ ವತಿಯಿಂದ ಸೆ.14ರಂದು ಉಚಿತ ಆರೋಗ್ಯ ತಪಾಸಣಾ ಶಿಬಿರವನ್ನು ಆಯೋಜಿಸಲಾಗಿದೆ.

ಈ ಶಿಬಿರದಲ್ಲಿ ರಕ್ತದೊತ್ತಡ, ಮಧುಮೇಹ, ಕಣ್ಣಿನ ತಪಾಸಣೆ, ವೈದ್ಯರ ಸಲಹೆ ಮೇರೆಗೆ ಇಸಿಜಿ, ವೈದ್ಯರ ಸಮಾಲೋಚನೆ ಸೇರಿದಂತೆ ವಿವಿಧ ರೀತಿಯ ವೈದ್ಯಕೀಯ ಸೌಲಭ್ಯಗಳನ್ನು ಶಿಬಿರದ ಮೂಲಕ ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿದೆ. ಬೆಳಿಗ್ಗೆ 10 ರಿಂದ ಮಧ್ಯಾಹ್ನ 1 ಗಂಟೆಯವರೆಗೂ ಶಿಬಿರ ನಡೆಯಲಿದ್ದು, ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ ಗ್ರಾಮಸ್ಥರು ಭಾಗವಹಿಸಿ ಈ ಶಿಬಿರದ ಸದುಪಯೋಗ ಪಡೆದುಕೊಳ್ಳುವಂತೆ ಮನವಿ ಮಾಡಲಾಗಿದೆ.

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This was published on 22nd September in the students' edition of Times Of India (Newspaper in Education).

Clip from Vijay Karnataka News paper regarding the Free Medical camp in Kanchinalla, Doddaballapur

Announcement in Samyukta Karnataka regarding the Free Medical camp in Kanchinalla





Pamphlets printed for publicity and awareness of the Free Medical camp were distributed to villagers from Kanchignala, Doddaballapur to spread awareness.

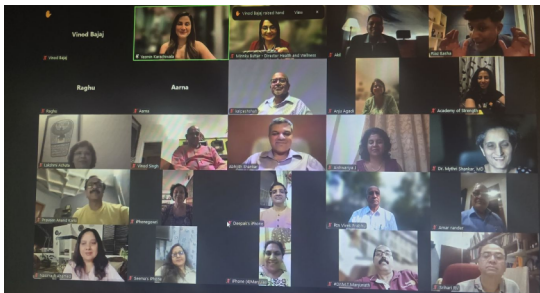
## TOGETHER WE CONNECT.



Meeting with Dr.Thaddeus Alfonso, Rotaract Coordinator at Christ University.



Members enjoyed Dandiya Dhamal organised by Rotaract Bangalore West.



Health and wellness inauguration A Virtual Couch talk led by Rtn Minku Buttar, Director of Health and Wellness, District 3192.



President Rtn Lakshmi Achuta attended Zone meeting for project discussions.

## TRAVEL DIARIES



Rtn Shobha Rani has definitely caught the travel bug! After enjoying the wonders of America, she went exploring the Himalayas and Mukti Nath in Nepal, she's now jetting off to exotic Malaysia, eager to immerse herself in its rich culture and breathtaking landscapes.



## ROTARY AS I SEE IT



When we came back to India in 1995 after 12 years, my intention was to do some productive social work. My cousins Ashok and Bharati Rao (both Past Presidents of Rotary Bangalore North West) talked to us about Rotary. I felt this was an ideal medium to give something back to society and make new friends as well. So, in December 1995 we joined RBNW because I realized that by working collectively in a group, our efforts will get multiplied and we can do so much more for the under privileged and deserving in India.

It was PP Ashok Rao & PP Jay who introduced me to our club's first Matching Grant Project: 'Gurukula Vidya Peetha' at Kengeri, where we provided about 120 orphans of a residential school with a lot of essential items for their school and hostel requirements. This meaningful project was a real eye opener for me and also made me a Rotarian in the true sense of the word. Thereafter Matching and Global grants became of special interest to me. What followed were 10 other Matching Grant projects.

