



RI President's Message



Rtn. Gordon R. McInally
RI President 2023-24

January-2024: In difficult times like these, it's impossible to avoid feeling heartbroken over the devastation and loss of life caused by war and destruction.

Rotary always stands against harming and displacing civilian populations and using armed aggression instead of pursuing peaceful solutions. We advocate for the observance and respect of international law. We believe in strong action to defend and promote peace, even in the darkest of times.

But we also take our position as an international, nonpolitical, nonreligious organization seriously. To respect the global perspectives and experiences of our members, and to work most effectively in our peacebuilding efforts, we do not choose sides in conflicts.

Rotary is made up of 1.4 million people in communities all over the globe who are united in our commitment to building a peaceful world. We strive to ensure that our words and actions prioritize the health and safety of our global membership and the communities where we live and serve.

Our members seek to offer humanitarian assistance to those affected by conflict, and our global reach requires that we promote peacebuilding and conflict prevention with cross-cultural, cross-border connections and friendship through Rotary.

For decades, Rotary has harnessed these connections to carry out service projects, support peace fellowships and scholarships, and establish programs like Rotary Peace Centers to help build lasting peace. Our members also take action to promote Positive Peace, addressing the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Rotary members who wish to wage peace can use district grants and Rotary Foundation global grants to support projects with other Rotary members that help refugees and displaced people, provide medical

RBBD BOD – Sunrisers 2023-24

- Rtn. Biju Gangadharan, President
- Rtn. Tejaswini Jaisimha, IPP
- Rtn. Aravinda D, Secretary, President-Elect
- Rtn. Vinod Chandrashekar, Vice President
- Rtn. Georgy Mathew, Treasurer
- Rtn. Shariq Wajid, Jt. Secretary
- Rtn. Muraleedharan, Director-Club Service
- Rtn. Kamalcharan, Director-Community Service
- Rtn. C.B. Prasad, & Director-Vocational Service
- Rtn. Ram Gopalan, Director-International Service
- Rtn. Poornima Murthy, Director-New Generation
- Rtn. Nivin George, Editor-eDownTowner
- Rtn. Raghu Allam, Sgt.at Arms
- Rtn. Devadasan Kizhapat, Mentor

support, and more worldwide. Members can also work with or join peace-focused Rotary Action Groups, Friendship Exchanges, Fellowships, and intercountry committees. And District Designated Funds or district cash can support our peacebuilding and conflict prevention efforts.

Members and non-members alike can learn more about peacebuilding through the Rotary Positive Peace Academy, a free online course available to anyone with an internet connection. You can find it at positivepeace.academy/rotary.

There is no denying that incidents of violence and atrocities being perpetuated around the world seem to be escalating. Global peace is fragile, and the stakes are getting higher.

Still, we know that it is possible to bring all people together to work toward a shared goal. Rotary members do so every day in every part of the world. May our ability to unify in common purpose be a spark that helps light the path out of these dark days.

Together, let's *Create Hope in the World*.

In This Edition

RI President's Message	1
District Governor's Message	3
RBDT President's Message	3
IDPD 2023 – Presentation of The Unsung Hero Awards	4
CSR Trends & Opportunities for Rotary	5
Mental Wellness Training programme for Teachers and Students at RV Teachers College Basavanagudi...	7
Choose Your Leader – Election of Office bearers for the Rotary Year 2024-25.....	8
World Mental Health Day	9
Guruvinaपुरa Government High School Project Update	10
Mental Health Awareness Training at Govt PU College, Krishnarajapura.....	11
Mental Health Awareness Training at Vijayapura Rotary School, Devanahalli	12
Utkarsh Quiz – Eicher Impact.....	12
Training at The Rotary Leadership Institute (RLI).....	13
International Webinar on “Introduction to Micro-Finance”	15
Mental Health Awareness @ DPS, Electronic City	16
UDAAN, First District Conference of RID 3191.....	17
Jan: Vocational Service Month.....	19
Birthdays in January	19
Wedding Anniversaries in January.....	19
Feb: Peace & Conflict Prevention/Resolution Month.....	19
Birthdays in February	19
Wedding Anniversaries in February	19

District Governor's Message

Radhika and I extend our warm greetings to the esteemed members of SunRisers Rotarians!

