



Buzz TIMES!

....."Let's create some Belle Buzz and buzz away to glory!"

Rotary Club of Hubli Central

UNITE FOR GOOD

December Month Issue

RI DIST.: 3170 CLUB NO.: 91072 CHARTERED: 16-05-2025

Monthly dose of Rotary Central Hubli

Welcome to the December theme edition of Buzz Times

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Disease Prevention & Treatment Month

Caring Today. Healing Tomorrow.

Prevent Treat Heal Protect

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M SILVER



ARTICLES

- Samai
- Arthi
- Chambu
- Kumkum Bowls
- Pooja Articles
- Idols

JEWELLERY

- Bridal Wear
- Vandanam (Kamar Pota)
- Necklace (Traditional & Fusion)
- Bracelets / Bangles
- Watches
- Ear Rings

- Finger Rings
- Anklets & Payals
- Rakhi
- Brooches
- Kids Jewellery

Many More.....

CORPORATE GIFTS

Koppikar Road, Hubballi.

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President & Chairman's Note

Celebrating TRF, Celebrating Our Achievement

Rtn. Anjana Basangoudar

President, The Rotary Club of Hubli Central

“Service, SHEnergy & Sunsets — December, you were unforgettable!”

December proved that Rotary knows how to balance meaningful service with memorable fellowship! In the spirit of Disease Prevention & Treatment, we focused not just on physical health but also on mental well-being and empowerment. The SHEnergy event was a powerful and inspiring platform that celebrated women's strength, leadership, and resilience—leaving us energized, motivated, and proud.

Adding sunshine to service, our fellowship trip to Krabi and Phuket was the perfect reminder that laughter, travel, and togetherness are also forms of therapy—no prescription needed! Beyond the scenic beauty, the trip strengthened bonds, built lasting friendships, and created memories that will stay with us long after December. As we close the year, this month stands as a beautiful reflection of Rotary—serving with heart, empowering communities, and cherishing fellowship. Service Above Self



Secretary Message

“Awareness today builds a healthier tomorrow.”

December's focus on Disease Prevention and Treatment reminds us that good health is the foundation on which strong families and communities are built. Prevention, timely care, and awareness are not just medical responsibilities — they are shared commitments we make to ourselves and to society. Through Rotary's initiatives, we continue to emphasise the importance of early intervention, healthy habits, and access to care. Whether through awareness programs, health initiatives, or simple conversations that encourage better choices, every effort contributes to long-term well-being.

It is encouraging to see our members participate actively and wholeheartedly, reinforcing the belief that Rotary service goes beyond projects — it touches lives with care and compassion. As we move towards the close of the year, let us carry forward the spirit of mindfulness and responsibility towards health, remembering that a healthy community is the strongest form of service we can offer. **Together, let us continue to serve with care, concern, and commitment.**



Rtn. Smita Mahesh
Secretary, The Rotary Club of
Hubli Central



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The Editor's Cut: November 2025

December reminds us of something we often take for granted — our health. In a world that moves fast, prevention becomes our quiet strength and awareness our first line of defence. Disease Prevention and Treatment Month is not just about curing illness; it is about protecting life, nurturing well-being, and building healthier communities together.

Rotary's approach to health has always been proactive and compassionate — from eradicating polio to promoting preventive care, awareness, and timely treatment. These efforts echo a powerful truth: when we care early, we heal better.

As you turn these pages, you'll find stories, initiatives, and simple habits that remind us how small, consistent actions can safeguard our future. Because true service lies not only in treating disease, but in empowering people to live healthier, happier lives. **“Good health begins with awareness, care, and conscious choices.”** Let us continue to choose awareness over neglect, prevention over cure, and care over indifference.

Rtn. *Poonam Bhutada*

Editor – Buzz Times
Rotary Club of Hubli Central



HUBLI HOTSPOT

Kallagudda (Kalleg)



- 📍 **Location:** On the outskirts of Hubli
- ✅ **Why it matters:** A quiet hill stretch ideal for morning walks, fresh air, and mindful movement.
- 🏡 **Health connect:** Regular walking here supports fitness, stress reduction, and prevention of lifestyle diseases.

A calm corner of Hubli where wellness begins with a walk.

ROTARY CLUB OF OF HUBLI CENTRAL

Buzz Times | December – Disease Prevention & Treatment

UPCOMING EVENTS – HUBLI | JANUARY 2026

What's happening in & around Hubli

1 TiECON Hubli & Women's Conclave

📍 Hubli
📅 January 31 – February 1, 2026

A key gathering focused on entrepreneurship, leadership, and networking with a dedicated focus on women leaders in business and industry.



2 Hubli International Kite Festival 2026

📍 Hubli (City skies)
📅 January 2026 (precise dates TBC)

A vibrant celebration of kites, cultural pride, and colours as sky-high displays bring families and visitors together.



3 International & Industry Conferences (Nearby, accessible)

📍 Several events related in technology, science, and health are scheduled in January (often in nearby cities but relevant for professionals and club members):

- Conferences on Mechanical, Civil and Manufacturing Engineering (Jan 14, 2026)
- Workshops on Science, Engineering & Technology (Jan 14–15, 2026)
- Events related to communication and electronics technologies (Jan 14, 2026)
- Global business & leadership conferences later in the month in Goa / Panjim area.



➤ These are useful if club members want professional development or partner invitations.

General Tips for Local Hubli Event Planning

- 📍 Local community WhatsApp groups
- 📍 Hubli municipal events calendars
- 📍 Hubli Venues & Resorts (eg. Gangebhavi Resort)
- Family-friendly and DJ-based New Year celebration events and gatherings, with music, dance, and community participation.



IMPACT STORIES OF NOVEMBER 2025

Nov 1st Breast Cancer Awareness Talk & Demonstration:



Rotary Club of Hubli Central invited **Dr. Shilpa Chatni, MS (Gen Surgery), Surgical Oncologist**, to deliver a talk on Breast Cancer Awareness and a live demonstration at Mahila Vidyapeth, Hubballi. The insightful session was indeed informative and helpful. A special thanks to Rtn. Kirti Tambad, Executive Chairman, Mahila Vidyapeth, for giving the opportunity to address the staff and students of the Polytechnic and Tailoring sections. Appreciation to Rtn. Dr. Shashi Hosamani for organizing the event, and to Rtn. Dr. Renuka and Rtn. Rita Bankapur for their gracious presence and support. Let us reiterate that **Awareness is the First Step Toward Empowerment.**

Nov 2nd Sanitary Napkin Distribution projects by RCHC as part of MHM:

RCHC, to promote menstrual health and hygiene has planned to organise napkin distribution drives and related awareness sessions at various locations in Hubli in the coming days. The first such was organised at Mahila Vidya Peeth College. Rtn Kirti Tambad, Executive Chairman of the Institution, distributed 100 sanitary napkins to underprivileged girls in the school. The second one was organised at Manjunath School, Bengeri. As part of Rotary Club of Hubli Central's **"Breaking the Silence"** campaign, Rtn Ayesha Mulla, Menstrual Health & Hygiene Chairman, along with Rtn Asha Salian, Community Service Director, visited Manjunath School, Bengeri, and distributed sanitary napkins to the students. An interactive awareness session on explaining menstrual hygiene practices and helping young girls understand the importance of maintaining health and confidence during their periods was also conducted. This community outreach is a small but effective way to support girls' hygiene and health. As we continue our community projects, the club members and organising committee are also putting in efforts to make the international women's conference - SHEnergy - 2025 a memorable one. Gentle reminder to register for the same.



