

# SOUTHWESTAR

FRIENDSHIP ISSUE



Rotary Bangalore Southwest Charter No. 15774

Vol: 43, Issue: 2 AUGUST 2024

My Dear Southwest Family,

What a month July was! It was aptly called as the Month of Joy!!!

The Installation of the President & the Board was truly magical doing justice to its name "Enchanted". RID T.N. Subramanian being the Installing Officer and DG Satish Madhavan with Susita gracing the occasion was a matter of pride for our club & I humbly acknowledge this and deem it as an honour! District Officers DSG Rtn Kumaraswamy, AG Rtn Prasanna Kumari, ZG Rtn Nanjeshi Gowda were special invitees. My heartfelt thanks to each & every one of you for your participation, support & guidance which helped in pulling off a successful event in all ways!

We have had 6 weekly meetings, 1 Board Meeting and executed 10 service projects in July under different Avenues of Service the details of which you will enjoy reading in this issue of Southwestar. Gratitude to all the donors of the projects. It has been a whirlwind of activities, but I am happy that we all together are able to manage them with elan!!



It is a joy to see the steadily rising attendance to the weekly meetings! Let us keep up this tempo for all the meetings to come!

I am overwhelmed with joy as I constantly receive apt guidance from our Past Presidents and support on decision making from our various Directors, Advisors, Chairs and Coordinators. Club Secretary Srinivasulu & Treasurer Shashikanth Pobbathi are committed to their roles & my deepest thanks to them!

I thank PDG Dr Sameer Hariani for his timely advice & support & his technical expertise is a blessing indeed!

Kudos to Rtn Vinay Laddha for bringing out a splendid Installation Issue of our Bulletin! My sincere appreciation to all his hard work & efforts!

Honestly, I don't think any President can get luckier than this! Touchwood!!!  
Way to go Enchanters!!!

Let us uphold our Vision statement; Dream, Design, Deliver: Together we manifest The Magic of Rotary!

Looking forward to this beautiful journey with all of you,  
Yours in Rotary,  
Dr Roopa Hariani  
President RBSW 2024-25

# SOUTHWESTAR



## "ENCHANTED" - INSTALLATION OF RB SOUTHWEST



***29th June 2024: President and Board Members of Rotary Bangalore Southwest were installed by RI Director 2023-25 T.N. Subramanian.***



***Guest of Honour DG 2024-25 Satish Madhavan inducted the new members and launched the projects.***



***District Officers AG, Zone Governor and Secretary General were special invitees.***





## "Srishti" – Installation of IW Dist Chairman



RBSW Ann. Srimathi Master  
was installed as Chairman of  
Inner Wheel Dist 319 by  
Association  
President Sunita Jain



## Installation of Inner Wheel Club Of Bangalore South West



President Vasudha Rander and  
Team Nucleus were installed by  
IW District Chairman Srimathi  
Master. 4 New members were  
inducted and the proposed  
projects were launched.





## Installation of Satellite and Rotaract Clubs



### *Installation Ceremonies of Rotary Bangalore Southwest Sapphire and Rotaract Clubs of TSMT & Southwest*

## Rotary Fun Facts

- The Rotary emblem was printed on a commemorative stamp for the first time in 1931, at the time of the Vienna Convention.
- Rotary became bilingual in 1916, when it organized a non-English-speaking Club in Cuba.
- Arch Klumph established the "Rotary Endowment Fund" in 1917, when the Kansas City, MO Club donated \$26.50. In 1928, it became The Rotary Foundation.
- In 1929, The Rotary Foundation made its first gift, \$500, to the International Society for Crippled Children.
- Rotary first adopted the name "Rotary International" in 1922, when the name was changed from the International Association of Rotary Clubs.
- Rotary first established Paul Harris Fellowships in 1957, for contributors of \$1,000 to The Rotary Foundation.
- In 1968, the first Rotary Club banner to orbit the moon was carried by astronaut Frank Borman, a member of the Houston Space Center Rotary Club.
- The first Rotary convention was in Chicago in 1910. There were 16 Rotary Clubs.
- The first head of state to address a Rotary convention was President Warren G. Harding in 1923, in St. Louis.
- In 1979, Rotary began a project to immunize six million children against polio in the Philippines. This led to Rotary making polio eradication its top priority.
- In 1988, Rotary began the PolioPlus campaign with an initial fundraising pledge of \$120 million.
- Providing vitamin A supplements during polio immunization has averted an estimated 1.5 million childhood deaths since 1998 – the "plus" in PolioPlus.
- Rotary's fiscal year began the day after its conventions until 1913. Starting in 1913, it begins on July 1st.