As we reach the midway point of the year, Radhika and I are elated to reflect on the remarkable service projects successfully executed by our dedicated club members. The fruition of our hard work is becoming evident, and we are thrilled to share some exciting updates with you. The much-anticipated Karkinos project is on the verge of commencement, aiming to screen 600 beneficiaries in our ongoing effort to combat cancer.

This initiative represents a significant step towards making a positive impact on the lives of those affected by this relentless disease.

Our recent participation in the RISE Rotary Institute stands as a proud achievement for SunRisers. With over a year of meticulous preparation and the support of 100+ enthusiastic volunteers, the institute has not only left an indelible mark but has also created lasting memories that we will forever cherish.

Looking ahead, an essential district program awaits us— Udaan District Conference scheduled for January 27-28 at the Royal Orchid Resort in Yelahanka. With a remarkable 1000+ Rotarians from diverse

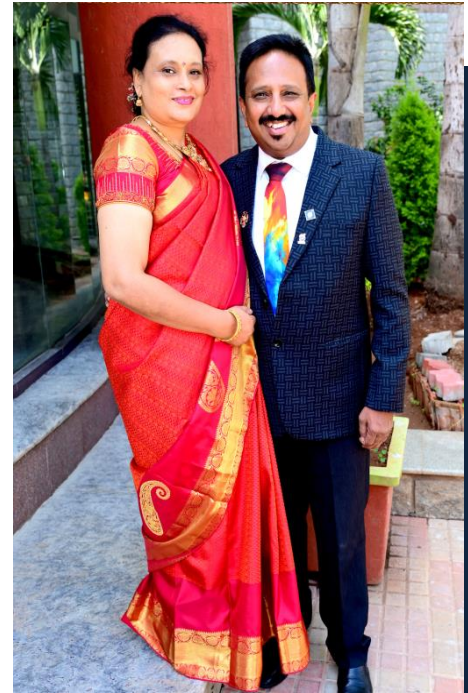
clubs already registered, this event promises to be a gathering of minds and ideas. Renowned speakers will address a spectrum of topics, making it an unmissable opportunity to broaden our horizons and deepen our understanding.

Our heartfelt gratitude goes to the dedicated conference team, led by Chairman Rtn. Vijay Tadimalla and Conference Secretary Harini Ravindranath. Their unwavering efforts have been instrumental in shaping this event into a grand success.

As we have five months left in our term, let's seize this opportunity to the fullest. Together, let's continue to create hope and make a lasting impact in our community.

Yours in Rotary

DG Rtn. Udaykumar Bhaskara



Rtn. Udaykumar Bhaskara
Dist.Gov for Dist. 3191 (2023-24)

RBDT President's Message

Dear DownTowners,

First of all Thank you for choosing me to step into the role of President once again and lead DownTown forward.

With this transition, this is the first bulletin. This bulletin will serve as a platform to showcase our collective talents, achievements, and aspirations as DownTowners.

We invite each and every DownTowner to contribute your ideas, stories, and insights to make this magazine a true reflection of our vibrant community spirit. Together, let us celebrate our unity, diversity, and resilience as DownTowners. Thank you for your continued support and participation.

Yours in Rotary,

Rtn. Biju Gangadharan, President



Rtn. Biju Gangadharan
RBDT President (2023-24)

IDPD 2023 – Presentation of The Unsung Hero Awards

03-Dec-2023: DownTown collaborated with Rotary Bangalore Abilities to celebrate the International Day of Persons with Disabilities – 2023 in a distinctive manner. The Unsung Hero Awards were bestowed upon seven remarkable individuals with disabilities to commemorate, honor, and endorse their extraordinary achievements. These seven awardees were acknowledged for their exceptional motivational and leadership qualities, despite facing disabilities. Their empathy, resilience, and collaborative spirit exemplify exemplary behavior, inspiring others through their actions.

Twenty clubs partnered with Rotary Bangalore Abilities to organize this event. TSMT Consulting, a renowned firm of Chartered Accountants and Auditors, served as the Prime Sponsor. Vijayakumari Murarauppa, the Founder President of Vijayakumari Charitable Trust, graced the occasion as the Chief Guest. Rtn. Udaykumar Bhaskara, Governor of RID 3191, and Rtn. Srinivasmurthy, Governor of RID 3192, were the Guests of Honor.

