

**Rotary**

Club of Bangalore Oasis



District ID : 3192 | Club ID : 90313

Volume 5, Edition 2, November 2023

# the **RBO** Digest

## **Rotary Club of Bangalore Oasis** The Governor's official Visit for 2023-24

**The RBO members meet on the 1st and 3rd Friday each month. The meets are hybrid. E-meetings online and physical ones in and around Rajanukunte, Bengaluru, 560064**

**CONTACTS:**

**President - Rtn. Sachin Gururaj : +91 94801 16555 | Secretary - Rtn. Sujatha J. : +91 99019 61555  
RBO email ID : [rotaryoasis@gmail.com](mailto:rotaryoasis@gmail.com) | RBO website : [www.rotarybangaloreoasis.org](http://www.rotarybangaloreoasis.org)**

## Contents

- Editorial | Pg 2
- From the RBO President's desk | Pg 3
- The Secretary's note | Pg 4
- Rotary 4 way Test | Pg 4
- RBO projects | Pgs 5 - 12
- RBO meetings | Pg - 13
- ICGF & events | Pgs 14
- Rotary snippets | Pgs 3, 4, 7, 10 & 14
- Prashraya welfare foundation | Pg 15

We are also featuring the club + family meetings and also the ICGF's our RBO members participated in. Positive mental health is a crucial aspect in today's world as it profoundly influences every aspect of our lives. We have a project on Senior care and caregivers. Do read and give us your support. Also featured is an article about Prashraya welfare foundation , courtesy Rtr. Kalyan Raikar of Presidency University. Rotary snippets are spread across the Digest courtesy Annet Samith Sachin. Read on.

Speaking of mental health, are you aware that 1 in every 8 people in the world live with a mental disorder? Often, because of misconceptions about mental health and mental fitness, people suffer in silence and their conditions go untreated. Let us speak about this topic, and have an ongoing effort to reduce the stigma and discrimination around mental health and its conditions.

Mental health has no age. It is important at every stage of life, from childhood through adulthood and includes our emotional, psychological, and social well-being. Most people do not have access to effective care. Prevention and treatment options exist.

Have you known that there are seven disorders that affect mental health? they are listed as Anxiety disorders, Depression, Bi-polar disorders, Post-Traumatic Stress Disorder (PTSD), Schizophrenia, Eating Disorders (anorexia and bulimia), Disruptive behavior and dissocial disorders (also known as conduct disorder) and Neurodevelopmental disorders. Each of these are big topics by themselves, please do take the time to read and understand what these are, when you can on the web or elsewhere.

Mental health problems are common, so it is important to be aware of possible signs for self and with people we live with, friends and family. Feeling worried constantly, depressed, guilty, worthless or feeling an exaggerated sense of 'high' may be signs. Changes in sleep, weight, personal hygiene or activity at school or work may hint at a mental health issue too. Let us be aware and take care.

Let us remember that patience, empathy, and understanding are essential ingredients in the journey of life and its living.

Let us all strive to be safe mentally, emotionally and physically.

With cheers & chutzpah,

Lizzie C Lewis  
Editor - The RBO Digest | Women & Girl empowerment

## Editorial

Ahoy peeps!

We trust everyone is doing well? The second edition of the RBO Digest is here and we warmly welcome you.

So what do we have for you in this edition?

We begin with a few words by our president Rtn. Sachin Gururaj and our Secretary Rtn. Sujatha Jagannatha follows suit. We have had an eventful and fruitful half year for our club and we give you an update of how it all unfolded. The projects, the activities and the programs. We have summarized it all.



## From the RBO President's desk

Dear Fellow Rotarians,

As we reflect on the past months, I'm filled with gratitude for the dedication and resilience of our Rotary family. We've shown that we continue to make a positive impact in our community and beyond.

Our club's commitment to service has never wavered, our members have embraced the Rotary motto, "Service Above Self," with great enthusiasm. Whether it's through our ongoing projects or our creative virtual initiatives, we have continued to serve in the areas of focus of Rotary international.

In the coming months, I encourage all of us to redouble our efforts. Let's explore new opportunities for service and find innovative ways to continue engaging our members and the community. The challenges we face only strengthen our resolve to make a difference.