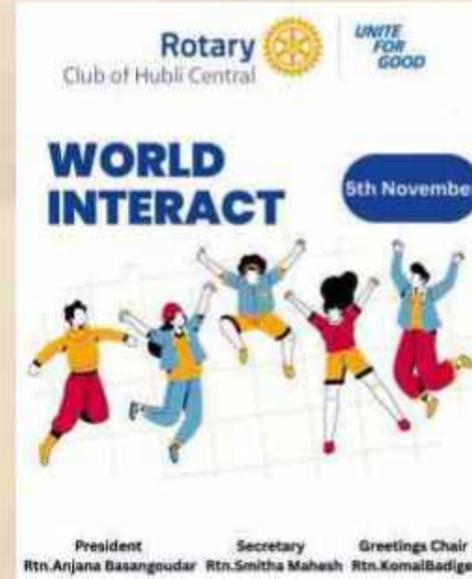
Nov 3rd Continuation Of Distribution Of Sanitary Pads:



Sanitary Napkin Distribution at Felicia Kids Home, Keshwapur: Continuing the drive to spread menstrual hygiene awareness, PP Rtn Rita Handa, Rtn Asha Jotwani, and Rtn Sinchana Anthony reached out to Felicia Kids Home, Keshwapur, where they distributed 30 sanitary napkins to the resident girls. This thoughtful initiative was made possible with Rtn Sinchana's support in coordinating and facilitating the distribution. The team also engaged the girls in a friendly discussion on menstrual hygiene, emphasizing care, confidence, and breaking the stigma surrounding menstruation. Heartfelt thanks to Rtn Rita, Rtn Asha, and Rtn Sinchana for their compassion and commitment to empowering young girls through awareness and action.

Sanitary Napkin Distribution at Matru Mandir RSS Bhavan, Keshwapur: Rtn Shravani Pawar led another impactful phase of the menstrual hygiene initiative by distributing 30 sanitary napkins to the girls of Matru Mandir RSS Bhavan, Keshwapur. Along with the distribution, she engaged the girls in an informative session on menstrual health and hygiene, inspiring them to adopt safe and healthy practices. A big thank you to Rtn Shravani for her compassion and proactive contribution to this meaningful cause and Rtn Rita Handa and Rtn Asha Jotwani for attending

Nov 5th World Interact Day Celebration



Rotary Club of Hubli Central proudly joins the global celebration of World Interact Day on 5th November, honouring the spirit of youth leadership, service, and friendship that defines Interact Clubs worldwide. On this special occasion, we are delighted to announce that our Club **will soon be installing a new Interact School**, inspiring young minds to embrace the Rotary values of Service Above Self and to become future change makers of our community. Together, let's nurture tomorrow's leaders today!

Nov 6th Seats of Care, Spaces of Comfort:

Two members from RCHC, Rtn Dr Varsha Bangarshettar and Rtn Dr Shruti Walad, have been instrumental in creating a Community Service initiative, organized in **collaboration with Rotary Club of Hubli Central, Rotary Club of Vidyanagar, and Ashoka Hospital, Hubballi.** Their focus on community development and health is integral to Rotary initiatives towards the same. Special mention to Rtn Dr. Varsha Bangarshettar who has donated benches, to the newly transformed Good Health Spot — a true testament to her dedication towards community well-being. The event was graced by Hon'ble Ex-Chief Minister, Karnataka, Shri Basavaraj Bommai and the renowned Cardiologist, and sitting Member of Parliament, Bangalore Rural, Dr. C.N Manjunath also the former director of the Jayadeva Institute of Cardiovascular Sciences and Research. His insights into health care, and vision of making it affordable for the poor met with a lot of applause among the audience. Heartfelt thanks also to Rtn Sanjana, Rtn Shravani, Rtn Roopa, and Rtn Shilpa Shetty for attending and supporting this noble cause. Together, with the joint efforts of Rotary Club of Hubli Central, Rotary Club of Vidyanagar, and Ashoka Hospital, we have proudly turned waste into wellness, creating a shining symbol of cleanliness, health, and community harmony for Hubballi!



Nov 7th RCHC Festivals and club activities



According to the Hindu tradition, once Shraavan sets in, in July / August the festivals fervour begins and ends in Karthika, in Oct/ November every year. RCHC as part of the fellowship and club activities announced contests to engage members in some fun and also share their celebrations and creative side with fellow members. Was heartening to note that members participated with enthusiasm and passion. The winners are the following Rotarians

Recipe - Kiran & Nagrekha.
Diwal - Soneka & Asha Salian.
Navratri - Manisha & Nagrekha.
Akash Butti - Aparna

Kudos to Rtn Saanchi Sharma for conceptualising and announcing the winners of the contests. Let us unite for good and celebrate all the festivals in the true spirit of ROTARY

Nov 7th Proud Moment for Rotary Club of Hubli Central!

We are delighted to announce that our club has bagged the **First Prize in the MHM Poster Competition held during the GARIMA-MHM Zonal Summit on 7th November 2025 at Royal Ritis, Hubballi**. This achievement stands as a reflection of our club's continued efforts towards Menstrual Health Management (MHM) — creating awareness, breaking stigmas, and empowering womanhood with dignity. A heartfelt appreciation to Rtn. Ayesha, MHM Chairman, for her initiative, creativity, and dedication that led us to this remarkable recognition. Special thanks to Rtns. Asha Salian, Ritaji, Sinchana, Asha Jotwani, Shravani, and Kirti Tambad for their active participation in sanitary napkin distribution drives across various locations — making a meaningful impact in the community. Gratitude to the student interns of Ayurveda



Mahavidyalaya for their impressive street play on menstrual health and hygiene at Siddharudha Math, spreading awareness through art and empathy. A big thank you to our secret donor for generously contributing sanitary napkins — your silent gesture speaks volumes of compassion. And finally, our sincere thanks to the Rotary Club of Hubli Phoenix for organizing this inspiring summit and for honoring us with this award. Together, we continue breaking barriers, spreading awareness, and empowering womanhood with pride and purpose!