RBDT IMPACT



CSR Trends & Opportunities for Rotary

▪ **Speaker: Rtn. Kashinath Prabhu, Dist Director - CSR**

08-Dec-2023: In a highly inspiring and informative presentation, Rtn. Kashinath Prabhu, responsible for overseeing CSR activities in District 3191, highlighted the tremendous opportunities for Rotary Clubs to leverage corporate CSR for their projects. Kicking off the presentation with an Overview of CSR and the Role of CSR Avenue in Rotary, he emphasized the Benefits of CSR within Rotary. Providing a comprehensive range of information for Rotarians, he delved into the CSR Outlook in India, the CSR Flow Process at Rotary Foundation (India), Case Studies & Useful Resources, and offered insights into How to Plan for CSR funding along with crucial tips for obtaining it. He also shared the Strategy & Goals for CSR in Rotary and provided a brief overview of the CSR District Team.

Noting that the Companies Act 2013 mandates at least 2% of corporate net profits to be allocated to CSR activities, he underscored that eligible CSR activities align with all of Rotary's areas of focus and Sustainable Development Goals. This alignment serves as a major incentive for clubs to seek CSR funding for their projects.

Emphasizing the opportunities CSR presents, Rtn. Prabhu highlighted that it allows clubs to collaborate with Corporates on community service projects, introduces a significant and new avenue of fundraising for implementing sustainable and impactful projects, and facilitates the establishment of long-term partnerships. He also emphasized the importance of adhering to strict legal and compliance requirements, as well as the highest standards of governance and stewardship.

Drawing attention to the significant funds available, he mentioned that the top 10 companies leading in CSR during FY 2021-22 have collectively spent over Rs. 5000 crores on CSR initiatives for community welfare, indicating the substantial resources accessible to Rotary.

In outlining the strategy and action plan, he suggested identifying Rotarians with close contacts with CEOs/HR personnel, engaging Rotarians with their own businesses or companies, studying CSR policies or requirements of companies, presenting projects aligned with their policies, and articulating the numerous benefits of partnering with Rotary. Soliciting partnerships and obtaining approvals for CSR grants on service projects, as well as submitting timely reports upon project completion and acknowledging donors or corporates at every opportunity, were highlighted as crucial aspects in planning and executing CSR-funded projects.

Rotary Bangalore DownTown

Rotary DownTown invites you to the speaker session on

08 DEC 2023

CSR Trends & Opportunities for Rotary

Rtn. Kashinath Prabhu
District Director -CSR
RI Dist ,3191

🕒 7:00 PM Fellowship
7:30 PM Meeting

📍 Rotary House of Friendship, Lavelle Road

RSVP
9844166376

Rtn Usha Selvaraj
President

Rtn Aravinda RD
Secretary



In conclusion, Rtn. Prabhu expressed his belief that CSR has provided new dimensions and directions to fundraising in today's world. He emphasized the alignment of Rotary's Areas of Focus with the Companies Act 2013 and urged Rotary to seize the opportunity presented by corporates and businesses collaborating for the betterment of society, a fundamental tenet of Rotary.

Mental Wellness Training programme for Teachers and Students at RV Teachers College Basavanagudi

14-Dec-2023: Continuing its series of Mental Wellness Training Programs, DownTown organized a training session for the teachers and students of RV Teachers College, in collaboration with the District Mental Wellness Committee. The aim was to address the pressing issues surrounding mental health, particularly focusing on the challenges faced by students amidst today's highly competitive environment. The training was conducted by a team of experts from NIMHANS.



Choose Your Leader - Election of Office bearers for the Rotary Year 2024-25

15-Dec-2023: The Election for the Office bearers and five Service Directors were held on 15-December at the Rotary House of Fellowship. Rtn. Aravinda R.D was elected unanimously as RBDT President for RY2024-25. The new team of leaders has the right balance of skills and experience to take the club to new heights. The election process was a smooth affair with calm and collected IPP Rtn. Tejaswini Jaisimha as the Returning Officer.

