



Buzz TIMES!

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

Rotary
Club of Hubli Central

UNITE
FOR
GOOD

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

Monthly dose of Rotary Central Hubli

Page 01

Welcome to the first edition of Buzz Times – The Voice of Rotary Club of Hubli Central!

As we step into a brand-new Rotary year, July brings with it not only a fresh start but also a heartfelt cause – Maternal and Child Health, Rotary theme for July month. This month we buzz with purpose, passion, and a commitment to serve where care begins – in the arms of a mother, in the smile of a child. Let this year be one of action, awareness, and affection – where each small effort blossoms into big impact. Together, let's create waves of wellness and stories of hope, one buzz at a time. Here's to stronger beginnings and brighter futures – welcome aboard!



ROTARY LEADERSHIP MAP

Understanding the structure that connects us all

Rotary International President

Rtn. Gordon Francesco Arezzo
(Italy)



Rotary International Director - Zone 7

PDG Rtn. K P Nagesh (2025-27)



District Governor - RID 3170

Rtn. Arun Bhandare (2025-26)



President - Rotary Club of Hubli Central

Rtn. Anjana Basangaoudar (2025-26)

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Francesco Arezzo

RI PRESIDENT 2025-2026



Arezzo is an orthodontist in private practice. He is active internationally as a member of the Italian, European, and American orthodontics associations. He is vice president of the National Association of Italian Dentists for the province of Ragusa and was the founder and head for seven years of the delegation for Ragusa of the National Trust for Italy. He is a Knight of Honor and Devotion in Obedience within the Sovereign Order of Malta.

A Rotary member for more than 30 years, Arezzo has served as vice chair of the Joint Strategic Planning Committee and as RI director, learning facilitator, and as district conference presidential representative. Arezzo is a Major Donor and Benefactor of The Rotary Foundation. He is married to Anna Maria Criscione, an entrepreneur in the tourism field. They have two children.

DG Salute: A New Team, A Shared Dream...

Dear President Rtn. Anjana Basangoudar, Secretary Rtn. Smitha Mahesh, and the esteemed members of Rotary Club of Hubli Central, It gives me immense pleasure to extend my heartfelt congratulations and best wishes to you all as you step into the Rotary year 2025-2026. Rotary District 3170, encompassing the vibrant state of Goa and parts of Karnataka and Maharashtra, is proud to have nearly 145 Rotary clubs driven by service and fellowship. Among them, Rotary Club of Hubli Central stands tall as a beacon of inspiration—an all-women's club that reflects strength, leadership, and compassion in action.

Under the incoming leadership of President Rtn. Anjana Basangoudar and Secretary Rtn. Smitha Mahesh, I am confident the club will continue to scale new heights and make a meaningful

impact in the community. Your dedication to the Rotary ideals of Service Above Self, coupled with your passion and unique perspective as a women-led club, enriches our district's fabric and mission. As you embark on this new Rotary journey, may you be guided by purpose, unity, and a spirit of service that transforms lives.

The District stands with you and looks forward to celebrating your successes throughout the year. Wishing you a transformative and fulfilling Rotary year ahead.



Rtn. Arun D. Bhandare
District Governor, Rotary District 3170

Quick Facts On Maternal And Child Health

Annually, we see:

- **47%** of deaths in children under the age of five are newborns.
- **13 million** newborns do not receive care for complications.
- **16 million** women do not receive care following a major obstetric complication.
- **50 million** pregnant women receive fewer than 4 antenatal care visits.

As of 2023, our active health and nutrition portfolio is \$1.3 billion including \$391 million of new raise in 2022.

In 2022, we reached over 18 million children and adults in over 44 countries with our maternal and newborn health programs.

From 2022-2024, we aim to reach at least 65 million women and children through our child health, maternal and newborn, and sexual and reproductive health and rights programs.

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.

M: +91 95354 80021



AG Note: Encouragement, Energy, and Empowerment”

Rtn. Kaustub Saunshikar

Assistant Governor, Rotary Year 2025–2026



To :The President Rtn. Anjana Basangoudar & Secretary Rtn. Smitha MaheshRotary Club of Hubli, Central.Dear President Rtn. Anjana Basangoudar & Secretary Rtn. Smitha Mahesh, Heartiest congratulations to you and your team as you step into leadership roles for the Rotary year 2025–2026!

