

ROTARY CLUB MYSORE METRO



METRO NEWS

ONE FOR ALL AND ALL FOR ONE



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Pejawara Sridhama: A Sanctuary of Bliss in Mysuru

Pejawara Sridhama is a compassionate elder care institute established in 2008. Initiated by the visionary Late Sri Vishweshwara Theertha Swamiji, the 32nd seer of the Udupi Pejawar Mutt, the ashram stands as a sanctuary of dignity, compassion, and spiritual care for senior citizens. Rooted in timeless values and guided by a spirit of selfless service, the institute is committed to providing elders with not merely a residence, but a true home filled with warmth, respect, and belonging.



prayers, meditation, yoga, cultural observances, and community interactions create an atmosphere of peace, purpose, companionship, and emotional fulfilment. Every effort is made to preserve each resident's independence, honour their life journey, and uphold their personal dignity.

The ashram's physical beauty is equally welcoming, with its lovely gardens frequently

winning the prestigious Dasara Gardening trophy. Safety and security remain top priorities, achieved through the support of certified, trained staff and secure premises.

At Sridhama, the unique physical, emotional, and social needs of seniors are met through holistic and personalized care. Residents benefit from 24/7 nursing support, regular medical supervision, on-call doctors, medication management, and attentive caregivers who assist with daily living. Comfortable accommodation, hygienic surroundings, and nutritious vegetarian meals tailored to individual health requirements ensure both safety and well-being.

Beyond physical care, the focus remains on holistic well-being. Daily

Previously guided for 15 years by the late Shri Gurunath, it is now carried forward by the current Manager, Smt. Jayanti. Her journey from London to Mysuru epitomizes the passion that defines Sridhama—a true "abode of peace" for the elderly. The institute honors each resident's life journey, listens with compassion, maintains transparency in care, and continuously strives for excellence.

Rtn. Dr. Prahlad: The Man Behind the Success

Rtn. Dr. Prahlad. Fresh from the dizzying success of Sneha Saurabha, joined us as the keynote speaker at the February 6 Metro Meeting to share the invaluable learnings and experiences from his tenure as Chairman of the Conference Committee. The Metro family joyously welcomed Rtn. Dr. Prahlad. He was warmly welcomed by Rtn. Gopalakrishna who stressed that the true joy of this success was the incredible vision and leadership of Rtn. Dr. Prahlad. Rtn. Gopalakrishna noted that working alongside him was more than a collaboration—it was a privilege. Rtn. Dr. Prahlad embodies the Rotary spirit: doing the work for the cause, not the credit. He was introduced to an adoring audience by Rtn. Umesh. Rtn. Satyendra delivered a heartfelt vote of thanks.



"Thank You" to the galaxy of Metroites who stood shoulder to shoulder and helped execute this joyous event.

As delegates described it, Metro was seen everywhere silently serving, working and helping.

Rtn. Channakeshava kickstarted the Conference by arranging a visit to the Chamundi Temple for a blessed darshan. DG Rtn. Ramakrishna, Rtn. Dr. Prahlad, Rtn. Umesh and others joined in this divine beginning. From there, the

"Masterminds" Rtn. Bharath, Rtn. Srinivasan D, and Rtn. Umesh took the reins, managing all purchases with surgical precision.

Rtn. Srinivasan D received special thanks. He gave his all starting with his initiative in selecting the theme colours and the website design. He designed the registration process and much more. Most importantly, he stood with Rtn. Dr. Prahlad through

the entire journey. Rtn. Seenanna designed and executed our stunning mementos too.

Rtn. Satyendra donned many hats as Co-Treasurer, in-charge of VIP hospitality and more. He personally ensured every gift was packed to perfection. Our "Goodies Bags" were a fragrant tribute to our region, filled with coffee, pepper, and agarbathi.

Rtn. Dileep's seamless water logistics complemented the show.



To say Rtn. Dr. Prahlad was the driving force would be an understatement; he was the visionary who navigated this big budget event with poise, ensuring that every rupee translated into excellence. His ability to inspire—leading us to secure two "Maha Sponsors" from our own Metro family—set the gold standard for what we can achieve. He thanked Rtn. Alagappan and Rtn. Sundar Raja Rao, our Maha Sponsors for the multifaceted support.

We expected Rtn. Dr. Prahlad to share all about the big tasks, challenges, sleepless nights and more. Rtn. Dr. Prahlad gracefully turned this into a



Rtn. Dr. Prahlad: The Man Behind the Success

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Rtn. Umesh as District Secretary Events excelled, bringing his patience and charm to the role. He ensured everything went smoothly and ironed out hiccups. Additionally, he ably assisted in handling hospitality.