The RBDT Office Bearers 2024-25:

President	Rtn. Aravinda R.D.
President-Elect	Rtn. Prasad C.B.
Vice-President	Rtn. Vinod Chandrashekar
Secretary	Rtn. Nivin George
Treasurer	Rtn. Georgy Mathews
Joint Secretary	PP Rtn. Biju Gangadharan

Mentor PP Rtn. Raghu A

RBDT Service Directors 2024-25:

Club Service Director	Rtn. Muraleedharan V
Vocational Service Director	Rtn. Dinesh Ramaswamy
Community Service Director	Rtn. Kamal Charan
International Service Director	IPP Rtn. Tejaswini Jaisimha
Youth Service Director	Rtn. John Jacob



World Mental Health Day

15-Dec-2023: DownTown collaborated as a Supporting Partner with Rotary Bangalore IT Corridor for the renowned Bangalore Midnight Marathon, held under the theme "Run For Mental Wellness." The prestigious event was inaugurated by RI President Rtn. Gordon R. McNally at KPTO, Whitefield, with Ms. Harmilan Bains, the 2023 1500M and 800M Asian Games Silver Medalist, serving as the Brand Ambassador. As India's only Midnight Marathon, it attracts thousands of participants from over twenty countries, making it highly sought after. DownTowners enthusiastically participated, testing their endurance across various categories. The event commenced with the 5K Run at 6:30 pm, followed by the 10K Run at 8:45 pm, the Half Marathon at 11:25 pm, and finally, the Full Marathon at 11:15 pm.



Guruvinapura Government High School Project Update

21-Dec-2023: A team from DownTown visited Guruvinapura Government High School, in Halagur, Kanakapura Taluk, Ramanagara District where DownTown is constructing schoolrooms and providing furniture and other facilities to create a conducive learning environment, aiming to transform the school into a "Happy School." The team assessed the progress of the project firsthand and engaged with the faculty, students, and villagers.



- Construction work for three classrooms has been completed, including plastering, and installation of doors and windows.
- Remaining tasks include:
 - Electrical wiring and fixtures, such as fans, lights, switches, and plug points need to be installed.
 - Flooring tiles need to be laid for three classrooms, pathways, and skirting, and completed promptly.
 - Painting of both the existing ground floor and newly constructed first floor is necessary.
 - Renovation of the existing toilet units for both girls and boys, including the removal of broken asbestos sheets, casting RCC roofs, and laying wall tiles.

Mental Health Awareness Training at Govt PU College, Krishnarajapura

28-Dec-2023: Dr. Balamurugan, Assistant Professor; Ms. Tejaswini, Research Associate; and Ms. Deekshitha, Research Associate from NIMHANS conducted separate Mental Health Awareness Sessions for the 1st and 2nd PUC students of Govt PU College, Krishnarajapura, Bangalore. Training for Teachers on Adolescent and Mental Health issues was held in the morning. The program was organized jointly by DownTown and District Mental Wellness team in association with NIMHANS and MCKS Food for the Hungry Foundation, Karnataka. The program received a very good and highly enthusiastic response from both the students and the teachers.



Mental Health Awareness Training at Vijayapura Rotary School, Devanahalli

29-Dec-2023: Taking the Mental Health Awareness initiative to the rural hinterland, DownTown, in association with NIMHANS, the District Mental Wellness Team, and MCKS Food for the Hungry Foundation, organized a Training Programme on Mental Health for the students and teachers of Vijayapura Rotary School, Devanahalli Taluk, Bangalore Rural District. The program was made possible through the joint efforts of DownTown, the District Mental Wellness Team, Rotary Vijayapura, MCKS Food for the Hungry Foundation, and NIMHANS. "

Utkarsh Quiz – Eicher Impact

"UTKARSH," the high-voltage Inter-High School quiz competition organized by DownTown on November 4, 2023, continued to make waves and generate positive publicity, contributing to the image building of Rotary's programs and projects. Eicher Motors, a major sponsor of UTKARSH, extensively covered the event in their corporate communications.

RBDD IMPACT

VE Commercial vehicles drives educational excellence:

A success at the Rotary Quiz in Bangalore

Bangalore recently played host to a vibrant and intellectually stimulating event, the Rotary Quiz, held on 4th November 2023. Drawing participants from more than 80 esteemed schools in the city, the event was a testament to the educational enthusiasm and competitive quizzing spirit thriving in Bangalore.

In a unique partnership, VECV Commercial Vehicles (VECV), the pioneer in school bus manufacturing in India, joined forces with Rotary Bangalore Downtown to organize this prestigious quiz competition. This collaboration provided a platform for over 300 students and school management representatives to come together, fostering a sense of community and healthy competition and enabled VECV to showcase its commitment to the education sector. The event featured brand videos that highlighted VECV's dedication to safe and efficient school transportation. A special presentation slot was dedicated to sharing the inspiring journey and values that define the VECV brand.