It is indeed a proud moment for the Rotary Club of Hubli , Central. And I am confident that under your dynamic guidance, the club will scale new heights in service, fellowship, and impact.

As your Assistant

Governor, I look forward to walking alongside you on this journey—supporting, collaborating, and celebrating the spirit of Rotary together. May this year be filled with meaningful projects, strengthened bonds, and continued dedication for Service to humanity.Wishing you a successful and fulfilling Rotary year ahead!

NURTURE NOTES – FOR MOMS & BABIES



- Breastfeeding boosts immunity & creates stronger bonds.
- Postnatal yoga supports recovery & emotional well-being.
- Folic acid and iron-rich diets are vital in pregnancy.
- Skin-to-skin contact calms both baby and mother.



DID YOU KNOW?

- A baby’s brain doubles in size in the first year of life.
- 90% of a child’s brain develops by the age of 5.
- Loving care, proper nutrition, and emotional bonding during early years shape a child’s entire future.

“Every child deserves a chance at life filled with love, laughter, friends & Family.”

-Marlo Thomas



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President Note

To The Heartbeat Of Our Club – Our Members

Rtn. Anjana Basangoudar
President

With a heart full of warmth and gratitude, I welcome you all to the Rotary year 2025–26. It is both an honour and a joy to serve as the President of our vibrant Rotary family. Rotary has always stood for compassion, connection, and commitment—and this year, under the beautiful theme “Unite for Good,” we are reminded of the power we create when we come together with one heart and one purpose. This theme is not just a guiding phrase—it reflects our spirit. It speaks about the power of collective action, of standing by each other, and of creating a lasting impact through unity. My vision this year is to nurture a culture of belonging, where every voice is heard, every effort is valued, and every member feels inspired to lead, serve, and grow.



As we proudly step into our 6th year, it fills me with pride to reflect on the incredible journey we have shared—marked by transformative projects, joyful fellowship, and a growing and engaged membership. These achievements are a tribute to the passion of our members and the unwavering foundation laid by our past presidents, whose continued guidance and support are a true source of strength. To my fellow Board Members, thank you for being the pillars of direction and dedication. And to each member of our club—you are the soul of everything we do. Your presence, ideas, and commitment will make our club thrive. A special note of appreciation to Rtn. Poonam Bhutada, our Bulletin Editor, for beautifully capturing our journey in words and visuals. And my heartfelt thanks to Rtn. Smitha Mahesh, our ever-organized and dedicated Club Secretary, who ensures our plans are brought to life seamlessly. Let this bulletin not only document our actions but reflect our shared purpose—our unity, our values, and the joy of serving together.

As Past RI President Rtn. Cliff Dochterman wisely said:

“Real happiness is helping others. Rotary gives us that opportunity—not just to dream about a better world, but to make it happen.” Let us dream boldly, serve wholeheartedly, and most importantly, Unite for Good—because the best is yet to come.

Secretary Note:

Rtn. Smitha Mahesh

Secretary 2025–26



Dear Rotarians, Warm greetings to each of you! As I write my first message as your Club Secretary, my heart is filled with gratitude and excitement. Rotary has always been a space where I’ve witnessed compassion in action, and now, being given the opportunity to serve in this role feels truly special. This Rotary year, I hope to bring in my sincerity, attention to detail, and love for meaningful connections to ensure that our club’s rhythm stays strong and harmonious. Our bulletin is not just a newsletter—it is the heartbeat of our club, capturing the energy, spirit, and service we bring into our community. I take this opportunity to heartily congratulate Rtn. Poonam Bhutada for taking up the role of Bulletin Editor. Her creativity, dedication, and eye for detail are sure to make each

edition a delight to read and a treasure to preserve. I look forward to witnessing her vision unfold through these pages. Let’s make it vibrant, inclusive, and inspiring. I invite you all to share your thoughts, updates, achievements, or even small moments of joy—because every ripple counts in our sea of service. “The best way to find yourself is to lose yourself in the service of others.” — Mahatma Gandhi Looking forward to a year of purpose, laughter, and impactful fellowship!