Later, with the advent of Global Grants, we joined hands with other likeminded clubs in our district, partnering with clubs abroad and with the help of Rotary International, extended our help and support on a larger scale to people all over the world. We have so far done 20 Matching Grant & Global Grant Projects of a total value of Rs. 6,75,00,000 (\$810,000). This included 3 international projects at Loveland in USA, Umuahia in Nigeria and San Salvador in South America, where we have supported international Rotary clubs - a kind of reverse Global Grant projects.

Two of my favourite projects are Braille Literacy Project using Annie Smart Class where we have helped over 530 blind students of 6 Schools achieve a better school result and also integrate with society. The other one is for B D Tatti Memorial School near Gadag, helping 82 girl and 102 male hearing-impaired students with hearing aids and many other associated equipment. There are many more like these. Let us all visit some of them one of these days and see the service side of Rotary.

Friendship and Service are two sides of the same coin in Rotary, which I have got in abundance from Rotary Bangalore North West and am thankful for it.

**Rtn. U. B. Shanker**



Blind Students using Slate



New Annie Class Room



Gurukula Vidya Peetha



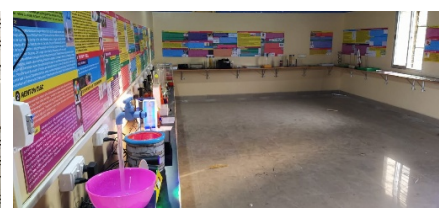
B D Tatti Memorial School,  
Near Hubli



Doctors Testing New  
Hearing Aids



Audiology Room with  
Audiometer



New Science Lab  
Donated by us



## PITRU PAKSHA AND THE QUESTION OF REBIRTH



We just completed Pitru Paksha yesterday, a sacred period when we remember and offer gratitude to our ancestors. Every year, the fortnight of Pitru Paksha (Shraddha Paksha) comes as a reminder of our eternal bond with our ancestors. Hindus observe these 16 days by offering food, water, and prayers to forefathers, believing that their blessings bring peace, prosperity, and protection.

But often a question arises:

**“What if our ancestors have already taken rebirth? Are these rituals still meaningful?”**

The Deeper Understanding

In Sanatana Dharma, the soul is eternal (Atman nityah). While the body changes through cycles of birth and death, the connection of love and gratitude between souls never dies.

- Pitru Loka Concept: Scriptures say that not all ancestors immediately take rebirth. Many reside in Pitru Loka (a subtle ancestral realm) until the right time. Offerings during Pitru Paksha help them find peace and progress.

- If They are Reborn: Even if a soul has taken another birth, the energy of the offering is never wasted. Rituals performed with devotion reach the universal pool of spiritual merit (pitṛ-ṛiṇa), and the benefits are directed where they are most needed

- whether to the reborn ancestor’s current life, or to other forefathers in the lineage.

- Law of Karma & Gratitude: The act of Shraddha is less about “feeding a particular departed soul” and more about expressing gratitude, clearing karmic debts (pitru ṛiṇa), and maintaining dharmic continuity.

### Why Rituals Still Matter

- They strengthen family bonds across generations.

- They remind us that we are part of a larger lineage, not isolated individuals.

- They purify our own hearts, removing guilt, regret, or neglect towards parents and forefathers.

Even if our ancestors are reborn, the vibration of our offerings still returns to us as inner peace and blessings. A Reflective Takeaway

Pitru Paksha is not only about death and rebirth — it is about remembering with love and gratitude.

When we light a lamp, offer water, or feed someone in their name, we honor the truth that: “No soul is ever truly gone. They live through us, around us, and within us.” So whether our ancestors wait in Pitru Loka or walk again on this Earth in new forms, our Shraddha reaches them, because love always finds its way.

### Reflection for Readers:

- When was the last time you remembered your ancestors with gratitude?

- How do you keep their memory alive in your daily life? “We are the living prayers of those who came before us.”

### Reflections by Shobha

Written by : Dr.Shobha Rani Hiremath

## 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.



Navadhanya distribution to Pourakarmikas & Warm blankets to the villagers of Kanchingala.  
Rtn. Sachin Kamble and Rtn Ramya Kamble.



Medicine supplies for Free Medical camp by TRUST Chemists & Druggists.



