

ROTARY CLUB MYSORE METRO



METRO
NEWS



ONE FOR ALL AND ALL FOR ONE

VOLUME : 02

ISSUE: 13

DATE: 21st December 2025

PAGES : 4



Mysore's first Human Milk Bank: Rotary "Amrutha Varshini" at Cheluvamba Hospital

Special Issue

RI District 3181 is delighted to have the second Human Milk Bank in the District at Cheluvamba Hospital Mysore after Lady Goshen Hospital Mangalore.

Congratulations to RC Bangalore South Parade and RC Mysore Metro!

The first milk bank was done under a Global Grant and this in Chaluvamba Hospital is being launched under a CSR initiative with RC Bangalore south parade RI 3191 and RC Mysore RI 3181.

The Human Milk Bank in Mangalore according to RMO Dr.Durgaprasad, has so far saved more than 435 new born children and it goes without saying that under Dr.Dakshayani K R, the Dean & Director,Mysore Medical College and Research Institute, Chaluvamba Hospital too will be saving more lives.

Our District 3181 thanks DG B R Sridhar of District 3191 for all the support and congratulates RC South Parade and RC Mysore Metro for bringing to Mysore the first Human Milk Bank.

Rtn. Ramakrishna P.K
Dist Governor, RI Dist 3181



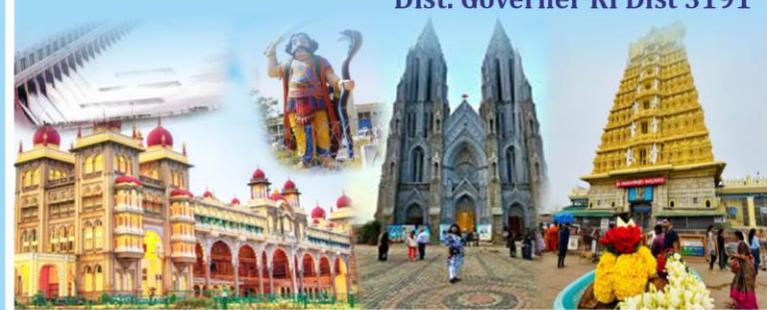
Namaskar,

Congratulations to the excellent partnership between Rotary Bangalore South parade and Rotary Mysore Metro.

I am glad and honoured to be part of the dedication of the human milk Bank at Cheluvamba hospital, Mysore today. We, Rotarians from district 3191 Bangalore or all in Mysore enjoying the weather. We had a successful district conference.

Today we conducted a successful member engagement initiative. My best wishes to all the Rotarians and staff of Cheluvamba Hospital involved in this initiative.

Rtn Sridhar B R
Dist. Governer RI Dist 3191



DISTRICT CHAIRMAN'S MESSAGE

It is such a proud moment to inaugurate this mega project of human milk bank, which is going to be of real use to the society at large.

Best wishes

Mrs. Shabari Khadidal
District Chairman,
Inner Wheel Dist 318



mysore's first human milk bank: ROTARY "AMRUTHA VARSHINI"



The Rotary Club of Mysore Metro and the Rotary Club of Bangalore South Parade are proud to sponsor Mysore's first Human Milk Bank project, "Amrutha Varshini" at Cheluvamba Hospital, Mysore. While the hospital has completed the infrastructure, all machines and equipment required for safe donor milk banking are being provided by our Rotary clubs—a partnership designed to protect the most vulnerable newborns and strengthen community health. Adding further strength to this initiative, the Inner Wheel Club of Mysore Midtown has graciously agreed to educate and counsel potential milk donors, helping mothers understand eligibility, hygiene practices, and the life-saving impact of donor milk.

What is a Human Milk Bank?: A Human Milk Bank is a specialized, medically supervised facility that collects, screens, processes, pasteurizes, tests, stores, and distributes donated human breast milk. The donated milk is primarily intended for babies who cannot receive their mother's milk due to medical reasons, maternal illness, or insufficient supply—especially preterm and low-birth-weight infants who need the protective benefits of human milk the most.

Benefits to Society: A functioning human milk bank is more than a hospital service—it is a community safety net. Key societal benefits include:

- Saving fragile newborn lives, especially premature babies in NICU care.
- Improved immunity and digestion compared to formula, reducing illness risk.
- Potential reduction in complications common in preterm babies.
- Lower burden on families during critical neonatal care periods
- Strengthening maternal and child health outcomes across the region

In short, donor milk becomes a bridge—supporting babies until the mother's own milk supply is established or medical conditions improve.