The Editor's Cut

From the Editor's Desk July 2025 – Installation Edition Buzz Times The Rotary Voice of Hubli Central



Rtn. Poonam Bhutada

Editor – Buzz Times
Rotary Club of Hubli Central

As the Rotary wheels turn and a new chapter begins, I am humbled and delighted to pen my very first message as the Editor of Buzz Times, the official monthly voice of our vibrant club. With great pride and a deep sense of responsibility, I take on this role — not just as a communicator, but as a storyteller of the impactful work we do together. July marks the beginning of a new Rotary year, and with it comes a fresh wave of enthusiasm, purpose, and pride. Installation Day is more than just a ceremonial event — it is a celebration of legacy, leadership, and limitless possibilities. Under the inspiring guidance of our newly installed President, Rtn. Anjana Basangoudar, I look forward to chronicling a year of action, innovation, and fellowship.

Buzz Times is designed to be more than just a bulletin. It will be a window into our world — filled with the voices of service, the snapshots of change, and the heartbeat of our Rotary family. It is here that every achievement will be captured, every effort acknowledged, and every member's contribution valued. Let's make this year vivid and meaningful, together. I invite each one of you to share your stories, ideas, and energy — because Buzz Times is not mine alone, it is yours. It is us.

DID YOU KNOW ?

- Rotary was the first service organization to welcome women in 1989.
- Paul Harris, Rotary's founder, was lawyer by profession.
- The name "Rotary" came from the early practice of rotating meetings among member's offices.

Hubli Hotspot Of The Month

(A local peek from the heart of our city)

Café Di'Oro by CASALocated on Gokul Road, this cozy café is perfect for morning meet-ups over freshly brewed coffee and quick bites



What's Happening In Hubli.?

- IMS Foundation Laghu Udyog Bharati - Karnataka presenting **Grama Shilpi 2.0** Artisans Exhibition from 17th July to 23rd July 2025 in Hebsur Bhavan, Hubli.
- **Rakhi Special Lifestyle Exhibition** 13–14 July 2025, 11 AM–9 PMHotel CubixFree entry—great for fashion, handicrafts, and community mingling

Hidden Gem Of Hubli - Chandramouleshwara Temple

The Chandramouleshwara Temple in Hubli, also known as the Unkal temple, is a 900-year-old structure built during the Badami Chalukya era, specifically the 11th-12th century.





