



# ROTARY BANGALORE ABILITIES

OCTOBER 2024 - DECEMBER 2024  
NEWSLETTER - 3



## GOV 2024 - TEAM RBA

100 % GIVING CLUB  
LAUNCH OF NEW WEBSITE  
RECOGNIZING RBA MEMBERS AND VOLUTEERS FOR THERE CONTRIBUTION



ON 10TH NOVEMBER '2024, ROTARY BANGALORE ABILITIES HAD ITS GOV MEET AT ROTARY HOUSE OF FRIENDSHIP, LAVELLE ROAD, BENGALURU. THE DISTRICT GOVERNOR RTN.SATISH MADAVAN ALONG WITH RTN. ASHWINI MASTI, RTN. BALAJI AND RTN.KAVITHA SUBRAMANIAM REVIEWED THE CLUB'S PROJECTS AND ASSESSED THE CLUB'S ACCOUNTS. THE VISIT FACILITATED SUBSTANTIVE DISCUSSIONS ABOUT CLUB PLANS, GOALS, AND PROGRESS, WHILE IDENTIFYING AND ADDRESSING THE ISSUES FACED BY THE CLUB. THE DG ALSO FELICITATED THE RBA DIRECTORS AND VOLUNTEERS FOR THEIR TIRELESS WORK. HE ALSO LAUNCHED THE RBA'S WEBSITE AND RELEASED THE NEWS BULLETIN. OVERALL THE GOV WAS A GRAND SUCCESS. RTN ARUN MOHAN, PRESIDENT RBA AND RTN KAMESHWARI RAO, SECRETARY, RBA THANKED ALL THE DIGNITARIES AND CLUB MEMBERS WHO ATTENDED THE GOV.

# GLIMPSES OF GOV 2024



**Lighting of the Lamp**



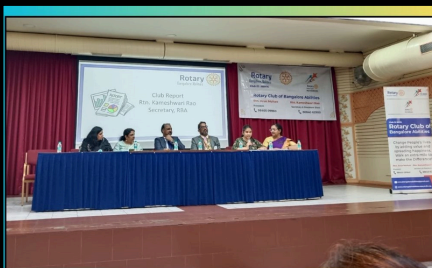
**Invocation  
by  
Rtn.Lakshmi**



**Collaring of the  
President Rtn.Arun  
Mohan**



**Welcome Address  
by  
Rtn.Arun Mohan**



**Club Report  
by  
Rtn.Kameshwari Rao**



**District Governor  
felicitating RBA members**



**District Governor  
felicitating Volunteers**



**Launch of Website**



**Releasing Club  
Newsletter**



## EYE SURGERY WITH USHA KIRAN CHARIBABLE TRUST

RBA CONTRIBUTED RS. 20000/- TO USHA KIRAN CHARIBABLE TRUST ON THE OCCASION OF WORLD SIGHT DAY 2024 . THIS CONTRIBUTION IS TOWARDS EYE SURGERIES FOR BENEFICIARIES WHO CAN NOT AFFORD THE SAME.



## FELLOWSHIP

MEMBERS OF RBA MET AT HYMAMSHU JYOTIKALAPEETHA SCHOOL ON SUNDAY, THE 13TH OF OCTOBER FOR FELLOWSHIP. THE PLANS FOR UPCOMING PROJECTS WERE DEVISED AND ACTION ITEMS WERE ASSIGNED. SPECIAL THANKS TO RTN.SUMA FOR FACILITATING THE MEETING. RTN SANTHOSH DHAVANE WAS WELCOMED AS THE NEWEST MEMBER OF THE CLUB.



## RBA PARTICIPATED IN THE DISTRICT PROJECT ON THE OCCASION OF WORLD POLIO DAY

**Rotary**  
RI Dist. 3191

**MAVERICKS**

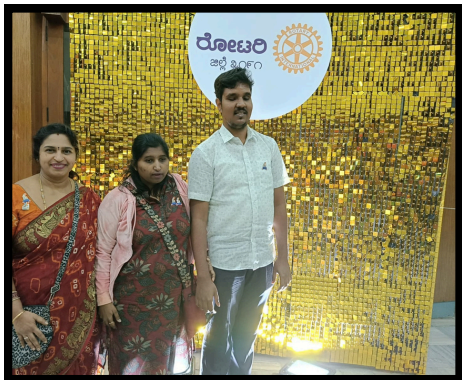
*Presents*  
**ವಿಶ್ವ ಪೋಲಿಯೋ ದಿನಾಚರಣೆ**  
**WORLD POLIO DAY**  
Human Chain | Public Image | Felicitations  
Celebration 24th October 2024