Rtn. Gopalakrishna handled the monumental task of Registration, critical in creating the first impression and executed it flawlessly. He roped in every Metroite to feel ownership and spend long nights in this task.

Rtn. Gangesh donned multiple hats, managing both the vibrant fellowships and the complex IPR and royalty legalities. The smiling execution of the fellowship counters drew much praise from delegates.

Ann Sandhya, Ann Sheela, Ann Bhargavi, and Ann Lavanya kept alive the "Soul" of the event. Alongside the MC committee, they ensured every



transition was graceful. Delegates were moved by **Rtn. Dr. Ravindranath's** advocacy for organ donation. **Rtn. Dr. Prahlad** reminded all that every morning started with Metroite **Rtn. Sandeep's** morning yoga sessions. The intellectual highlight was undoubtedly celebrity speaker Capt. Raghuram, brought to us by **Rtn. Mohan Gurumurthy**, while **Rtn. Sujay Raghavan** ensured we looked the part in custom-designed T-shirts.

Metro's first District Conference was indeed a great stage for us all. As we look back, this conference proves that when we leverage the experience of our seniors and the energy of our team, we don't just hit targets—we create history.

Wow. Such generous praise. Rtn. Dr. Prahlad, thanks for your generous, kind and heartfelt acknowledgement! It truly left us all blushing with pride.

Special Editors Uvacha **The Aryan Invasion Theory: A Lie**

For many years, Indians were taught a simple story. "A group called the "Aryans" came from outside India."

"They entered the subcontinent."

"They brought language and culture."

"They shaped early Indian civilisation."

This story sounded clear.

It was also false: Modern research has re-examined this idea. Historians, archaeologists, and geneticists in India have looked again at the evidence. What they found was not a revised explanation. They found that the theory itself collapses.

1. "Aryan" was never a people Early Sanskrit texts use the word ārya. It does not mean race. It does not mean tribe. It does not mean a biological group. Indian historians such as R. S. Sharma, Irfan Habib, and D. N. Jha have shown this clearly.

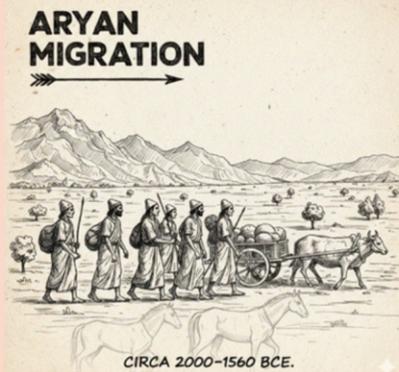
The word describes conduct. It describes culture and status. It describes language. In the nineteenth century, European scholars made a mistake. They turned a linguistic term into a racial identity. From that error came the idea of movement. If the group itself never existed, there can be no invasion or migration of that group.

2. Archaeology shows continuity Archaeology looks for physical evidence. People leave traces behind.

• Homes. • Tools. • Pottery. • Burial practices.

If a new population arrives, changes appear. Across India, such changes are missing. There is no destruction layer. There is no foreign settlement pattern. There is no sudden cultural break.

Research by R. S. Sharma and Brajadulal Chattopadhyaya shows continuity instead.



• Society changes slowly. • Culture evolves internally.

A population without material evidence cannot be treated as historical fact.

3 Genetics finds no "Aryan" signal: Modern genetics provides another test. DNA records population history. Indian geneticists like Kumarasamy Thangaraj and Lalji Singh have studied Indian populations closely.

Their findings are consistent.

• India shows deep genetic continuity.

• There is ancient mixing.

• There is no genetic group called "Aryan".

There is no biological event that supports invasion or migration claims.

4. Language does not equal people : The original theory relied heavily on language. Sanskrit is related to European languages. From this, scholars assumed people must have moved. This assumption is no longer accepted.

Languages spread without mass migration. They spread through trade. Through learning. Through social exchange. Historians like Irfan Habib and R. S. Sharma have stressed this point. A language family cannot be used to reconstruct a population movement.

• Language is not blood. • Grammar is not ancestry.

When this link breaks, the invasion theory loses its main support.

5. Indian texts record no memory of arrival: Societies remember major events. Invasions leave stories. Migrations leave memories.

Early Indian texts show none. There is no account of an Aryan homeland outside India. There is no story of arrival. There is no memory of conquest. As shown by D. N. Jha and R. S. Sharma, the texts speak of internal social change, not foreign entry. A civilisation does not forget its own birth.

Why?