Meet the Buzz Makers

Board for the year 2025-26

RCHC BOD Team 25-26



Rtn. Anjana Basangoudar
President



Rtn. Smitha Mahesh
Secretary



Rtn. Shravani Pawar
Joint Secretary



Rtn. Nayan Gotadki
Treasurer



Rtn. Rajeshwari Vasuki
IPP



Rtn. S Dr. Nagrekha Hebsur
President Elect



Rtn. Talat Mujahid
Vice President



Rtn. Anjali Mokashi
SAA



Rtn. Kavita Agadi
SAA



Rtn. Poonam Bhutada
Bulletin Editor

DIRECTORS



Rtn. . Sanchi Sharma
Club Service



Rtn. Asha Salian
Community Service



Rtn. Shreedevi Roogi
Vocational Service



Rtn. Sinchana Anthony
International Service



Rtn. Dr. Shashi Hosmani
New Gen



ADVISORS



Rtn. Radhika Gokhale
Advisory Committee



Rtn. Neepa Mehta
Advisory Committee



Rtn. Rita Handa
Advisory Committee

CHAIRMANS



Rtn. Payal Mahajan
Membership Development



Rtn. Jyoti Bidsaria
TRF



Rtn. Sanjana Maheshwari
Club Administration



Rtn. Bharati Mahajan
Service Projects



Rtn. Jyoti Nadkatti