## Chat with Charter Couples on 9th July 2024 at MENTS Auditorium Our Charter Couples are

Rtn PP T Sriram & Surya  
Rtn Dr. K Gnanamurthy & Parimala

Rtn Dr. P Sriram & Vijaya  
Rtn Ashok Amin & Ansu

*A fun chat show with our RBSW charter couples was arranged and many memories of the 43 year old journey of our club were shared.*

*It was our humble honour to present them with Vocational Excellence Awards for having completed 50+ years in their Professions. Among the awardees were Rtn B N Krishnamurthy & Rajeswari*





## Blood Donation and Health Check Up Camp on 19th July 2024

Rotary Bangalore Southwest R1 District 3191

**Rotary Bangalore Southwest**  
in collaboration with  
**Sanjeevini Blood Centre**

**DONATE BLOOD, SAVE LIVES!**

We Cordially invite you to participate in our upcoming Blood Donation Drive Eye & Dental Check up Camp.

**FRIDAY, 19 JULY 2024**

- 09:30am - 10:00am Breakfast
- 10:00am - 10:30am Inauguration
- 10:30am - 01:00pm Camp
- 01:00pm - 02:00pm Lunch
- 02:00pm - 04:30pm Camp

**BANASWADI COLLEGE OF NURSING**  
#33/1, Byrathi Extension, Hennur Bagalur Main road, opp Bible College, Kothanur Post, Bengaluru - 560077



*Blood Donation and Health Check Up Camp was arranged in association with Sanjeevini Blood Centre at the Banaswadi Group of Institutions. Heartfelt Thanks to Rtn Vinay Laddha for end to end co-ordination and Rtn Hitesh Jain for his support*

### Health Corner

**5pm Snack Ideas for Energetic Kids**

- Corn & Paneer cutlets
- Cut fruits with Yogurt
- Raagi Dosa
- Oats Idli with Coconut Chutney
- Seasonal Fruit Milkshake

**Struggling to wake up early in the morning?**

- Sleep Early:** Early to bed Early to Rise
- Have an Accountability partner:** Ask somebody to wake you up, or ask your friend/partner who will join you for a morning walk everyday so you look forward for it
- Plan your Morning routine:** Have a fixed plan for the morning so that you don't have a lazy time in bed thinking about what to do next
- Set Small Goals:** Wake up only 15mins early than your regular time every week.



## Cybersecurity & Safe-Unsafe Touch

Awareness on Cybersecurity & Safe-Unsafe Touch to High School students of Govt. School at Doddanekundi. It was a Multi Club Joint Project with RB Lakeside, Palmville, South Samarpane, Koramangala and RR Centennial on 5th July 2024.



## DONATION OF Commercial Washing Machine & Dryer to BBMP Referral Hospital at Banashankari 2nd Stage on 31st July 2024

### DONATION OF WASHING MACHINE & DRYER

SPONSORED BY

Rotary  
Bangalore Southwest  
RI District 3191

INSTALLED ON  
31<sup>st</sup> JULY 2024

INAUGURATED BY  
RTN. SATISH MADHAVAN  
DISTRICT GOVERNOR 2024-25 | RI DISTRICT 3191

DONOR  
GAUTAMS FAMILY  
USA (United States of America)

IN THE PRESENCE OF  
RTN. DR. ROOPA HARIANI  
PRESIDENT 2024-25

RTN. SRINIVASULU S  
SECRETARY 2024-25



Heartfelt Thanks to  
Rtn B N  
Krishnamurthy for  
sponsoring and end  
to end management  
of the project,  
Thanks to Rtn  
Shashikanth Pobbathi  
for his support