I also want to express my appreciation for the friendships and connections we've built within our club. Rotary is not just about service; it's about fellowship and personal growth. I've witnessed the bonds that have formed among our members, and I believe they are as important as any project we undertake. The friendships and connections we have built within ourselves is evident with consistent ~80% attendance in all our meetings.

I would like to thank our dedicated board members and committee chairs for their tireless work in ensuring the smooth functioning of our club. Your leadership and commitment are truly commendable.

As we move forward, let's continue to uphold the values of Rotary and make a meaningful impact on the world creating hope in this beautiful planet. Together, we can achieve great things, and I'm excited to see what we will accomplish in the coming months.

Please remember that your input and ideas are always welcome. If you have suggestions or projects in mind, feel free to share them with the board. Together, we can shape the future of our club.

Thank you for your support and dedication to our Rotary Club. I look forward to working with all of you to create a brighter and more prosperous future for our community and the world.

Best Regards,

Sachin Gururaj  
 President, Rotary Club of Bangalore Oasis  
 Chairman, Rotary Means Business Fellowship  
[www.RotaryMeansBusiness.org](http://www.RotaryMeansBusiness.org)



**Rtn. Sachin Gururaj**

*Rotary changes us  
 and those we serve.  
 I believe we can change the  
 world one life at a time.*

**Paul Harris**



## The Secretary's note

Dear Fellow Rotarians,

We have embarked on a remarkable journey this year, spanning from July to November. These five months have been nothing short of fantastic, and I am confident that each one of you has found immense joy and fulfilment along this Rotary path.

Our club has been at the forefront of numerous projects, leaving a significant impact on our community. From our unwavering commitment to community service initiatives to our dedication to vocational service projects, we have been pivotal in creating a positive change in the lives of many. The collective efforts of our members have not only improved the lives of those we serve but have also fortified the public image of Rotary Oasis.

What has been truly heartwarming is the sense of family that has enveloped our meetings this year. The camaraderie and genuine concern we have for each other have transformed every gathering into a joyous occasion. It is a testament to the spirit of Rotary and the remarkable individuals who make up our club.

I want to take this moment to express my heartfelt gratitude to each one of you for your active participation and unwavering dedication. It is your passion and commitment that breathe life into our projects, making them not just successful but also enjoyable. Together, we are making a tangible and lasting difference in the world.

As we gaze into the future, I have no doubt that the level of support and participation from our members will remain steadfast. The Rotary Oasis family continues to grow in strength, and I am eagerly anticipating the opportunities and challenges that the days ahead will bring.

Thank you for being an integral part of this incredible journey. Together, we will continue to uphold the spirit of Rotary, keeping it alive and thriving.

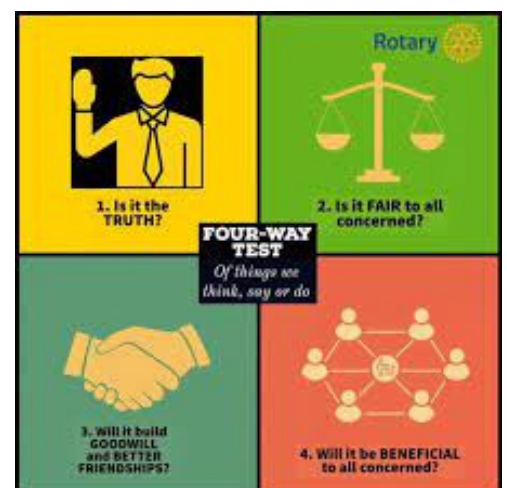
Yours in service,

Sujatha Jagannatha | Club Secretary 2023-24  
Rotary club of Bangalore Oasis



**Rtn. Sujatha Jagannatha**

## The Rotary 4 way Test



## RBO projects - 1 of 8

Utilizing our varied viewpoints to identify solutions, RBO members have been involved in a number of projects for the welfare of the local community. Here are the projects that we were engaged in the last few months - the big as well as the small of them all.

### The eBhasha Lab

- A project supporting education | 18th September, 2024

In a remarkable endeavour to bridge the digital divide and empower rural India, Rotary Club of Bangalore Oasis has teamed up with Presidency University to establish eBhasha Lab.