Literacy



Rtn. Dr. Renuka Duggani
Happy School



Rtn. Ashwini Avnekar
E-learning



Rtn. Savita Kalloli
Environment



Rtn. Dr. Kiran Magavi
Public Image



Rtn. Komal Badiger
Greetings



Rtn. Tisha Agarwal
Cultural



Rtn. Shruti Hebsur
Heritage



Rtn. Jyoti Yaralagatti
Sports and Fitness



Rtn. Dr. Asha Patil
WINS



Rtn. Dr. Ayesha Mulla
MHM



Rtn. Dr. Vidya Honawad
Pulse Polio



Rtn. Dr. Shobha Bembalgi
Woman and Child Welfare



Rtn. Dr. Sheetal Kulgod
Thrust Area



Rtn. Rita Handa
CSR



Rtn. Rajeshwari Vasuki
Global Grants



Rtn. Rashmi Patil
Lectures Planner



Rtn. Aparna Hebsur
Recycle and Reuse



Rtn. Dr. Varsha Bangarshettar
Health Check-ups &
Blood Donation Camps



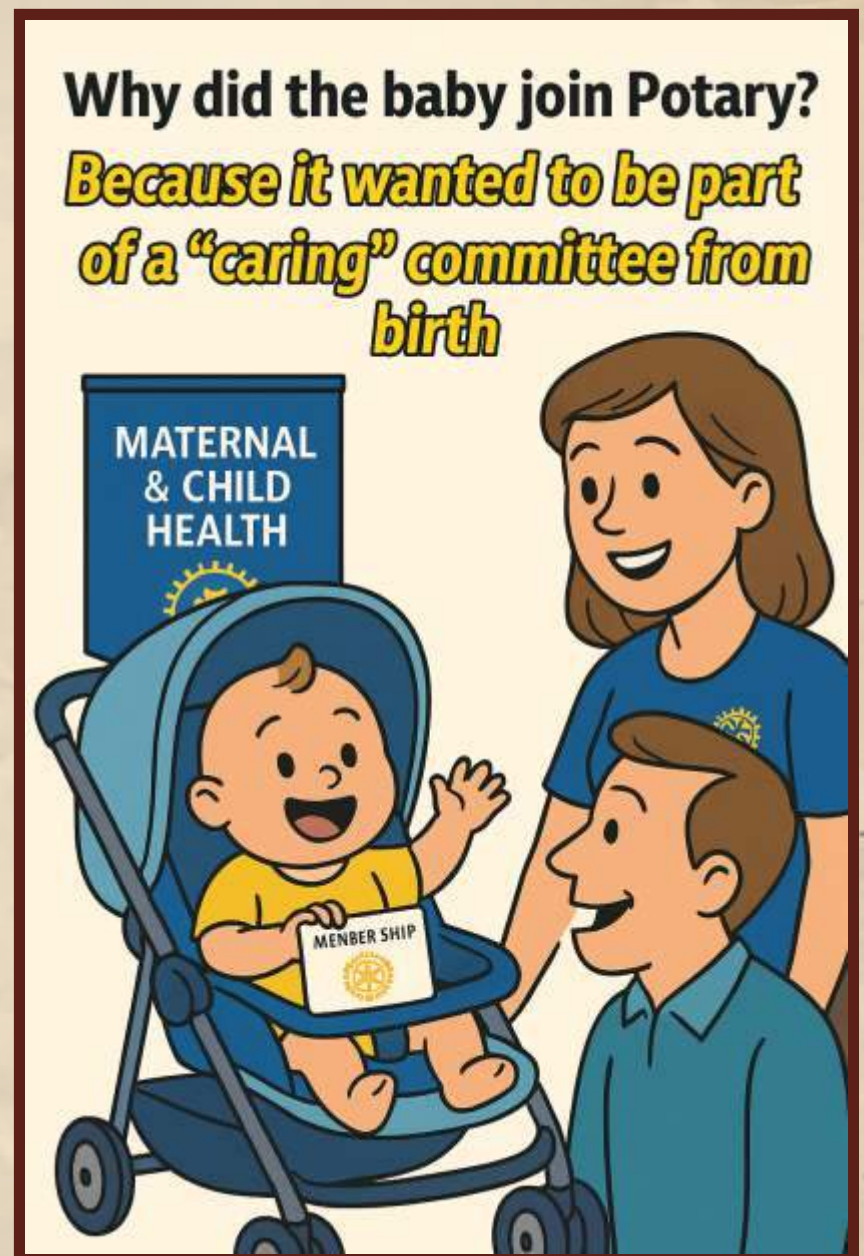
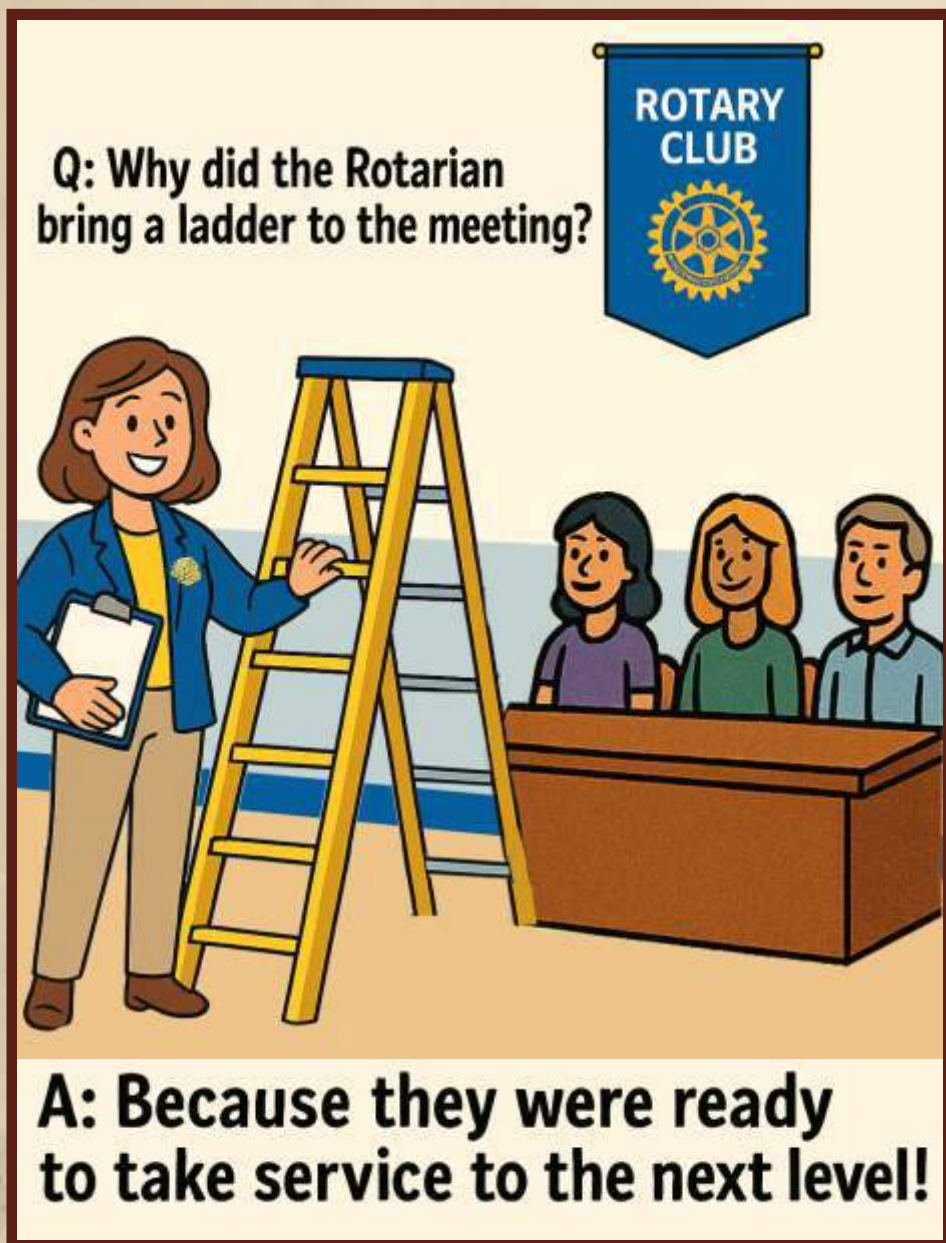
Rtn. Bharati S. M.
Felicitations



Rtn. Shreevalli Hebsur
Music Programs

ROTARY GIGGLES CORNER

Buzzing with Humor — Because Even Service Needs a Smile!