Nov 12th Skin & Hair Care Awareness Camp



Rotary Club of Hubli Central successfully organised a **Skin & Hair Care Camp on 12th November 2025**, aimed at promoting awareness and preventive care within the community. The initiative was conducted in collaboration with NIF Global Hubballi, under the guidance of **Jyoti Bidsaria and her dedicated NIF team**, whose support played a key role in the project's success. The camp featured an engaging and informative session by **Dr. Shreyas Kololgi and Dr. Lahari Kololgi** of Kololgi's Clinic, who shared practical insights on skin and hair health, addressing common concerns with simple and effective care

tips. Their interactive approach made the session highly enriching for all attendees. The programme witnessed active participation from club members and guests, including **Jyoti Yarlagatti, Rekha Nayak, Bharati Mahajan, Bhavana Kulkarni**, and friends, along with Rotarians **Sanjana Maheshwari, Shravani Pawar, Payal Mahajan, Shilpa Shetty, and Poonam Bhutada**. This collaborative effort reflected Rotary's commitment to **wellness, awareness, and community care**, making the camp a meaningful step towards healthier living.

Nov 12th RCHC, Ashoka Hospital & Swasthya Care collaborate for successful CPR training program:



In addition to the awareness session, participants were given a **hands-on demonstration of CPR and the use of a defibrillator**, highlighting the importance of prompt action during medical emergencies. The session also encouraged attendees to advocate for the installation of defibrillators at **Hubballi Airport**, ensuring swift and effective response in high-traffic public spaces. Heartfelt appreciation is extended to **Rtn Dr. Srushti Walad** and **Rtn Dr. Varsha** for leading this

impactful session with exceptional clarity and dedication. Their expertise empowered participants with essential **lifesaving skills**, instilling confidence and preparedness. Special thanks are due to the **Airport Authority of India team** for their active participation and support, which greatly contributed to the success of this training. Together, these collective efforts bring us a step closer to building a **safer, more prepared community**.

Nov 13th Blood Donation Camp – A Life-Saving Initiative:



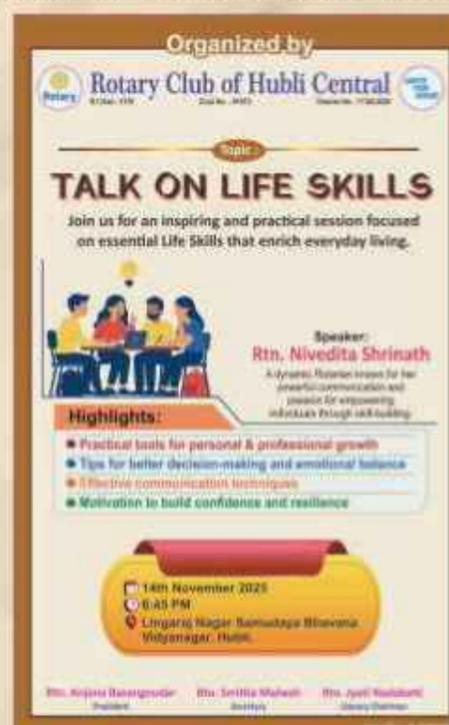
The Rotary Club of Hubli Central (RCHC), in collaboration with **KLE KIMS, Rashtrothana, and KLE Technological University**, successfully organised a **Blood Donation Camp** on 13th November 2025, marking the **110th Foundation Day of the KLE Society**, with valuable support from **HDFC Bank**. The camp saw an excellent response, with **108 units of blood collected**, contributing significantly to emergency healthcare needs. RCHC extends sincere thanks to **Dr. Sanjay Kotabagi** and **Ms. Sujata Kotabagi** for their support, and special appreciation to **Rtn Shashi Hosamani**, Event Chairman, along with **Rtn Sanjana** and **Vidya**, for their dedicated efforts. Together, this initiative reflected Rotary's spirit of service—**making a difference and saving lives**.

Nov 14th Kitchen Waste to Green Wealth:



The Rotary Club of Hubli Central (RCHC) organised a **Kitchen Waste Management Awareness Session** on 14th November 2025 at **Lingaraj Nagar Samudaya Bhavana**, promoting eco-friendly practices and sustainable living. The interactive session highlighted **smart waste segregation** and demonstrated how kitchen waste can be converted into **nutrient-rich compost**, helping reduce pollution and landfill waste. A special note of appreciation goes to **Dr. Jayshree Baligar** for her insightful and practical guidance on composting and sustainable habits. RCHC sincerely thanks **Rtns Shravani, Aparna, Roopa Dandin**, and **President** for their coordination and support in making the initiative impactful. Through such programmes, RCHC continues its **commitment to a cleaner, greener community**.

Nov 14th Life Skills for Holistic Growth:

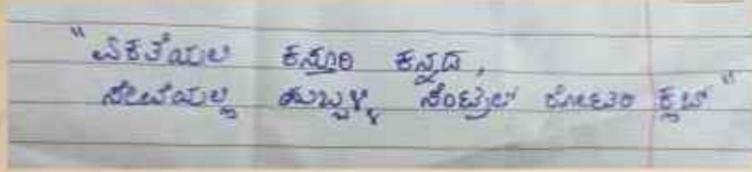


The Rotary Club of Hubli Central (RCHC) conducted an impactful **Life Skills Development Session** focused on enhancing personal effectiveness and overall growth. The session highlighted essential skills such as **thinking, communication, and self-management**, which play a vital role in both professional success and personal well-being. The session was led by **Rtn. Nivedita Shrinath**, who delivered an engaging and insightful presentation. She beautifully explained how life skills are learned, practiced, and internalised in everyday situations, enabling participants to apply them meaningfully in their daily lives. RCHC extends heartfelt gratitude to **Rtns. Jyoti Nadakatti, Roopa Dandin, Shravani Pawar, Vidya, and Aparna Hebsur** for their

coordination and meticulous arrangements, which ensured the smooth execution of the programme. Sincere thanks are also due to **Rtns. Sheetal and Roopa Devagiri**, along with the participants of **Lingaraj Samudaya**, for their presence and encouragement. Life skills education plays a crucial role in shaping confident, capable, and well-rounded individuals. Through such initiatives, **RCHC proudly contributes to nurturing individuals equipped to thrive in the modern world**.