A groundbreaking initiative that transforms the educational landscape of remote areas in India. With a primary focus on preserving and promoting regional languages, eBhasha Lab is equipping students in rural schools to embrace digital learning in their own mother tongues.

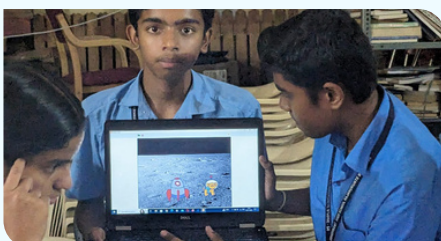
The cornerstone of this innovative project is a patented mother tongue keyboard developed by KaNaada Phonetics, the project's implementation partner. This unique keyboard allows students to think and type in their native language without the need to learn English initially. Furthermore, it integrates English language support, aiding students in their English language acquisition journey through mind mapping techniques. The eBhasha Lab project has been rolled out in six schools around Rajanukunte, equipped with small labs managed by dedicated lab assistants conducting sessions 1-2 times a week and facilitating a conducive environment for students to engage in the wonders of digital learning.

A hub for creativity and innovation, the eBhasha Lab has ignited a lot of enthusiasm as students who can now express their ideas easily. With effective engagement and grasping concepts more effectively, students are also exploring realms of animation and digital art.

One standout achievement was the lunar landing animation project conducted using the Kannada language script demonstrating the incredible potential of students when they are given the tools and opportunities to express themselves in their own language.

This transformative project aligns perfectly with the vision of a Digital Bharat, where every child, regardless of their background, has the opportunity to access quality education and digital tools that can shape their future.

For more details and inspiring stories from the eBhasha Lab project, you can visit the official website at [www.ka-naada.com](http://www.ka-naada.com) or email [info@ka-naada.com](mailto:info@ka-naada.com)







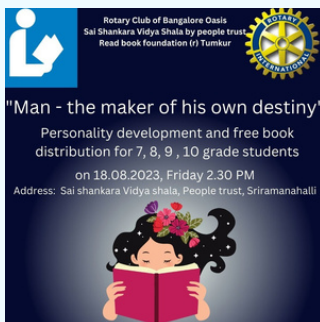
## RBO projects - 4 of 8



**13th August - Blood Donation Camp @ People 's Trust campus** - RBO partnered with Peoples Trust in organizing a Blood donation Camp @ their Campus at Sriramanahalli and collected a total of 141 units of blood. RBO was represented by President. Sachin Gururaj, Rtns. Hemant Sharma, Paramaguru Sambandam, Paul Munduckal and Dinesh Shriyan,.



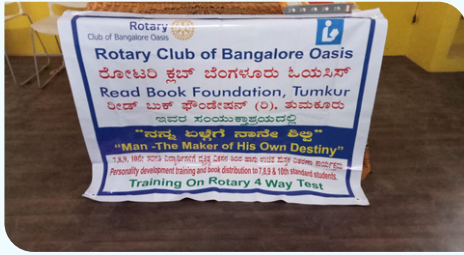
**15th August - Interact Club Installation @ Presidency school** - The Rotary Interact Club Installation Ceremony for the Presidency school students was a momentous one where our young interactors transitioned into roles of leadership roles. The ceremony highlighted the commitment of young individuals to community service, leadership development, and fostering international understanding. As the parent club, RBO was represented by Rtns. Paramaguru Sambandam and Dinesh Shriyan.



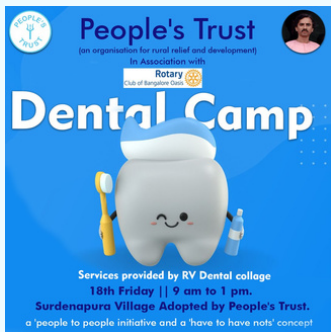
**18th August - 'Man the maker of his own destiny' Entrepreneurship and Skill development training and book distribution at Govt. High school, Kakolu and Shri Shankar Vidyashala** - Trainings empower our youth with adequate understanding and learning enabling them figure out what they want to do in terms of their future. Skills determine the ability to achieve goals and execute better plans. These two sessions come under the aegis of Rotary India Literacy Mission. This program was facilitated by Rtn. Kadadeveremath, Rtr. Rakshitha, Rtn. Sriram, Rtn. Paramaguru Sambandam and Rtn. Venkataramana Annavarapu.