FUN FACTS

- July is National Ice Cream Month in the US.
- The first man walked on the Moon in July 1969.
- Rotary's Four-Way Test was created in 1932 by Herbert J. Taylor.

Buzz Times Boarding Warming Up for the Ride

As the wheels of the new Rotary year began to turn, the crew of Buzz Times got into gear! From joint BOD meet-ups to pre-installation planning and informal bonding, here's a peek at the moments that fueled our hive. With the installing officer ready and the route chalked out, this bus is all set to roll into a buzzing year ahead!



JOINT BOD



How Installation Goes...



ROTARY AROUND THE WORLD.

The Rotary Club of Tokyo, Japan runs a program providing school lunches to underprivileged children.

BEE INSPIRED

How do we change the world? One random act of kindness at a time.

-Morgan Freeman

Sylvia Whitlock Leadership Awardee | National Athlete | Corporate Consultant | Rotary Rockstar

When leadership meets passion, and purpose meets power, a phenomenon like Manjoo Phadke is born. Serving as the District Governor of Rotary International District 3131 during Rotary Year 2023–24, she didn’t just lead — she rewrote history.

A woman of many talents — a national-level sportsperson, a globetrotting speaker, a renowned management consultant, and the proud recipient of the prestigious Sylvia Whitlock Leadership Award, she embodies the Rotary spirit of Service Above Self in the most vivid and versatile way.

Record-Breaking Contributions
The district achieved historic fundraising milestones:

- \$3.05 million USD (₹25 Cr) to The Rotary Foundation – #4 in the world.
- #1 in South Asia for Annual Fund contributions (₹7.5 Cr).

For her exemplary efforts, RID 3131 bagged 32 Rotary International awards, including the coveted

“
Usha & Raja Saboo
Rolling Trophy
”

The Woman Behind the Role:

When not donning her Rotary or corporate hat, you’ll find her,

- Competing in Athletics & Lawn Tennis (National level)
- Trekking mountains, rallying across terrains.
- Exploring 35+ countries solo.
- Certified by the American Council on Exercise (ACE).

At home, she shares her journey with Vishwas, her talented husband, and Isha, her daughter — a Kathak artist and entrepreneur — and adorable granddaughter Antara.



Her year also saw:

- Environmental awareness across 5000 residential societies.
- Chartering of 29 new Rotaract & 121 Interact Clubs.
- 34 Global Grants and 23 CSR Grants.
- 3 Mega Medical Missions (₹15+ Cr).
- 100+ RYE Exchanges, including 66 online.

Beyond Borders: A Global Rotary Voice:

Manjoo is a sought-after trainer and speaker, having spoken at over 25 Rotary districts, numerous webinars, and trainings across India and abroad. She serves as District Coordinator for RLI South Asia and is a certified faculty member.

A Corporate Powerhouse:

Founder of Trac on Management Consultancy and SkillArbor (TISS training partner), she has trained 15,000+ professionals. Her clientele includes RBI, Tech Mahindra, KPIT, Cipla, Emcure, PNG Jewellers, and more. She’s also a regular academic contributor to top institutions like MIT, DY Patil, Bharati Vidyapeeth, and others.

A Year of Transformation: RID 3131 Soars High

Under her dynamic leadership, RID 3131 accomplished service milestones that few districts globally can parallel:

- ₹180 Cr worth of service projects completed in one Rotary year.
- 750 Pediatric Cardiac Surgeries (₹10 Cr).
- 2000 Check Dams, 300 Borewell Recharges.
- 400 Happy Anganwadis, 18000 Cataract Surgeries.
- 13000 Cervical Cancer Vaccinations, Autism Research Center (₹15 Cr).
- 12 Advanced Cardiac Ambulances to Indian Army (₹5 Cr).
- Parikrama Car Rally, Green Expo, Millet Jatraa.
- Rotary KindHearts – a unique crowd-funding platform.
- Gamification of Rotary Knowledge (Tambola, KBC, Monopoly & more).