The Project was  
inaugurated by D G  
Satish Madhavan





## Awareness on Harassment - Good Touch and Bad Touch

Awareness on Safe-Unsafe Touch to High School students of New Age Nursery Primary & High School.  
This was Multi Club Project on 12th July 2024



## Annadaana at KIDWAI Institute of Oncology

Serving of Lunch to Cancer patients and their attendants at KIDWAI Institute of Oncology

Annadaana at KIDWAI in July

1st July - Rtn Ritesh Mehta

7th July - Mr Vijay Reddy

15th July - Mrs Madhu Mudholkar





## Killing the demon in me

Dr. K. Gnanamurthy



Charter Member Dr K Gnanamurthy  
RBSW – R I DISTRICT 3190

I am generally very unpopular with street vendors, especially the ladies who sell vegetables, fruits, flowers and the like. I didn't know about this lesser virtue of mine till I found this particular middle aged vendor stops coming to our house whenever my wife is away for a few days. 'when is amma coming back?' she would ask me, and will not come near our house till my wife is back home. My wife suspected I had let out my harsh temper on the poor woman, which according to her is my usual custom, or much worse I had made passes at this rather robust lady which was also not beyond me. The truth came out, the vendor lady got bored as I was not doing any bargaining and spend time with her on general gossip, which she always enjoys with my wife. I generally do not bargain, as I feel they deserve that rupee or two more than me, pushing the heavy cart in the hot sun or shower, often with a baby on the top or toddling around the street. But the fact is they care more for socializing than marketing. Any way, having the stigma on me thus cleared, I was still not prepared for the worst.

There was this elderly lady who was carrying a very heavy basket of Rangoli on her head and crying out 'amma Rangoli'. I knew what damage that would do to her neck, back and waist. We also remembered, she used to walk by his son or daughter-in-law who rode a tricycle carrying several baskets of rangoli, and measuring out the stuff. She told us, the son and daughter-in-law had gone away to Ramnagar to take care of her parents, and she had to carry on for livelihood. Heart torn, we unwittingly embarrassed her by quietly buying the unnecessary one measure of rangoli every day, but feeling just and charitable. Then she stopped coming near our house once and for all. I asked when I met her in the main road later, why she stopped coming to our house. With dignity she said 'ayya, I don't live on Charity'.

Having been associated with an NGO for a couple of scores of years, it never occurred to the likes of me, how much the receiver cringes when we dole out goodies. And also expect someone to take pictures of our charitable act and publicize. The other day when we were serving at an 'annadana' in a temple having hosted the same on our anniversary, I found this elderly very rich cousin of ours clad in a simple rustic cloth after renouncing all her attachments, standing in the que to receive food. I literally shouted, " akka, what are you doing here, when you can feed half the Bangalore". She replied 'thamma, I thought I renounced all, but I am now trying to kill my pride, the real demon in me.'

An article on 30 Sept 2022 in Deccan Herald

## Rotary Fun Facts

- The first Rotary Boys' Week was held in New York City in May 1920, by the Rotary Club of New York.
- In 1934, Boys' Week became known as Youth Week, and in 1936, Boys' and Girls' Week.
- In 2010, Youth Service became Rotary's fifth Avenue of Service.
- During the 1920s and 1930s, Paul Harris traveled extensively, ceremoniously planting trees to symbolize goodwill and friendship.
- January of 1911 was the first issue of The National Rotarian. The name was changed to The Rotarian in 1912, when Clubs were organized in Canada.
- The largest Rotary Club is the Oklahoma City Downtown Club with over 600 members





## TRANSFORM INTO AN OUTSTANDING ACHIEVER

Everyone is born with a unique talent and ability. But you must first identify your 'svadharma' or core interest and invest your energies in that field.

In your svadharma fix a higher ideal or goal. You cannot achieve greatness with a small mind. Enlarge your vision, rise above the obsession with I, me and myself. Espouse a higher cause.