Annadana for students of Om Shanthidhama Vedic Gurukul.  
Rtn Sumathi Rao



Your Core Team – Our Connect

EXOCORE IT solutions contributed for supporting an autistic child’s speech therapy, special education and occupational therapy.



## ROTARY BANGALORE NORTHWEST VIBES

Music is the universal language that transcends boundaries, evoking emotions and creating connections. For music lovers, it's not just a hobby, but a way of life. Whether it's classical, rock, pop, Bollywood or any other genre, music has the power to unite people across cultures and generations. Three such stars are featured in this issue.



Rtn Dr. Yeshwanth stole the show at the Freshers' Welcome Party in MES College, treating everyone to soulful renditions of timeless classics that left a lasting impression.

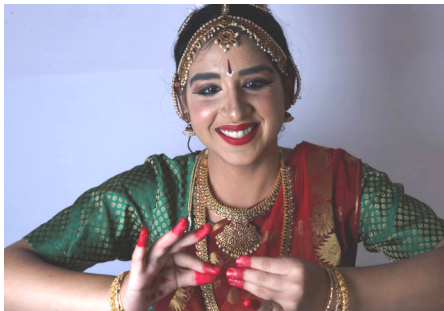


Latha Mangeskar Musical night promoted by Charter member Rtn. Somasundar TR.



107th Mysore Lancers Haifa Day Celebrations. Anil Raj Urs, partner of President Rtn Lakshmi Achuta is honoured to meet DG Prof. Elizabeth Cherian who was the chief guest on this occasion.

PP Rtn Vijayakumar comes from a family rich in artistic talent. His wife is the founder of a renowned dance academy, his daughter is a gifted dancer and singer, and remarkably, his mother, in her eighties, continues to delight audiences with her soulful singing at community functions. A true testament to the family's passion for the arts!



Annette Sujaya Vijayakumar performed in Navaratri dance festival along with other disciples of Ann Savitri Vijayakumar.



Rtn Vijay's mother Smt. Radha V singing Kamakshi Kamakoti during Navaratri celebrations in their community.



## BIRTHDAYS & WEDDING ANNIVERSARIES FOR THE MONTH - Oct. 2025

| Name                                | Birthday | Anniversary |
|-------------------------------------|----------|-------------|
| Ann. Sabitha W/o Rtn. Dr. Girish    | 08-Oct   | -           |
| Rtn. V Vijayakumar                  | 15-Oct   | -           |
| Rtn. U B Shanker and Rtn. Sindhu    | -        | 25-Oct      |
| Rtn. Sivaprakash and Ann. Devipriya | -        | 29-Oct      |
| Rtn. Sumathi Rao                    | 31-Oct   | -           |

## PROGRAMS OF OCTOBER - 2025

| Date                 | Programmes                                                                                     |
|----------------------|------------------------------------------------------------------------------------------------|
| 05-10-2025, Sunday   | Project Tandem Cycle: Handover of Tandem cycle to beneficiary, Mr. Sharath – Tulip Hotel       |
| 05-10-2025, Sunday   | Joint speaker meeting on 'Healthy Brain, Healthy Life' - Dementia India Alliance – Tulip Hotel |
| 07-10-2025, Tuesday  | CPR training at OneSource                                                                      |
| 10-10-2025, Friday   | World Mental Health Day – collaborative workshop with Rotaractors and volunteers               |
| 14-10-2025, Tuesday  | CPR training                                                                                   |
| 18-10-2025, Saturday | ICGF - Vocational Service                                                                      |
| 19-10-2025, Sunday   | Rotary walk                                                                                    |
| 24-10-2025, Friday   | World Polio Day                                                                                |
| 26-10-2025, Sunday   | Family dinner - Deepawali party – Tulip Hotel                                                  |
| 30-10-2025, Thursday | BOD meeting                                                                                    |



### The Four-Way Test *of the things we think, say or do.*

- 1 Is it the truth?
- 2 Is it fair to all concerned?
- 3 Will it build goodwill and better friendships?
- 4 Will it be beneficial to all concerned?

*For private circulation only.*

Edited by : Rtn. Indira Ramachandra

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