# RBO projects - 5 of 8



**18th August - The Rotary 4 way Test training at Govt. High school, Kakolu and Shri Shankar Vidyashala** - Rtr.Rakshita very efficiently conducted these two separate sessions along with Rtn Sriram of RBO. A total of 300 students from both schools participated. This is under the aegis of Rotary India Literacy Mission. Also present were Rtns. Kadadeveremath, and RBO Rtns. :Paramaguru Sambandamvand Ramana Annavarapu.



**18th August - Dental camp @ Suradhenapura village,** - 60 people were tested by volunteers of RV Dental collage. Co-collaborators for the project - People's trust.

**20th August - Sapling planting @ Sriramanahalli** - 150 saplings were planted at the Shri. Nanaiah Udyanavana @ Sriramanahalli. Project partners of Rotary club of Bangalore, Oasis for this program were Rotary club of Bangalore Yelahanka and People's Trust.



**23rd August - Breast health screening camp & Blood glucose test @ Chikkanahosahali** - This is a monthly initiative with Sakara hospital. 18 women were screened during this camp. Project partner People's Trust.

## RBO projects - 6 of 8



**2nd September - Pediatric Health Screening Camp** - for the children of age groups 0 to 12 was held at Adigenahalli village. General health checkup for all kinds of ailments plus treatment for special health issues were considered on a case to case basis. Raksha Health Care made all the arrangements for the check up and People's Trust arranged for the logistics including movement of children. The surrounding villages also availed of this health camp. a total of 142 children benefited from this camp.



**3rd & 4th September - Eye check-up camp** - 51 people were screened totally on day 1 and 47 people screened on the day 2. Of these, 8 people were earmarked to undergo the IOL cataract surgery to rectify their eye issues. The cataract surgeries took place on the 5th of September at the Lions super specialty eye hospital at JC road.



**16th September - Saree distribution to Anganwadi teachers** - Distribution of sarees to Anganwadi Teachers on the occasion of Gowri Habba Puja was arranged at the People's Trust campus. People's Trust identified the beneficiaries. All the sarees presented were contributed by our club members.

**Annet Samith Sachin** has been giving us sessions on Rotary awareness at our club + family meetings. Engaging us and making us understand the back stories of why it is the way it is. Thanks for the engagement and collaboration Samith. Much appreciated.

You can find the recordings of his sessions on Face Book. Here are the links.

- [Letz Rotary 1.0](#)
- [Letz Rotary 2.0](#)

## RBO projects - 7 of 8



### Needy Heart Foundation

**25th August & 14th September 2023 - Pediatric Heart Surgeries:** Two heart surgeries were carried out through the Rotary Needy Heart Foundation. The two surgeries took place at Sri Jayadeva Institute of Cardiovascular Science and Research and were funded by M/s. Quadragen Vethealth Pvt. Ltd



**3rd October -- Eye check-up camp @ Sriramanahalli -** A total of 51 patients were screened at the camp. Project partner People's Trust.



**9th October - Career guidance & counselling @ Kakolu school -** After your 10th Standard and Pre-university, what next? A career guidance and counselling session was conducted for the high school students of Kakolu Govt school. RBO was represented by Rtns. Arun Bhagra, Paramaguru Sambandam, Dinesh Shriyan and others.



**6th November - Eye check up camp @ People's Trust campus at Sriramanahalli -** 52 patients were screened and 11 surgeries were carried out in association with the Lion's super specialty hospital. Project partner People's Trust.

## RBO projects - 8 of 8



### Senior care - Taking care of care givers - A Health and wellness project

Like-minded individuals from Rotary club of Bangalore Oasis and other walks of life have started this project with the main focus being mental health / wellness and improving the lives of seniors and their caregivers. Rtn Hemant Sharma shares this crucial aspect that affects society profoundly.