The ordinary Mohandas Karamchand Gandhi transformed into the Mahatma when he decided to work for the country swami Vivekananda, who initially trembled at the thought of addressing the Parliament of Religions, became a world-famous preacher when he dropped the thought of self. You too can meta-morphose into an extraordinary achiever if you rise above thought of self.

Thought of self comes in the way of success. A musician sings off key when he thinks of his income and audience rather than his performance. An engineer messes up the presentation when he is desperate for a contract. A chef goofs up when he is anxious to impress his customers.

How not to think of yourself? Get inspired with a goal beyond your selfish, self-centred interest. Shed your petty, trivial, in-significant preoccupations and you will wake up every morning inspired, enthusiastic and excited to live one more day for your goal.

You will be happy as you will be free from the burden of having to cater to yourself. Think of giving and you are instantly happy. The moment you plan and scheme to benefit from anything you are miserable. Watch child sharing her chocolate with a friend. She beams with happiness. Another child refuses to share her goodies. She has a frown on her face. And thought of self keeps you stunted and handicapped. You never realise your infinite potential.

All this happens because you fall for the lure of instant pleasure. The Bhagwad Gita says that anything which gives pleasure here and now gives long-term pain and true happiness appears in the grab of sorrow. This does not mean you have to lead a painful, boring existence. Help yourself to the pleasures of the world. But invest some time and effort at assuring yourself a fulfilled and happy life in the long run. In the end, the best that the world offers is found wanting. Everything falls short. Every successive contact with a sense object yields less enjoyment and the vigour of the senses wanes as you age. Everything is temporary and passing. And the more you run, the further happiness seems to recede.

The Bhagwad Gita introduces us to the world of the Spirit. Once you are captivated by the nostalgia of the Infinite, all worldly joys pale into insignificance. You now work only to get to enlightenment.

Dhruv, Prahlad, Nachiketa and Ekalavya are some of the outstanding star kids who rose above worldly enchantments, were put to the test and passed with flying colours.

You can also lift yourself out of the drudgery, monotony and boredom of material life. Wake up to your potential. Hike a concerted effort to rise above petty, inconsequential matters and take off into subtler realms. Your effort will pay rich dividends.

### *Live In Fragrance*

A friend was ill... someone picked fresh flowers for him. When he came back, I found that the fragrance of the flowers he had given still lingered on his hands... Whatever we give, its fragrance or its bad smell is left behind. To live in fragrance, give only fragrance.

**Rtn. Amar Rander**  
Past President

Rotary Bangalore South West, 2021-22



## REJECT PLASTIC, PROTECT EARTH



*It is just **"ONE PLASTIC STRAW/BAG"**, said 20 million people. We are aware of the deadly hazards of plastic, yet we are unable to ban it completely. Single use plastic is still visible, yet people turn a blind eye towards it.*



*As per the latest study, researchers suspect that pregnant women who are exposed to higher traces of Bisphenol A (BPA) found in food/beverage packed in single use plastic bags/tins are more likely to give birth to sons with autism. As per Professor Ponson BPA can disrupt hormone-controlled male fetal brain development in several ways, including silencing a key enzyme, Aromatase, that controls neurohormones which is especially important in foetal male brain development.*