Nov 15th Rotary Kannada Rajyotsava Tagline Challenge:

<p>"ಸೇವೆ ನಮ್ಮ ಸಂಸ್ಕೃತಿ, ಕರ್ನಾಟಕ ನಮ್ಮ ಹೆಮ್ಮೆ!" Poonam Butada</p>	<p>ನಾರಿ ಶಕ್ತಿ, ಖುಷಿ ಮತ್ತು ಉದಯ ಪ್ರತಿಬಿಂಬಿಸುವ ಹುಬ್ಬಳ್ಳಿ ಸೆಂಟ್ರಲ್ ರೋಟರಿ ಕ್ಲಬ್ ವತಿಯಿಂದ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಪ್ರತಿಭಾಕಾರಕ ಸುಭಾಷಯಗಳು. - ದರ್ಶ ಬಂಗಾರಶೆಟ್ಟರ್ Dr. Varsha Bangarshettar</p>	<p>HCLC - ದಲಿತ ವೇಗ ಮತ್ತು ಸೇವೆಯ ಕೇಂದ್ರ ವಿಂದು Kiran Megavi</p>
<p>"ಮಾನವತೆಗೆ ಮಿದಿಯವ ಹೃದಯ - ರೋಟರಿ ಹಬಳಿ ಸೆಂಟ್ರಲ್!" Manisha Agarwal</p>	<p>ನಾವು ರೋಟರಿ ಕ್ಲಬ್ ಉದ್ಘಾಟಿಸಿ ಮುನ್ನಡೆಸುತ್ತಿದ್ದಾಗ ಈಗಿನ ರೋಟರಿ ದೃಷ್ಟಿಯನ್ನು ಕಳೆದುಕೊಳ್ಳುತ್ತೇವೆ... ಭೀಷ್ಮರಾಯ್ ನಾಯ್ಕ, ಸುಂದರ್ ಪತ್ನಿ, ಪ್ರಕಾಶ್ ಕುಮಾರ್, ದಯಾ ಕುಮಾರ್, ಉಜ್ವಲಾ ಕುಮಾರ್ Rashmi Gokul</p>	

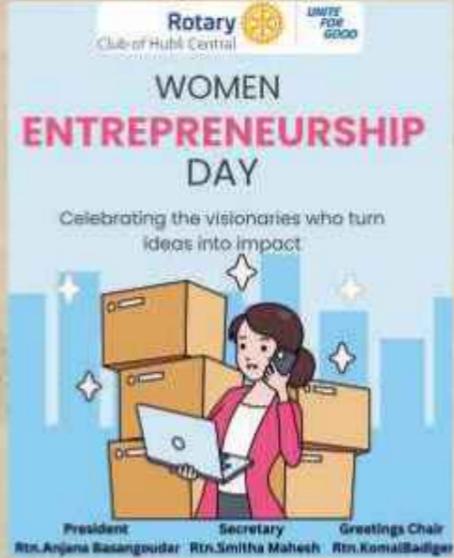


RCHC announced a tagline competition for its members to commemorate Kannada Rajyotsava, which falls on 1st November. Members participated with great enthusiasm, and we are happy to share the lines submitted by our participants. The winners of the competition are:

- Pooja Yarlattatti – 1st Prize
- Poonam Bhutada – 2nd Prize

Heartiest congratulations to the winners! Let us unite for good and embrace all cultures, languages, and traditions in the true Rotary spirit.

Nov 19th RCHC Celebrates Women Entrepreneurs!



Rotary Club of Hubli Central WOMEN ENTREPRENEURSHIP DAY It's a huge feat to run your own business and take that leap from being an employee to a founder. It takes tremendous amounts of courage, hard work, perseverance, motivation, and determination to succeed—more so for women. Celebrating the vision one woman at a time. Women need to **redefine their own perception of themselves and unchain themselves of assumed and thrust-upon responsibilities.** Cheers to those whodare.

Nov 19th RCHC celebrated the International Men's Day & clubbed it with the 8th Bi-Monthly Meeting:



International Men's Day is celebrated annually on 19th November, and unlike Women's Day, it often sees fewer organized events. Being an all-women's club, it was particularly special for RCHC to involve spouses and fellow male Rotarians in these celebrations. The evening was filled with **fun and laughter**, reflecting the significant effort and hard work put in by RCHC members and their respective teams. We express our deepest gratitude and appreciation to:

1. **Rtn Saanchi**, for her heart-touching poem, beautiful anchoring, coordinating with the singer, and managing other minute details.
2. **Rtn Shrivani**, for shaping the "Faces of Strength" theme and arranging the speaker, **Dr. Girish Babu**. His talk, titled "Hey Man... It's OK," was received with much appreciation. She also successfully launched the "Faces of Strength" Beard Competition.
3. **Rtn Manisha Agarwal**, for creating the lovely video.
4. **Rtns Jyoti and Nagaraj Nadakatti**, with a special thank you for the original idea of the Beard Competition.
5. **Rtns Sanjana, Smita, Kavita, and Tisha**, for their dedicated support, presence, and coordination.
6. **Our members, Anns, members from Rotary Hubli Pariwar, Husbands, and Kids**, for attending in such wonderful numbers.

Together, we made this a **truly memorable celebration** of the men in our lives.

Nov 23rd RCHC's Commitment to a sustainable future:



Coconut trees are considered sacred and auspicious in India. Environmentalists often remind us that for every tree we cut, we must plant three more to restore ecological balance. **Rtn. Asha Salian, Community Service Director**, has truly embodied this principle. When she had to remove an old coconut tree from her courtyard, she immediately resolved to plant more. With the

support of **CA Chanaveer Mungurwadi, Chairman of Siddharudha Math**, she planted multiple coconut saplings within the Math premises. The **Rotary Club of Hubli Central**—under the leadership of **Rtn. Anjana Basangoudar, President**, and **Rtn. Smitha Mahesh, Secretary**—proudly joined hands in this meaningful environmental initiative. A heartfelt thanks to **Rtn. Asha** and **CA Mungurwadi** for their commitment to creating a **greener, sustainable tomorrow**.

Nov 24th Dress to Impress" Fancy Dress Competition – A Grand Success:



"Dress to Impress" Fancy Dress Competition: A Grand Success The Rotary Club of Hubli Central (RCHC) hosted a vibrant "Dress to Impress" event with over **75 registrations**. The morning was filled with imagination as children across **four categories** competed for prizes in creativity and costume preparation. All participants received goodies, while anchors kept the little ones engaged with fun activities. Heartfelt Thanks to Our Dedicated Teams:

- **Support & Concept:** Rtns Sanjana, Shashi, Renuka, Sheetal, & Hema.
- **Registration & Organizing:** Rtns Tejaswini, Asha Salian, Kirti Tambad, Smita Shah, Nagratna, Shilpa Kothari, & Sapna Vora.
- **Stage & Finance:** Rtns Nayan (Treasurer), Nagrekha, Vineeta, Vidya, Asha Patil, Deepa Kalburgi, & Rashmi.
- **Sponsors:** Amit (Photo prints) and Samarth (Selfie booth), coordinated by **Smitha Mahesh**.