As the first school bus manufacturer in India, VECV seized the opportunity to display its cutting-edge

school buses at the event. The presence of these buses not only showcased VECV's technological prowess but also allowed participants to explore the latest advancements in school transportation. One of the highlights of the Rotary Quiz was the felicitation ceremony, where VECV had the privilege of honoring the quiz winners. This gesture not only celebrated academic excellence but also reinforced VECV's commitment to supporting and encouraging the educational pursuits of the younger generation.

The event served as an excellent platform for VECV to actively engage with schools, students, and educational institutions. By participating in the Rotary Quiz, VECV was able to establish meaningful connections and strengthen its ties within the academic community. The quiz not only provided an opportunity for healthy competition but also facilitated valuable conversations about the importance of safe and reliable school transportation. The event underscored the importance of fostering collaboration between the corporate sector and educational institutions for the holistic development of the younger generation.



Training at The Rotary Leadership Institute (RLI)

7-Jan-2024: The leadership team of DownTown participated in the Rotary Leadership Institute (RLI), grassroots, multi-district leadership development program aimed at strengthening Rotary clubs through quality leadership education. RLI, recommended by Rotary International (RI), focuses on developing club leadership and offers Rotarians interested in enhancing their Rotary participation with quality education in Rotary knowledge and leadership skills.

The success or failure of a Rotary Club hinges on the quality of its leadership. Poor leadership often leads to membership losses, making it imperative for Rotary to continually welcome knowledgeable Rotarians with essential leadership skills. Moreover, leadership in a voluntary organization like Rotary requires a distinct skill set, different from business leadership. RLI provides a rare opportunity for quality Rotary education not typically available elsewhere.

However, possessing leadership skills alone does not guarantee effective Rotary leadership. A Rotary leader must also possess in-depth Rotary knowledge, understanding the organization's history, its current trajectory, and envisioning its potential future. RLI imparts these skills, benefiting members both in their personal lives and in their volunteer service.

It is strongly recommended that every Club President Nominee, Elect, President, and future leaders attend RLI before assuming office, as the comprehensive training beforehand equips them with essential knowledge. RLI courses are designed to be engaging, interactive, fast-paced, and focused on honing leadership abilities. Faculty members are carefully selected for their teaching prowess, with many being current or past R.I. Directors, District Governors, Presidents, or possessing expertise in specific areas.

Rotarians with potential for future club leadership roles should be encouraged to attend RLI. The ideal candidate is someone early in their Rotary journey, demonstrating a strong interest and readiness to explore the broader world of Rotary beyond the club level.

Why Palliative Care is for Everyone – Busting myths and bridging gaps

10-Jan-2024: DownTowners joined Rotary Bangalore Lake World and five other Bangalore clubs for an Inter-District joint meeting of RID 3191 and 3192, featuring a highly informative presentation by Ms. Smriti Rana, Head of Strategic Programs and Partnerships at Pallium India.

Palliative care, a type of medical support, offers assistance to individuals with serious illnesses, irrespective of their age, prognosis, disease stage, or treatment choice. Its aim is to enhance the quality of life for patients and their families. Palliative care is delivered by a specialized team of doctors, nurses, and other professionals who collaborate with a patient's primary care providers to provide additional support. It's tailored to meet the patient's needs, regardless of their prognosis, and can be provided alongside curative treatment.

Palliative care specialists focus on enhancing the quality of life for patients with complex needs. They work closely with the primary physician, dedicating time to intensive family meetings and patient/family counseling. They facilitate clear communication about future expectations to ensure that care aligns with the patient's and family's goals and priorities. Additionally, they manage complex physical and emotional symptoms effectively, including pain, depression, anxiety, fatigue, shortness of breath, constipation, nausea, loss of appetite, and difficulty sleeping. They also coordinate and communicate care plans among all providers involved.

Research indicates that palliative care significantly enhances patient quality of life and reduces symptom burden. Besides benefiting patients, this improved quality of life reduces stress and trauma for families during encounters with the healthcare system. Palliative care not only improves care quality but also lowers costs, with studies consistently demonstrating improvements in both quality measures and resource utilization after its introduction.