*So what are we waiting for ?*

***A future filled with sickness and sorrow ???***

*We need to act quick.*

**REJECT PLASTIC, STOP THE DEMAND AND SAVE EARTH**

*An Article By Ann Shilpa Srinivas*





2nd Aug Annet Chirag Heda S/o Rtn Sharad Heda  
4th Aug Rtn Karthik Kittu  
5th Aug Ann Saloni Raja W/o Rtn Sandeep Raja  
7th Aug Rtn Sharad Heda  
8th Aug Jinesh Sheth S/o Rtn Sailesh Sheth  
9th Aug Rtn Anil Ramesh  
9th Aug Annet Palak Mehta D/o Rtn Manish Mehta  
12th Aug Rtn Ramesh Shenvi  
13th Aug Annet Mahek Jain D/o Rtn Hitesh Jain  
14th Aug Annet Ramya Sriram D/o Rtn P Sriram  
15th Aug Ann Anusha Sandeep W/o Rtn Sandeep Setty  
16th Aug Rtn Dr. Sameer Hariani  
19th Aug Annet Tejas S/o Rtn Vasuki  
19th Aug Annet Rishika D/o Rtn Rakesh Sharma  
20th Aug Annet Anagar D/o Rtn Anil Ramesh  
20th Aug Annet Ashwini D/o Rtn T Sriram  
22nd Aug Rtn Venkatesh Makam  
25th Aug Ann Srimathi Master W/o Rtn Paresh Master  
25th Aug Annet Rishab Raja S/o Rtn Sandeep Raja  
27th Aug Annet Sharan S/o Rtn Sreenath  
28th Aug B'day Remembrance of Late Pandurang Potnis  
30th Aug Ann Chitra W/o Rtn C N Kumar

Happy Anniversary  
wishes from all of Us



18th Aug  
Rtn B.N Krishnamurthy & Ann  
Rajeshwari  
21st Aug  
Rtn Bhagavan & Ann Jayanthi  
27th Aug  
Rtn Dr. P Sriram & Ann Vijaya

## What Startup Entrepreneurs need to "unlearn"!

In short  
**Startup = Passion**

**Passion is the fire that burns a startup, and the founder is the starter fuel**

**Candle in the wind?**  
It is common knowledge that 8 out of 10 startups fail and 1 just breaks even so how to not "burn" out?

**Durable flame**  
As a founder or startup entrepreneur, are you a durable flame? a wood that burns the longest?

**Do you burn long like hardwood?**  
Hardwoods are denser woods that burn hotter and longer than softwoods, but you will need to let them season for more than a year. As a founder or Startup entrepreneur, you can't burn out like a candle. For the serious heat, you may want to investigate hardwoods like madrone, live oak, ash, hickory, walnut, and apple or cherry trees to see how you can burn in, passionately!

**Fail with grace**  
Startup teams need to learn fast. Learning is consolidated from failing primarily. In general, we all want to succeed even as we toss the napkin, we just wiped our nose with, when we aim the shot into the dustbin. Fail we may even in that task, as success depends on internal and external factors.

So, it is essential to learn how to fail with grace and succeed similarly. Equanimity is an inner state that entrepreneurs can practice. It is a dynamic balancing act between success that we want and failure we dislike. Will that increase the success rate and reduce the failure outcomes? Maybe not! But what it will do is to help the startup team learn from them as failures are stepping stones to success.

Diamonds are made by pressure, cuts, and over time. While the path to success is hardly smooth/easy, failing is what a startup team needs to learn from by embracing it with grace. Coming from a culture where we learn even from a defeated enemy (eg Ramayana), the learning ways and means are endless if only one is open. Having a steady mindset is key.



## ICGF- Public Image "Sammilana"

ICGF- Public Image "Sammilana" held at Shishira Resorts, Channapatna on Sunday 25th August 2024 was a splendid affair!!!

It was managed by all clubs belonging to the Zone: Ramanagara. The Guest Speakers Ms. Alina Alam, Founder of Mitti Cafe and Rtn Raghu M S, a NLP Practitioner, were remarkably inspiring!

Kudos to all the organising clubs for a wonderful event of warm hospitality, flawless programme and mouth watering sumptuous cuisine!





## *From the Editor's Desk*

*Dear Rotary Club Members,*

*As we step into the vibrant month of August, it's a privilege to share with you the highlights of an incredibly impactful period for our club.*

*This month, we took a significant step towards community welfare with our successful blood donation camp, a testament to the generosity and spirit of our members. Your enthusiastic participation has not only enriched lives but also underscored our collective commitment to making a difference.*

*Additionally, the informative sessions on cybersecurity and the "Good Touch, Bad Touch" initiative have provided us with crucial knowledge and skills, reinforcing our dedication to both personal and communal safety.*

*As we also celebrate Independence Day this Month, reflecting on our nation's journey and values has inspired us to continue striving for a better future. Here's to a month of progress, learning, and service. Let's keep the momentum going!*

*Warm regards,*

**Rtn Vinay Laddha**  
**Editor**