Who Can Donate Human Milk?: Milk donation is usually possible for healthy lactating mothers who:

- Have surplus milk after feeding their own baby.
- Are willing to undergo basic screening and follow safe collection guidelines.
- Meet the hospital's donation eligibility criteria.

(Eligibility and screening steps will be guided by the milk bank team at Cheluvamba Hospital to ensure safety for recipients.)

Why Donate Milk?: Donating breast milk is a rare form of giving—it directly supports survival and recovery of newborn babies.

Mothers donate because:

- A few minutes of donation can help feed babies who have no other safe option.
- It is a way to turn surplus milk into lifesaving nutrition.
- It builds a culture of compassion and community care.
- It supports families going through NICU stress.



A donor's milk can mean the difference between struggle and strength for a premature infant.

Rotary's Contribution: This project is a powerful example of Rotary service translating into lasting public health impact.

Rotary Club of Mysore Metro and Rotary Club of Bangalore South Parade have jointly ensured that "Amrutha Varshini" is equipped to operate safely and effectively by providing all essential machines and equipment required for milk bank operations with Cheluvamba Hospital delivering the infrastructure and clinical expertise—and the Inner Wheel Club of Mysore Midtown strengthening donor awareness through counselling—this initiative becomes a true community partnership.

-By Editor Rtn. Vivek Sangle



Cheluvamba Hospital Mysuru

One of Mysuru's most historic public maternity-and-childcare institutions and a major referral centre for obstetrics, gynaecology and paediatrics – it functions as a teaching hospital attached to the Mysore Medical College & Research Institute (MMCRI).

The institution traces its origins to 1880, when it began (as the earlier Vanivilasa Hospital) with 21 beds, started at the behest of Sri Chamaraja Wodeyar. It later became a teaching institute (1933), and was upgraded and renamed as "Cheluvamba Hospital" in 1939 with a 200-bed facility at the present site.

Today, Cheluvamba Hospital continues to serve mothers and newborns—especially high-need and referral cases—playing a central role in public maternal and child health services in and around Mysuru.

A Community Resource with a Lifesaving Mission: "Amrutha Varshini" is not just a milestone for



Cheluvamba Hospital—it is a milestone for Mysore. It reflects what can be achieved when healthcare institutions and Rotary come together with a shared purpose: to protect newborn life and support families at their most vulnerable moment.

Rotary connects compassion with action—and this project is proof

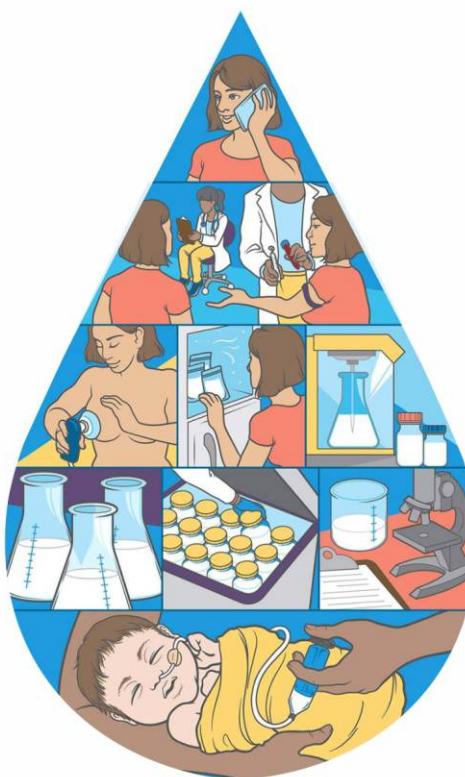
How the Milk Bank Works

Collection → Screening → Processing → Storage → Distribution

1. Donor Identification & Counselling: Mothers willing to donate are counselled by trained staff. With the support of the Inner Wheel Club of Mysore Midtown, mothers will receive education and counselling to build awareness, confidence, and clarity around safe milk donation.

2. Safe Milk Collection: Milk is expressed hygienically (either in the hospital collection area or through approved methods), using sterile containers and proper hand hygiene.

3. Testing, Pasteurization & Quality Checks: Collected milk is processed under controlled conditions. Pasteurization



bank team.

helps ensure safety while retaining many beneficial properties of human milk. Batch records and quality checks ensure traceability.

4. Cold Storage: Processed milk is stored in medical-grade refrigeration/freezer systems with temperature monitoring and documented inventory tracking.