The Aryan Invasion Theory: A Lie

TODAY

Why the theory was created :

The theory fit colonial ideology. The theory did not arise from Indian evidence. It arose in colonial Europe. British scholars worked within nineteenth-century racial thinking. They assumed civilisation must come from outside. They equated language with race. It entered education systems. It remained unchallenged for decades.

What remains today: The conclusion is straightforward.



- There was no Aryan invasion.
- There was no Aryan migration.
- There was no Aryan race.

The theory was built on errors. It survived through repetition. It collapsed under evidence. Indian civilisation developed over time. It evolved from within. It adapted to climate, economy, and society.

History becomes clearer when inherited myths are removed and evidence is allowed to speak.

By Rtn. Vivek Sangle



22nd Feb , The Metro family blessed Rtn Dr Suresh 's son Annet Sandeep and Aparna's wedding.



Rtn. Pradeep hosted a double celebration: His daughter Annet Hasini Upasana's 10th birthday and the launch of his ambitious venture adding to the beauty of Mysore. The Rotary family blessed them heartily.

Las Vegas to Mysore



Metro hosted a Dinner for the visiting PDG Rtn. Rampur Viswanath, of District 5300, Las Vegas, USA. President Rtn. Gopalakrishna and Hon. Secretary Rtn. Mohan Gurusurthy, Rtn. Satyendra (President-Elect) and Rtn. Ravindra Babu (incoming Hon. Secretary) also joined the event. A formal flag exchange took place, marking the spirit of international fellowship."

Supporting a Fighter in Need

Rtn. Gangesh kindly referred Mr. La Lingappa, a 66-year-old gentleman, from a financially vulnerable background, battling stomach cancer. Having already shown immense courage by undergoing major surgery, Mr. Lingappa now faces the daunting next phase of his recovery: essential chemotherapy, radiotherapy, and intensive supportive care.

The response from our Metro family has already been heartening, with 11 members stepping forward to provide generous donations. The appeal remains open. Together, we can turn a time of hardship into a story of hope.

Supporting a student:

At the request of President Rtn. Gopalakrishna, Rotary Metro rallied to support Ms. Adithi B.R., a brilliant and multi-talented first-year M.Sc. Clinical Psychology student at JSS Academy of Higher Education & Research.

Raised by a single parent, Adithi faces significant financial barriers to her education. Our Board has officially approved this project, and we invite your generous support. Every contribution, small or large, helps shape a promising career.

Please transfer donations via the club's community QR code and share the screenshot with our Treasurer or President. Together, let's help Adithi achieve her academic goals.

121st Happy World Rotary Day to the Metro family

February 23, 1905 - February 23, 2026

It is incredible that what started as a small gathering in Chicago, has blossomed into a global force of over 1.4 million members.

From the skyline of Chicago to the streets of Mysore, the "Rotary Wheel" is spinning with pride today. World Rotary Day—also known as World Understanding and Peace Day—is being celebrated with a mix of historical reverence and future-focused service.

Across District 3181, clubs are marking the anniversary with the "121 Challenge." Some clubs are planting 121 saplings, while others are organizing blood donation drives aiming



for 121 units. Here in Mysore, the spirit of fellowship is high as we reflect on our local impact, such as our recent Human Milk Bank project, which embodies the modern Rotary mission.

On this 121st anniversary, Rotary International has announced new grants to strengthen health infrastructures in the last remaining endemic zones. The gift Rotary wants to give the world for its next birthday is a Polio-free World.

Sarve Janah Sukhino Bhavantu

COMMUNITY SERVICE



Our President, Rtn. Gopalakrishna, and Hon. Secretary, Rtn. Mohan Gurumurthy, welcomed Rotarians from the USA (RI District 7780, Maine and Portland) along with DG of District 3191, President Rtn. Sunil Kumar, and members of the Rotary Club of Bangalore South Parade on 23 Feb. The delegation visited our flagship project, Amrutha Varshini, at Cheluvamba Hospital. They expressed their sincere appreciation for the project's impact.



BIRTHDAY & ANNIVERSARY



Rtn. Sandeep MS



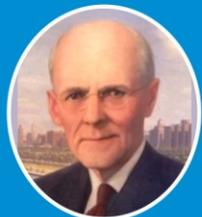
Rtn. Dileep Kumar K & Ann. Prashanthi K.



Rtn. Deepak D S Solanki



Rtn. Badri Narayana



Rtn. Paul Harris
Founder



Rtn. Francesco Arezzo
Ri President



Rtn. Ramakrishna P.K.
Dist. Governor 3181



Rtn. Gopal Krishna M P
President



Rtn. Mohan Gurumurthy
Secretary



Rtn. Vivek S Sangle
Editor