The field of palliative care has experienced rapid growth in the last 15 years. Currently, over 1,700 hospitals with 50+ beds have palliative care teams, and palliative care services are expanding beyond hospitals into community settings where individuals with serious illnesses reside and require care.

Rotary Club of Bengaluru Lake World
Rotary District 3191
Rotary District 3192
E-AM **ಅಧಿವಾಸ**
CREATE HOPE in the WORLD

ROTARY CLUB OF BENGALURU LAKE WORLD
Cordially Invites You To A Online Joint Speaker Meeting On

“WHY PALLIATIVE CARE IS FOR EVERYONE”
Busting myths and bridging gaps
Guest Speaker : Mrs. Smriti Rana
Head Of Strategic Programs and Partnership – Pallium India

6:45PM to 8:00PM
10th January, 2024
(Wednesday)

PARTNER CLUBS

- Rotary Club of Abbigere
- Rotary Club Of Kalyan
- Rotary North West
- Rotary Bangalore Orion Gateway
- Rotary Bangalore West
- Rotary Club Of Bangalore Downtown

Rtn. Zubaieda Jamal
President
Mob: 9900095181

Rtn. Vivian John
Secretary
Mob: 9980025110

International Webinar on “Introduction to Micro-Finance”

11-Jan-2024: The Rotary Action Group for Community Economic Development (RAGCED) is a specialized arm of Rotary International dedicated to fostering sustainable economic growth at the community level. RAGCED champions initiatives ranging from entrepreneurship promotion to local business support, offering impactful solutions to economic challenges globally. Since its inception, RAGCED has significantly influenced community economic development worldwide, emphasizing sustainable projects, entrepreneurship, education, financial inclusion, and partnerships.

During the Inaugural Session of the Webinar, PDG Rtn. Carl Treeleaven, Chair of RAGCED, along with Ms. Cadre Robin Steele and Ms. Jodi Fischer, delved deeply into Microfinance.

Microfinance, or micro-credit, provides banking services to unemployed or low-income individuals or groups who lack access to traditional financial services. Over recent decades, financial institutions have developed a range of products tailored to the diverse needs of this underserved market globally. The World Bank notes that nearly 1.1 billion people have escaped extreme poverty since 1990.

Microfinance plays a crucial role in helping entrepreneurs establish businesses by facilitating equipment or product purchases. As the business generates income, the entrepreneur repays the loan, often becoming eligible for larger loans. RAGCED advocates a holistic approach to entrepreneurship development, encompassing Loans, Needs Assessment, Education, Mentors, Networking, and Evaluation.

Microfinance aims to empower borrowers by fostering business growth and income generation. When multiple businesses thrive within a community, the entire community prospers. In a significant milestone, the proportion of the global population living in extreme poverty fell below 10% for the first time in 2015 (less than US \$1.90 a day), compared to 44% in 1981, as reported by The World Bank. Microfinance has played a pivotal role in poverty alleviation, reaching 150 million clients since 1976 and serving as a catalyst for women's empowerment. However, it still reaches only a fraction of low-income families who could benefit from its transformative potential.

Rotary | Rotary Action Group for Community Economic Development

RAGCED DUAL WEBINAR SERIES PART - 1 MICRO-FINANCE

PDG Carl Treeleaven | Cadre Robin Steele | Jodi Fischer Guest Speaker

January 11, 2024 | 9AM EST & 6PM EST | Zoom

Click to join your preferred session:

Session 1, 9 AM EST

Session 2, 6 PM EST

<https://rotary-br.zoom.us/j/85954685805>

<https://rotary-br.zoom.us/j/84478384353>

Mental Health Awareness @ DPS, Electronic City

19-Jan-2024: This time, the stop was at Delhi Public School, Electronic City. Continuing the series of training programs on Mental Health, DownTown organized an Awareness and Training Session for the students and faculty of DPS, Electronic City, with over 150 students participating. The expert team from NIMHANS conducted the program, which was highly appreciated by both the faculty and the students.



UDAAN, First District Conference of RID 3191

27-Jan-2024: UDAAN-Beyond Horizon, the first District Conference of the newly Chartered RID 3191, lived up to its promise of excitement and publicity. This much-anticipated event on the 2023-24 Rotary Calendar of RID 3191 was indeed memorable, offering a gaze Beyond the Horizon. PDG Rtn. Ajith Weerasinghe served as the RI President's Representative for the District Conference.