This event was a true celebration of **community spirit and teamwork** by Team RCHC.

Nov 25th Empowering Young Minds Through Stress Management:



The **Rotary Club of Hubli Central**, in association with the **IMA Ladies Wing and Art of Living**, conducted an interactive **Stress Management Session** specially curated for **PUC first-year students** on 25th November at **BASE PU College**. The one-hour session, designed to help young minds understand stress,

learn practical ways to manage it, and build stronger emotional resilience, was highly appreciated and applauded by students and teachers alike. The speakers, **Rtn. Nivedita Shrinath** and **Rtn. Dr. Renuka Duggani**, shared their knowledge on stress management and effective coping strategies. The interactive session also involved addressing student queries and demonstrating exercises for emotional well-being. A warm thank you to the **IMA Ladies Wing and Art of Living** for their invaluable support and presence. We also extend our appreciation to our speakers, **Rtn. Nivedita Shrinath** and **Rtn. Dr. Renuka Duggani**, for their insightful contributions. Our gratitude goes to the **Principal and Management of BASE PU College** for hosting and encouraging these student-centric initiatives. A special mention to **Rtn. Varsha** for her initiative and coordination, and hearty thanks to all the members who were present to support the event.

Nov 27th Carrying Change: RCHC's Cloth Bag Movement: Nov 30th Spreading Smiles at Kaladevi 2025:



The Rotary Club of Hubli Central conducted a successful **plastic-free awareness** drive at Vishveshwar Nagar Market by distributing cloth bags to local vendors. Conceptualized by **Rtn. Jyoti Bidsaria**, the initiative focused on encouraging vendors to influence their customers toward a plastic-free lifestyle. A highlight of the project was the enthusiastic participation of the **NIF girls**, who confidently engaged with vegetable vendors to promote environmental responsibility. With the active support of **Rtns. Nayan, Hemlata, and Sanjana**, approxi-

mately **65 bags**—jointly branded by RCHC and NIF Hubli—were distributed, significantly boosting the club's public image. The trial run concluded with a warm fellowship over snacks and tea, strengthening the bonds of friendship within the club. Motivated by this positive response, RCHC now plans to replicate this initiative across all major marketplaces in Hubli, proving that small, steady steps can lead to a **cleaner and safer Mother Earth**.



Rotary Club of Hubli Central believes in doing good and making its presence felt everywhere. As part of this commitment, RCHC participated in **Kaladevi 2025**, the annual creativity event held at **KLE Technological University, BVB Campus, Hubballi**, where over **650 school children** took part in **drawing competitions** and the **Best-Out-of-Waste exhibition**. To add a touch of joy to their creative morning, RCHC happily distributed **chikis** to

all participating students. Our sincere thanks to **Dr. Shashi** and **Dr. Sanjay Kotabagi** Sir for giving us the opportunity to contribute to this wonderful event. A warm appreciation to **Rtn Bhavana** for volunteering in distributing the sweets. Spreading smiles, supporting young talent, and serving the community—that's what RCHC stands for!

IMPACT STORIES OF DECEMBER 2025



SHEnergy 2025: Empowering Women through Fellowship and Leadership

SHEnergy 2025, a landmark women's conference initiated by RCHC and District 3170, was held on **6th and 7th December 2025**. While Rotary International has officially admitted women since 1987—with women now making up approximately 22% of global membership—this event underscored the growing influence of female leadership within the organization.

The conference was inaugurated by **Chief Guest Ms. Uma Shetty**, an international badminton player who has represented India on the global stage. Day 1 featured a high-level **Panel Discussion** among **Past District Governors**, expertly moderated by **PDG Dr. Rajan Deshpande**. Day 2 continued with three insightful sessions and a chat show where presenters engaged the audience on health, well-being, and gender issues. A highlight was the interview with **Rtn. Arundhati Mahadik**, who shared her inspiring journey and the challenges she faced as an entrepreneur and social worker.

The event concluded on a high note with positive feedback from all delegates. The **"icing on the cake"** was a spectacular dance performance by the members of RCHC during the inauguration, adding a celebratory spirit to a highly successful conference.



Dec 10th RCHC Spreads Warmth Through Community Clothes Donation Drive:



On 10th December 2025, the Rotary Club of Hubli Central carried out a clothes donation drive as part of its ongoing project. The clothes were generously donated by the friends and families of members, and the initiative was thoughtfully led and executed by **Rtn. Asha Jotwani** at Uday Nagar, Keshwapur, Hubli—beautifully reflecting Rotary’s spirit of **Service Above Self**.

Dec 14th From Hubli to Thailand — memories made, bonds strengthened, and friendships celebrated!



With excitement in the air and smiles all around, the Rotary Club of Hubli Central set off on its very **first International Tour to Krabi and Phuket**. This journey promised fellowship, fun, and unforgettable shared moments. A heartfelt thank you goes to **Rtn. Sanchi Sharma**, Club Service Director, whose exceptional planning and flawless arrangements ensured a smooth and cheerful start to the tour. Her dedication truly reflected the spirit of Rotary fellowship. Special thanks also go to **Rtn. PP Rita Handa** and **Rtns. Smita Mahesh, Asha Jotwani, and Poonam Bhutada**, who came to see the members off and wished them a safe journey.

Day 1 of the international tour - Golden Temple visit, enroute Krabi:

The RCHC International Tour unfolded with breathtaking beauty and soulful moments en route to Krabi on Day 1. As the sun softened, the journey turned spiritual with a visit to the **Big Buddha Temple (Wat Phra Thong)** in Phuket, offering a moment of calm, reflection, and gratitude amidst nature’s serenity. It was a day that beautifully balanced nature, togetherness, and inner peace—setting the tone for many more memorable moments ahead. We are grateful for the spirit of our members and the blessings of a higher force for these wonderful moments.



Day 3 – Krabi to Phuket: Culture, Coast & Connection:



Day 3 was a scenic transition from Krabi to Phuket via private transfer, enriched by a **Krabi City Tour** that offered glimpses into local life and culture. In Phuket, the day unfolded beautifully with a visit to the serene **Wat Kanan (the White Temple)** and a photo stop at the iconic **Giant Crab Statue at Bang Rong Pier**—a landmark reflecting the island’s coastal charm. A hearty Indian lunch kept spirits high as the journey continued. The evening was spent unwinding at the beach, shopping at vibrant local markets, and soaking in the lively island vibes. A highlight of the day was a **memorable flag exchange**, adding a meaningful Rotary **connection to the experience**. The day concluded with a comforting Indian dinner, perfectly blending travel, fellowship, and leisure into an **unforgettable experience**.