5. Distribution to Babies in Need: Donor milk is supplied based on clinical priority—most often NICU babies, preterm infants, and medically indicated cases—under the supervision of neonatologists and the milk

MMRCI – Dean's Message



"Best wishes to the MMRCI, Cheluvamba Hospital, Rotary Bangalore South Parade, Rotary Mysore Metro and Innerwheel Midtown. A genuine initiative that will benefit the entire Mysore District".

Exclusive breastfeeding has the potential to prevent 13 percent of under-five deaths globally each year. Early initiation of breastfeeding within the first hour of birth in addition to exclusive breastfeeding can cut down 22% of all newborn deaths. Acknowledging the power of breastfeeding, DHM to be made available through human milk banks is the next best feeding option in sick babies.

Availability of safe donor human milk at NICU/SNCU is critical to ensure that every sick and pre-term baby receives human milk within the first hour. DHM plays a lifesaving role by helping these babies receive the benefits of early initiation and exclusive feeding of human milk. Therefore, a mechanism to collect, pasteurize, test, and store safe DHM from lactating mothers and provide it to infants in need, will ensure that even if babies cannot breastfeed, they still receive human milk as soon as possible. Comprehensive Lactation Management Centre (CLMC) is an elaborate set up established for the purpose of collecting, screening, processing, storing and distributing donor human milk (DHM).



Presidents & Members

Cordially invite you to the Inauguration of

ಅಮೃತ ವರ್ಷಣೆ Amrutha Varshini

"A Mother's Milk Bank"

Chief guests

Rtn. Sridhar B R
Dist. Governor, R I Dist 3191

Rtn. Ramakrishna P K
Dist. Governor, R I Dist 3181

Guests of Honour

Rtn. Keshav H R
PDG, R I Dist 3181

Rtn. Yashaswi Somashekar
DGN, R I Dist 3181

Rtn. Dr. Shivaprasad K
Public Image Chair R I Dist 3181

Rtn. Smt. Harini Ravindranath
DGN, R I Dist 3191

Mrs. Shabari Kadidal

District Chairman, Inner Wheel District 318 District Secretary, Inner Wheel District 318

Mrs. Uma Mahesh

In the presence of

Dr. Dakshayani
Director & Dean of Mysore Medical College & Research Center

Dr. Sudha
Superintendent Cheluvamba Hospital

On Sunday, 21st December 2025 at 3.00 pm

Venue: Cheluvamba Hospital, Opp. Medical College K R Hospital Compound, Mysore - 570001

Rtn. Sunil Kumar
President

Rtn. Gopalkrishna M P
President

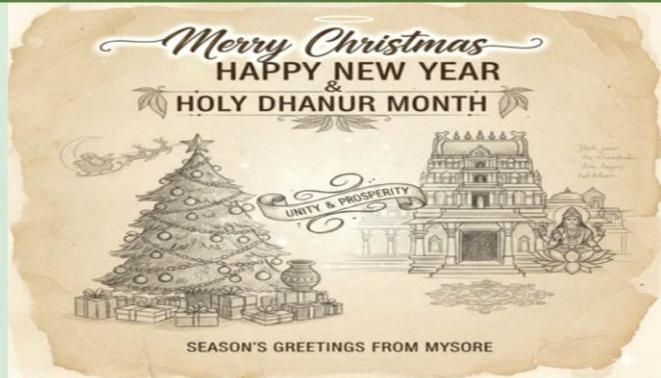
Rtn. Satish Chingal
Hon. Secretary
Bangalore South Parade

Rtn. Mohan Gurumurthy
Hon. Secretary
Mysore Metro

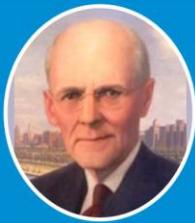
Mrs. Sandhya Suresh
President, IWC Mysore Midtown

Mrs. Rashmi Kaveramma
Hon. Secretary, IWC Mysore Midtown

A Joint Club initiative of Bangalore South Parade & Mysore Metro
Educative partners: IWC Mysore Midtown



Rotary Mysore Metro members enjoying Christmas time at the team Introduction of Rtn. Sathyendra Kashyap as President for Rotary Year 2026-27, Introduction was held on 19-12-2025 at Hotel Kalyani, Hebbal, Mysore.
After team introduction, sumptuous dinner and fellowship followed.



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 Sangal
Editor