The highlight of the Inaugural session on January 26, 2024, was the address by PDG Rtn. Ajith Weerasinghe, followed by an enthralling keynote address by the distinguished scientist, author, analyst, and columnist, Prof. Anand Ranganathan. The lineup of speakers on the day included the successful young entrepreneur, Ms. Aisshwarya Hegde; Ms. Nivedita Raghunath Bhide, Vice President of Vivekananda Kendra; and Anshu Gupta, the founder of Goonj, which works in the area of urban-rural inequality. Each speaker captivated



the audience, engaging them in thought-provoking sessions. Day-2 had even more in store, featuring Deepak Shinde, founder of Holy Alexander Initiatives of Life; Mrs. Shanthi Raghavan of Enable India; writer Chatnalli Mahesh, and well-known actress Haripriya.

Rotarians, their families, and guests were treated to music, entertainment, mouthwatering food, and beverages, along with the incredible company of fellow Rotarians from across the District. Representing DownTown with distinction were Past Presidents Rtn. Naveen Cariappa and Rtn. Raghu Allam.

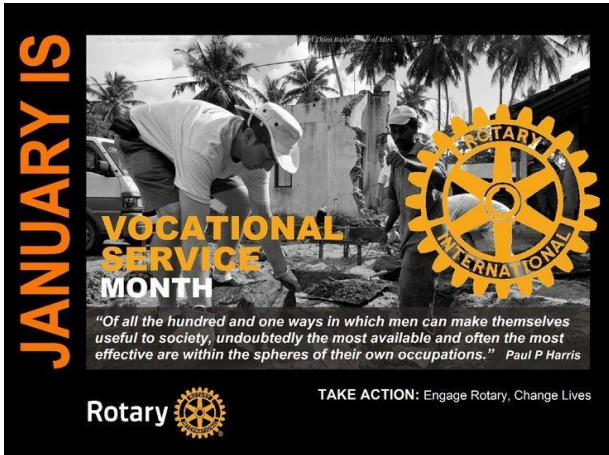
PP Rtn. Naveen Cariappa was recognized by the DG for his contributions in mobilizing one of the highest registrations for a District Conference.

PP Raghu Allam was honored for bringing mental health issues to the center stage as the Dist. Director - Mental Wellness. He organized a series of Awareness and Training programs for students and faculties of high schools, colleges, and professional institutions in collaboration with NIMHANS.



Jan: Vocational Service Month

Feb: Peace & Conflict Prevention/Resolution Month



Birthdays in January

Date	Birthday Babies
1	Annet Vanalika
1	Annet Sreedhar
4	Annet Sunil Arun
5	Annet Jyothi
5	Ann Malathi
9	Annet Giri Nandana
9	Rtn. Raghu Allam (PP)
9	Ann Anukampa
15	Rtn. Jagannatha Reddy KC (PP)
15	Ann Rekha
17	Annet Anna Elizabeth George
20	Ann Dr. Gopala Krishnan M S
21	Annet Gokul
23	Rtn. Aruna Raavi
24	Annet Akshay
29	Annet Thomas

Birthdays in February

Date	Birthday Babies
3	Rtn. Ramakrishna Prasad
4	Annet D Danush
5	Annet Kartik
6	Rtn. Uma Gopalakrishnan
9	Rtn. Ilavarasan V
11	Annet Abhishek
12	Rtn. Praveen Narayana Reddy
13	Rtn. Anil Urs
18	Rtn. Aravinda RD
18	Ann Anju
20	Annet Anjali
20	Ann Vrinda
21	Annet Sharanya
26	Rtn. Nivin George
28	Rtn. Aditya Chakravarthy
28	Ann Sharada

Wedding Anniversaries in January

Date	Couples
23	Rtn. Rajamani Muthuchamy & Ann Malathi

Wedding Anniversaries in February

Date	Couples
13	Rtn. Arun Bhasin & Ann Anukampa
21	Rtn. Ram Mohan & Ann Usha

e-Bulletin for Private Circulation Only

Rotary House of Friendship, Lavelle Road, Bangalore

Credits: AG Ramanand | ChatGPT | Editor: Rtn. Nivin George