Dec 16th DAY 5 | James Bond Island & Phuket Fantasea !



Our day began at the legendary **James Bond Island**, where we cruised through Phang Nga Bay by traditional long-tail boat to admire iconic limestone cliffs and emerald waters. As evening set in, we were mesmerized by the **Phuket FantaSea Show**, a spectacular blend of Thai culture and storytelling. A

heartfelt thanksgiving session on the bus added a soulful touch to this final leg of our tour, **sparking reflections and shared laughter**. The day concluded with a delicious Indian dinner, perfectly rounding off a magical penultimate day of our journey.

Dec 17th Unity Beyond Borders: A Symbolic Flag Exchange on RCHC’s First International Tour:



The Rotary Club of Hubli Central marked its first international visit with a symbolic **flag exchange**, celebrating unity beyond borders. We had the distinct privilege of participating in a meaningful international flag exchange with **PP Rtn. Panidcha Chueachit** (fondly known as Yora) and **Rtn. Supaporn Sripunthakal** of the **Rotary Club of MeuangRea Phuket, District 3330, Thailand**. This occasion held special significance as it marked the first international trip for the Rotary Club of Hubli Central—a proud milestone in the club’s journey. It was a wonderful

opportunity to interact, exchange ideas, and expand our horizons by learning from fellow Rotarians and experiencing Rotary fellowship beyond borders. The exchange beautifully reflected Rotary’s spirit of global unity, friendship, and Service Above Self, strengthening the bonds between clubs in India and Thailand. Additionally, the Rotary Club of Hubli Central had the privilege of a flag and pin exchange with **Rtn. Jagruti Doshi, Past District Chairman of Inner Wheel District 326 (Rotary District 3261)**, further strengthening the bonds of fellowship and service.

Dec 17th DAY 6 | Farewell Thailand & Back Home with Gratitude:

December 17th marked the conclusion of a truly memorable international journey. On the **return trip to Hubli**, members enjoyed a pleasant surprise halt at **Chitradurga**, meeting **Rtn. Ravindra M. K., District Governor of RID 3160, and his First Lady**. The DG and First Lady graciously hosted a dinner that deeply touched everyone with its warmth and charm—a perfect Rotary moment to end the tour. Our members return with joyful hearts and lifelong bonds, proving that for RCHC, this beautiful journey is only the beginning of many more adventures.



Dec 18th Service with Sensitivity and Care:



The Rotary Club of Hubli Central distributed **sanitary napkins and fruits to 30 children of HIV-infected parents** at **SAIUJYAM, Navanagar, Hubballi**, as a small yet meaningful step toward health, dignity, and awareness. Our heartfelt thanks go to **Rtns. Shravani Pawar and Smita Mahesh** for personally visiting the center and distributing the supplies with compassion and care. We also

sincerely thank **Mr. Sanjai** for granting permission and extending his support for this initiative. Through such thoughtful actions, we continue our commitment to Service Above Self, **reaching out where care is needed the most**.

Dec 21st National Polio Immunization Day:

Members of the Rotary Club of Hubli Central actively participated in **National Polio Immunization Day** on 21st December at **Chitaguppi Hospital, Hubli**. They supported the Pulse Polio program by assisting in the administration of polio drops and distributing breakfast and lunch across various wards in the city. By engaging in this meaningful service initiative, members contributed toward Rotary's continued commitment to protecting every child and advancing the mission of a **Polio-Free India**.



Dec 21st Meditation session on World Meditation Day:



"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor." — Thich Nhat Hanh.

Members of the Rotary Club of Hubli Central, in collaboration with the Art of Living Foundation, participated in a guided **meditation session** on the occasion of World Meditation Day, observed annually on 21st December. Our gratitude goes to **Rtn. Nivedita Srinath** for taking this initiative and delivering a thought-provoking talk on meditation. A special mention to **Rtn. Dr. Renuka Dugani** for the energizing warm-up session and her constant support for such events. We also thank **Rtns. Dr. Varsha Bangarshettar** and **Dr. Vidya Honawad** for mobilizing members and strengthening participa-

tion, and **Dr. Rama** for sharing a soul-stirring experience that resonated deeply with all participants. RCHC extends its thanks to **Rtns. Rashmi, Nagarekha, Nagratna, Asha, Anjali, Raj, Supriya, and Roopa** for their active participation and for being an integral part of the session. The highlight of the event was a mesmerizing **online meditation session guided by Gurudev Sri Sri Ravi Shankar**, which elevated the evening into a truly transformative and peaceful experience. These moments reminded us that inner stillness is the greatest service we can offer ourselves and the world. As the saying goes: *"The soul always knows what to do to heal itself. The challenge is to silence the mind."*

Dec 25th Rotary-Rotaract in Action | Inter-District Collaboration:



In an impactful Inter-District collaboration, the **Rotary Club of Hubli Central** partnered with the **Rotaract Club of Vidyanarayapura (District 3192)** for **Blanket Drive 2025**. This partnership highlights the shared purpose of Rotarians and Rotaractors in serving the community with compassion. Special thanks to Project Chair **Rtr. Vadiraj** for his leadership and for inviting RCHC to participate. This timely gesture perfectly honors the **Christmas spirit** through heartfelt service and community care.

Dec 26th AG Rtn. Kaustubh Saushikar Reviews RCHC Progress Ahead of District Governor's Visit:



The Rotary Club of Hubli Central (RCHC) held its Club Assembly ahead of the District Governor's official visit scheduled for 3rd January 2026. During the assembly, **AG Rtn. Kaustubh Saushikar** conducted a **detailed follow-up** with members, reviewed all Directors' reports, and meticulously cross-checked the DG visit checklist. This ensured the club is well-prepared and

aligned for a smooth official visit. A Rotary Club Assembly is crucial for internal management, reviewing goals, discussing challenges, and planning future activities. The session was conducted successfully, covering all items on the agenda.

Dec 27th RCHC Annual General Meeting Sets the Stage for a Year of Growth and Service:



The Annual General Meeting of the Rotary Club of Hubli Central was conducted smoothly and productively. Reports from the Secretary, Treasurer, and Avenue Directors were presented, reviewing the club's recent activities and performance. The 2024-25 accounts were presented by Treasurer **Rtn. Shravani Pawar** and PP **Rtn. Rajeshwari**, and were unanimously passed. The AGM also marked the announcement of the incoming team by President-Elect **Rtn. Dr. Nagrekha Hebsur**, ensuring a seamless leadership transition. RCHC continues to march toward future service projects, embracing both continuity and new ideas in the true Rotary spirit!