Her Vision:

To create an inclusive, progressive society where education, health, and entrepreneurship go hand in hand. Through Rotary, she believes in building a better world — one project, one person, one smile at a time.

“Let’s come together to enjoy the journey called Rotary and continue to Create Hope in the World.”

— IPDG Manjoo Phadke

THE BUZZ FORECAST FOR JULY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Blood Donation CPR Demo	2 Club Meeting Chat with..	3 Tree Plantation Fodder Donation	4	5 Vanamahotsava
6	7 CPR Demo	8 Seed Ball Germination	9 Old Clothes Donation BOD Meeting	10 Donation of Tree, Books, Dog Kennel & Groceries	11 Birthday Of Radhika Kalburgi	12 Installation Ceremony
13	14	15	16	17	18 Dental & Cancer Detection Checkup	19
20	21	22 Birthday Of Rashmi Patil	23	24	25	26
27	28	29 Birthday Of Ashwini Avnekar	30 Birthday Of Jasmene Thacker	31 Birthday Of Smitha Mahesh		

Crossword Head Board Search:

S	N	V	A	N	J	A	N	A	S
B	M	A	T	N	W	I	T	L	H
U	P	I	G	W	T	H	A	G	R
Z	Q	O	T	R	A	S	L	D	A
Z	M	H	O	H	E	A	A	W	V
I	L	A	J	N	A	K	T	U	A
W	Q	F	A	Y	A	O	H	J	N
H	A	Y	Y	Y	G	M	M	A	I
R	A	J	E	S	H	W	A	R	I
N	K	A	V	I	T	A	T	P	S

Find:

- Anjana
- Smitha
- Shravani
- Nayan
- Rajeshwari
- Nagrekha
- Talat
- Anjali
- Kavita
- Poonam

New bees in the hive:

hebsur
group
SINCE 1887



Kwality Paints
....Let's build colourful world



Rtn. Shilpa Kothari



Rtn. Adv. Chaitali Makwana



Rtn. Dr. Supriya



Rtn. Rekha Nayak



Rtn. Dr. Shrushti Walad



Rtn. Bhanana Kulkarni



Article: Dr Nagarekha Hebsur



PCOD (Polycystic Ovarian Disease)

Polycystic ovarian disease can be seen in any age but mostly in young age group. It's basically a hormonal imbalance.

Poly means many. Cyst means water-filled bubbles. There are more than 20 cysts in each ovary in this condition, and these cysts are responsible for the hormonal imbalance and signs and symptoms: Acne, Irregular periods, Hair fall, especially male-type baldness, Hirsutism (facial and body hair, especially beard, moustache, chest and abdomen areas), Infertility, Obesity, especially upper abdomen and face.

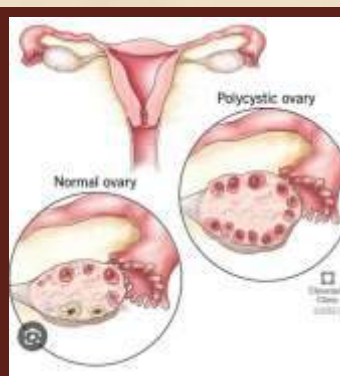
Periods could be once in 2 to 6 months and followed by bleeding for long days, 15 days or more. Could be heavy bleeding or spotting. Causes: Lifestyle, Eating junk food, Lack of exercise, constantly sitting jobs like computers, stress and lack of sleep etc.

Diagnosis: By scan (ultrasound)

Blood test: FSH, LH, INSULIN

Treatment: Weight loss by diet and exercise at least 30 minutes a day for 5 days of the week. Good sleep for 6-8 hours.

Doctors advise for irregular periods and tablets for the same. Hirsutism can be treated by laser for permanent solution, once she loses weight, her Acne and Hirsutism and irregular periods will be corrected. BMI should be maintained between 24-25. Excess weight and irregular periods could be a reason for infertility, and the solution for all symptoms is weight loss. Avoid junk food and get involved in outdoor sports, avoid sitting in front of computers for long hours, go to bed early, avoid late nights. Excess Weight/Obesity is dangerous to health and prevents obesity. PCOD is not a disease; you need not be scared of it. Take care and stay healthy.



BUZZ FLIX