#### Why Caregivers?

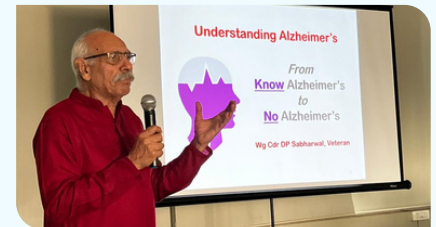
Caregivers are the backbone of healthcare and support systems. Their wellness is crucial to providing care to individuals in need, often overlooked or undervalued.

The physical toll of caregiving includes lifting, assisting with mobility, and managing medications. As are their needs regarding emotional stress, anxiety, depression, burnout, etc. It is crucial to maintain the physical, emotional, and mental well-being of those who provide care, whether for a family member, friend, or a professional.

Caregivers in two categories will be considered,

- **Volunteers:** Young students and others who are willing to take care and serve seniors.
- **Professionals:** Who are wanting to make this as their career, e.g., Nursing, etc.

Social workers and young students will be in our consideration of potential caregivers. The area of focus will be villages in and around Rajanukunte, in North Bangalore.



#### Focus will be on the following for the implementation part of this program.

- Creating awareness
- Training: We are working closely with the WHO program led by Rtn. Dr. Elizabeth Cherian. One Program has being done successfully.
- Self-Care Strategies:
  - Maintain their wellness, such as time management, delegation, and setting boundaries.
  - Mention the value of seeking assistance. From community resources or professional caregivers when necessary.
- Encourage caregivers to recognize and express their own emotions and grief.
- Address the guilt that caregivers may feel when.
  - prioritizing self-care.
  - building a Support System Involving family and friends to share the caregiving loads.
  - Respite Care: Temporary relief is provided to caregivers.
  - Highlight the benefits of taking breaks to recharge and prevent caregiver fatigue.

The Director for this project is Rtn. Rashmi K. and will be funded by the members who will generate funds required according to the requirements. We will however start with an initial amount of INR 40,000/-

## RBO meetings



**1st July - Installation of the new RBO board for 2023-24** - The new president Rtn. Sachin Gururaj and his freshly minted board were installed by the District Governor Elect Rtn. Mahadev Prasad, RID3192.

**4th August - Club + family meeting @ Prestige Oasis club house** - Anniversaries of Rtns. Ramana & Aparna Annavarapu , Rtns. Paramaguru Sambandam and Yaso were celebrated.



**8th September - Club + family meeting @ Shriram Suhana** Club meeting + celebrated of Rtns. Vinodh & Smitha Nair & birthdays of Rtns. Sarabjeet, Ramana, Partha & Kanthikiran.



**6th October - Club + family meeting @ Prestige Royal Gardens** - Club meeting + celebration of birthdays of Annet. Sujan Sachin and Rtns. Shuchita Sharma and Arun Bhagra.



**3rd November - Club + family meeting @ Godrej Avenues** Club meeting + celebration of birthdays of Annet. Hasini, Rtns. Lizzie, Paramaguru and Dinesh.



## ICGF's attended



**ICGF Bandhana - 26th August 2023 for Club Service and Membership Development @ King's Meadows, Hesaraghatta** was attended by RBO Rtms. Ramya Vimay Paramaguru Sambandam and Sriram.



**ICGF Synergicon -17th September 2023 for Youth service @ Dwaraka Auditorium MS Ramaiah College.** The event was attended by RBO Rtms. Paul Mundackal, Sriram, Paramaguru Sambandam and Manjunath.



**ICGF Nethrutva - 29th October, 2023 for vocational service @ CN Palace, Nelamangala** was attended by RBO Rtms, Paul Mundakkal and Paramguru Sambandam.