Dec 28th Rotary Fellowship Through Flag Exchange:

Rotary Club of Hubli Central members **Rtn. Rajeshwari Sanji** and **Rtn. Bharathi Mahajan** recently met with Rotarians in **Puri** and **Ranebennur**, exchanging club flags and establishing strong bonds of friendship. In **Puri**, **President Kamalendu Dash** and PP **Rtn. Joy Gupta** of the **Rotary Club of Puri**—a distinguished club chartered in 1969—met with **GSR Rtn.**



Vasuki Sanji and PP **Rtn. Rajeshwari Vasuki Sanji** during their visit. Meanwhile, in **Ranebennur**, **Rtn. Bharathi Mahajan** participated in a flag exchange in the presence of PDG (Dist. 3170) **Sharad Pai**, IPP **Rtn. Sujith J.**, and **President Rtn. Hiremath**. These exchanges continue to strengthen the spirit of fellowship across different regions.

Dec 29th Kind Gesture Towards A High Achiever:



A watch and a suitcase were donated to **Khushi Jadhav**, a meritorious 9th-standard student at **Sudha Shetty High School**. As an **achiever with multiple certificates from the 27 Battalion**, Khushi is the only girl selected from North Karnataka for prestigious training in Mysore. This gener-

ous gesture by one of our Rotarians reflects RCHC's commitment to empowering young achievers. Such small acts of kindness truly make a lasting difference.

Dec 30th RCHC Honors Gandhian Legacy with Clothing Donation Drive at Kasturba Balika Ashram:

The Rotary Club of Hubli Central (RCHC) donated **clothes and watches** at **Kasturba Balika Ashram (MVP)**, honoring a Gandhian legacy of "Service Above Self." Founded during Mahatma Gandhi's historic pre-Independence visit to Haveri by **Padmashree**



Sardar Veerengouda Patil and **Smt. Nagamma Patil** (Karnataka's first woman MLA), the Mahila Vidyapeeth began with just two children. Today, it is a nurturing home for over **50 girls**. In 1952, Jawaharlal Nehru visited the institution and suggested renaming it **Kasturba Balika Ashram** in memory of **Kasturba Gandhi**—a symbol of strength and compassion. **Rtn. Kirti Tambad**, granddaughter of the founders and an RCHC member, currently serves as the Executive Chairman of this esteemed institution. RCHC thanks her for the opportunity to support these children and expresses special appreciation to **Rtn. Asha Salian** for efficiently executing the project. For RCHC, this initiative reaffirms Rotary's commitment to the education, dignity, and empowerment of the girl child.

Dec 31st New Year, New Smiles — Celebrating Hope & Happiness:



The New Year was joyfully celebrated with the students at **Kasturba Balika Ashram** by sharing **cake, juices, and snacks**, and by spending meaningful, quality time with them. The warmth, smiles, and togetherness made the celebration truly special and memorable. Heartfelt thanks to **Rtn. Kirti Tambad** and **Rtn. Asha Salian** for thoughtfully arranging the snacks and cakes, and for making time to ensure these children felt valued, cared for, and truly special.

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COMPETITION WOMEN ENTREPRENEURS

FROM ROTARY CLUB OF HUBLI CENTRAL

Write an article maximum 150 words

लेख अधिकतम १५० शब्दों में लिखें

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LAST DATE
TO SUBMIT
3rd DEC

Women entrepreneurs are becoming a powerful force in shaping today's economy and society. They bring fresh perspectives, solve real-world problems, and create opportunities for their entire communities. Despite challenges such as limited funding, social expectations, and the balancing of multiple roles, women continue to break barriers and build successful ventures.

Powerful examples of this resilience include Falguni Nayar, who founded Nykaa at age 50 after leaving a high-paying corporate career, and Kiran Mazumdar-Shaw, who started Biocon in 1978 with minimal capital in a male-dominated biotechnology field. Similarly, Kalpana Saroj rose from poverty in a Maharashtra village to transform the failing Kamani Tubes into a profitable enterprise through sheer dedication. From rural micro-enterprises to large urban startups, these women prove that confidence, creativity, and hard work can turn any dream into reality. They stand as strong examples of empowerment and progress in our changing world.

- Rtn Tejaswini Jituri

Rani from Pune started a small spice stall with a tin box, her mother's recipes, and the faith of people around her. At first she sold only a few packets each day, yet she stood with fire in her eyes. One evening, when rain washed the market, neighbour Kishor held an umbrella over her stall and said, "Your work is worth more than this storm." That one line pushed her. Slowly her spices reached homes across town. Today Rani hires other women.

Women entrepreneurs rise not by magic, but by courage, support, and the strength to begin again. Rani's story shows that when people come together, even a small dream grows strong. She built her life with steady courage, one brave choice at a time. And such journeys of women are what the Shenergy Conference by Rotary Club of Hubli Central is all about.

- Rtn Bhavana Kulkarni

Mira Kulkarni: An Epitome of Resilience and Determination: As the founder of Forest Essentials, a luxury Ayurvedic beauty house, Mira Kulkarni built one of India's leading wellness and self-care brands. Hailing from the Tehri Garhwal region of Uttarakhand—known as India's Ayurvedic hub—Mira was exposed to traditional wellness practices early in life before her family moved to Chennai.

Facing a difficult divorce at a young age, raising two children alone, and navigating strained relationships with parents who had opposed her marriage, Mira built her business from scratch. Despite these extreme challenges, she remained determined to succeed. By blending ancient Ayurveda with modern eco-conscious values, she transformed a simple line of handmade products into a global icon with over 130 stores across India, the UK, and the Middle East. Her commitment to purity and sustainability has made her one of India's most successful self-made women. Mira Kulkarni's journey stands as a powerful testament to how resilience and a clear vision can turn personal struggle into global success.

- Rtn Dr Kiran Magavi

Women Entrepreneurs: A Journey of Growth and Leadership.

Women entrepreneurs today are driving remarkable change through determination and resilience. Their success transcends business growth; it is about breaking stereotypes and inspiring others to lead with confidence. My own journey reflects this spirit. As a Director at Me4U Academy Pvt. Ltd., I began by training students in Tally and computer courses to build their professional foundations. Over time, my role evolved, and I now proudly lead our Sales and HR teams. Additionally, I manage digital marketing and Google Business Profile services—both for our academy and for external clients—helping businesses expand their online presence. Each challenge along the way has refined my leadership, communication, and problem-solving skills. Like many women in business, I balance multiple roles daily, yet every milestone reinforces that women can achieve anything through clarity and consistency. Women entrepreneurs are doing more than just running companies; they are building a future defined by opportunity and inspiration.