### Rotary snippet: Who is a District Governor?

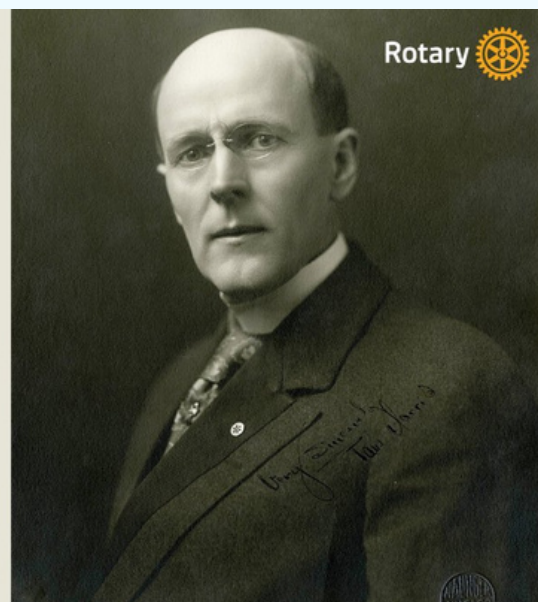
A District Governor (DG) is an experienced officer of Rotary International and represents the RI Board of Directors in the field and leads his/her respective Rotary district. Each Governor is nominated by the clubs of his/her district, and elected by all the clubs meeting, in the annual RI Convention held in a different country each year. The DG appoints assistant governors from among the Rotarians of the district to assist in the management of Rotary activity and multi-club projects.

### Rotary snippet: A Rotary Manual of Procedure

The Rotary Manual of Procedure (MoP) is a comprehensive and essential guidebook that provides in-depth information on the inner workings of Rotary International. It delves into the intricacies of how Rotary clubs & districts are structured, emphasizing roles & responsibilities of leaders and officials. Detailed guidance on conducting meetings (international & local), regular club gatherings, special events, protocols and procedures for effective administration, membership management, and financial practices are shared.

**"I have no hesitation in saying that world peace could be achieved and made permanent if reared on Rotary's firm foundation of friendliness, tolerance, and usefulness."**

**Paul Harris**  
founder of Rotary International  
1940 Convention



## Prashraya welfare foundation

RBO is a proud parent to the Rotaract club of Presidency University, where our enthusiastic, upstanding and principled youth have used the opportunity to serve to do something more for the community and society at large. Rtr. Kalyan Raikar, who I met during a RBO club meeting earlier this month was telling me about Prashraya welfare foundation. A project empowering lives and sustaining dreams and one which he is really passionate about.

Prashraya Welfare Foundation is a student-led Section-8 Non-Profit Organization working towards the holistic welfare of all living beings. They now work in 22+ states across India with 2000+ members. Guided by the motto "**Tamaso Ma Jyotirgamaya,**" Prashraya Welfare Foundation envisions a society where every individual, regardless of their background, experiences holistic welfare. The core principles of Shiksha (Education), Pariyavaran (Environment), Vastra (Clothing), Chikitsa (Healthcare), and Shakti (Women Empowerment) has become their mission.

Prashraya has enabling initiatives like

- Educating Minds, Enriching Lives - through initiatives emphasizing accessibility & quality learning. Learning sessions, surveys, & book drives reaching rural areas & creating free libraries to bridge educational gaps.
- Planting Seeds of Change - environmental sustainability through regular plantation & cleanliness drives to ensure a greener planet.
- Clothing the Vulnerable, Supporting the Elderly Cloth & footwear donation drives, to address societal challenges. programs on the well-being of senior citizens, providing them essential resources & celebrating their contribution
- Women Empowerment Beyond Boundaries - An initiative, shedding light on the strength and the resilience of women. From self-defense sessions to educational programs on menstrual hygiene, focusing on uplifting & supporting women
  - Expanding Horizon - to bridge the education gap by the COVID-19 pandemic. Offline learning sessions to nurture talent irrespective of socio-economic barriers.
  - Other ongoing Endeavors - creating free libraries across districts, ensuring access to educational resources for all, signify a sustained effort to empower communities nationwide.



With an unwavering commitment to build a better tomorrow for all, Prashraya's story exemplifies transformative power of collective action.

The sense of self-fulfillment that comes through all of these activities is a richly rewarding bonus, developing better community citizens in the long run.

May their tribe increase.

**REFERENCES & SOURCES:**

**Rotary snippets :- Researched & provided by Annet Samith Sachin**



**Are you interested to:**

**Be a part of the e-zine committee? Share a story? Nominate someone for a feature? Report an error?  
Provide constructive feedback? Please email us @ [rotaryoasis@gmail.com](mailto:rotaryoasis@gmail.com)  
We also appreciate extreme praise! :) Thank you for your time.**