- Rtn Komal Badiger

THE BUZZ FORECAST FOR JANUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 Project & Club Assembly
4 Importance of Library	5	6 Toilet Hygiene & Maintenance /WINS	7	8	9	10
11 Birthday of Dr Kanan Sanghavi	12 Birthday of Dr Shashikala Hosmani	13 Cloth Donation	14 Birthday of Nivedita	15 Birthday of Shilpa Habib Mop making workshop & Bimonthly	16	17
18 Birthday of Neha Kothari	19 Birthday of Bharti S. M. & Dr Apoorva Rampure Fall Prevention & Bone Health Workshop	20	21 Birthday of Aparna Hebsur	22 SHG - Menstrual Hygiene	23 Visit to Wormi Compost	24 Birthday of Sandhya Modi
25	26 Disaster Preparedness Workshop	27 Plastic Free Drive Sanitary Pad Making & Distribution	28 BOX Cricket	29 Birthday of Keerthi Tambad	30 Geriatric Health Screening	31

Health Awareness Corner



Prevention Begins with Awareness

Good health is not achieved by chance—it is built through informed choices, timely care, and consistent habits. This month, we focus on simple yet powerful awareness points that help **prevent disease** and promote overall well-being.

MYTH vs FACT

✘ Myth:

Cold weather causes colds

✔ Fact:

Viruses cause colds. Good hygiene and strong immunity prevent them.

✘ Myth:

Regular preventive helps check-ups help detect issues lay.

✔ Fact:

Balanced meals maintain metabolism and immunity.

Winter care is prevention in disguise.

HEALTHY HABITS THAT MATTER MOST

- ✔ Eating fresh, home-cooked food.
- ✔ Practice hand hygiene.
- ✔ Stay physically active

SEASONAL HEALTH TIPS – WINTER EDITION

- ✔ Dress warmly to protect against infections
- ✔ Stay hydrated—even if you don't feel thirsty
- ✔ Include immunity-boosting foods (fruits, vegetables, nuts)
- ✔ Maintain regular physical activity
- ✔ Get adequate sleep to support immune function
- 🕒 Winter care is prevention in disguise.

PREVENTION CHECKLIST

- ✔ Regular blood pressure and sugar checks
- ✔ Annual health screenings
- ✔ Timely vaccinations
- ✔ Hand hygiene and clean surroundings
- ✔ Balanced nutrition and physical activity
- ✔ Mental health check-ins

ROTARY & HEALTH – A GLOBAL COMMITMENT

Rotary's work in disease prevention includes

- ✔ Polio eradication initiatives
- ✔ Community health camps
- ✔ Maternal and child health programs
- ✔ Awareness and early detection drives



Awareness today leads to healthier tomorrow.

Healthy Habit Wall



Small habits today. Stronger health tomorrow.

Good health is not built overnight—it grows from the habits we practice every day. As part of **Disease Prevention & Treatment Month**, our members shared one simple habit they follow to stay healthy and prevent illness.

Together, these habits form our **Healthy Habit Wall**—a reflection of care, awareness and conscious living.

I start my day with physical activity and plan to add meditation next year for better focus and balance.

-Rtn Payal Mahajan

Drink 1-2 cups of water slowly on an empty stomach upon waking to boost hydration, metabolism, and gut health while calming the mind.

-Rtn Kiran Maggavi

My healthy habit: Give the world your best, and the best will come back to you.

-Rtn Jyothi Bidasaria

The happiest people don't have the best of everything; they make the best of everything.

-Rtn Shruthi Hebsur

Let's pause before reacting for our better mental health

-Rtn Vidya Honawad

Ending my Day with a story not screen

-Rtn Shravani Pawar

I consciously cultivate positive thinking to stay resilient and solution-oriented.

-Rtn Shreevalli Hebsur

I prioritised self-love and self-care before anything else.

-Rtn Ruchita

I wake up, sit in silence for 5 mins, and gently soak in the morning Sun

-Rtn Tejashwini

Go on tours to exotic destinations too!!

-Rtn Kiran

Do something drastic cut plastic Walk a mile to feel ur beat

-Rtn Varsha

I start my day with my gratitude prayer (Sanskrit Shloka)

-Rtn Shilpa Habib

A mug of lukewarm water with few drops of lemon suits me, following it from my college days

-Rtn Kavita Agadi

I start my day with soaked Seeds and Nuts

-Rtn Neema

Healthy habits today create a healthier tomorrow.



BUZZ BREAK – HEALTH QUIZ



Because awareness is the first step to prevention!

Test your everyday health awareness. No pressure – just a fun way to learn and reflect. 😊



How often should you wash your hands to prevent infections?

- a) Only before meals
- b) Frequently, especially before eating and after using the washroom
- c) Only when they look dirty



Regular health check-ups are important because they:

- a) Are required only after illness
- b) Help detect problems early
- c) Are needed only for senior citizens



Which habit best supports immunity?

- a) Skipping meals
- b) Staying hydrated and eating balanced food
- c) Sleeping less to stay active



Adequate sleep helps in:

- a) Improving immunity and mental health
- b) Only reducing tiredness
- c) Weight gain



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Which is the healthiest daily food choice?

- a) Packaged and processed food
- b) Home-cooked, balanced meals
- c) Fast food in moderation

Answers: 1) b | 2) b | 3) b | 4) a | 5) b | 6) b | 7) b | 8) b

Good health is not accidental – it's intentional.



ONE MINUTE HEALTH READS

Because good health begins with small, informed choices.



Sleep Is Not Optional

Quality sleep strengthens immunity, improves focus, and balances hormones.

Aim for **7-8 hours** — it's the body's natural repair system.

Hydration = Prevention

Dehydration often shows up as fatigue or headaches.

Keep sipping water through the day.



Clean Hands, Strong Defence

Hand hygiene is one of the simplest ways to prevent infections. Regular handwashing reduces illness spread.

Mind Health Matters

Mental well-being is as important as physical health. A few minutes of calm can reset your day.



Mind Health Matters

Mental well-being is as important as physical health. A few minutes of calm can reset your day.

Move a Little, Every Day

Walking, stretching, or light activity keeps the heart healthy and stress levels low.



Health Reminder

Small habits practiced daily become the strongest shield against disease.

Rotary Club of Hubli Central

Buzz Times | December Edition · Disease Prevention & Treatment Month

Healthy Habits, Happy Faces!

Because good health looks good on everyone.



Hydration in progress 💧



Walking our way to wellness 🚶



Smiles boost immunity 😊



Moments of togetherness, memories for life



Healthy hearts, happy hearts ❤️

End the year with care.
Begin the new one *with health.*

Rotary Club of Hubli Central
Buzz Times | December Edition