**SPONSORING CLUBS**


Rotary Rotary Bangalore Lakeside RI Dist. 3191	Rotary Rotary Bangalore Palmville RI Dist. 3191
Rotary Rotary Bangalore South RI Dist. 3191	Rotary Rotary Bangalore Abilities RI Dist. 3191
Rotary Rotary Bangalore Shankarapark RI Dist. 3191	Rotary Rotary Bengaluru Harmony RI Dist. 3191
Rotary Rotary Bangalore Spandana RI Dist. 3191	Rotary Rotary Ramanagara Silk City RI Dist. 3191
Rotary Rotary Bangalore Metro RI Dist. 3191	Rotary Rotary Bangalore HSR RI Dist. 3191
Rotary Rotary Eclub of Bangalore RI Dist. 3191	Rotary Rotary Bangalore Basavanagudi RI Dist. 3191
Rotary Rotary Bangalore Raja Rajeswari Nagar Centennial RI Dist. 3191	Rotary Rotary Bangalore Greater Jayanagar RI Dist. 3191
Rotary Rotary Bangalore South Parade RI Dist. 3191	Rotary Rotary Bangalore Malhar RI Dist. 3191
Rotary Rotary Bangalore Midtown RI Dist. 3191	Rotary Rotary Bangalore Aantarya RI Dist. 3191
Rotary Rotary Bangalore Jeevan Bhima Nagar RI Dist. 3191	Rotary Rotary Bangalore South End RI Dist. 3191

**SPONSORER**  
**PIXEL**

Contact for more details: Rtn. Subhashini Naidu, Mob: 99807 57783



**ON THE 5TH OF NOVEMBER, RTN. CHANDANA, RTN. LATHA, RTN. GOKULAKRISHNAN FROM RBA PARTICIPATED IN THE KANNADA RAJYOTSAVA EVENT HELD AT THE CHOWDIAH MEMORIAL HALL, BANGALORE. AS PROMISED THE ORGANISING TEAM ENSURED IT WAS A COLOURFUL EVENING. SOME OF THE HIGHLIGHTS WERE, SPECTACULAR NADA GEETHA PERFORMANCE BY ABHINAVA DANCE COMPANY, CUTEST PERFORMANCE OF SILVER TO SILICON, LOTS OF FELLOWSHIP AND A SUMPTUOUS DINNER.**



**Rotary Bangalore Abilities is pleased to present the fifth edition of the CLAP program.**

Open to differently-abled students

**ONLINE COURSE**

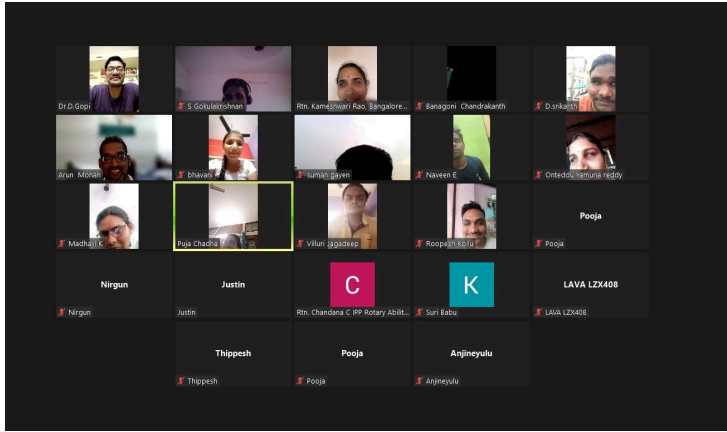
Class every Sunday for 6 weeks.



Topics covered this time would include: **leadership, personal grooming, yoga for a balanced life, investing for the future, STEM as a career, and resume writing and interview skills.** The resource persons are experts in their fields and will address your challenges empowering students and freshers to blend into their chosen career and society at large.

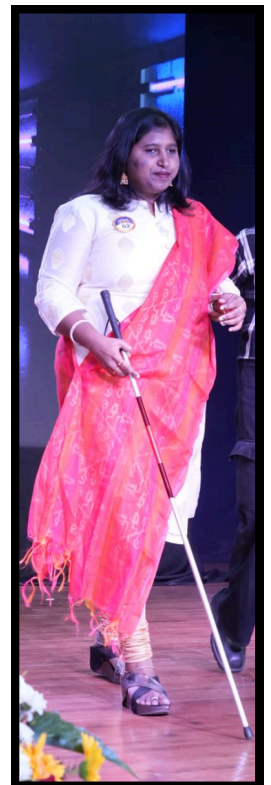
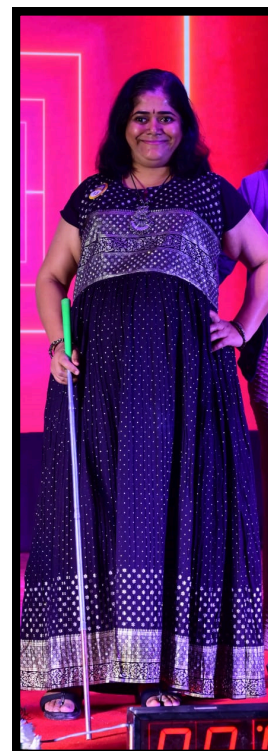


**ROTARY BANGALORE ABILITIES IS ORGANISING THE CLAP PROGRAM FOR THE YEAR 2024. THE PROGRAM WOULD BENEFIT STUDENTS WITH DISABILITIES. THE PROGRAM STARTS ON NOVEMBER 24TH AND EXTENDS TO THE NEXT 6 WEEKS ON ALL SUNDAYS. EMINENT SPEAKERS WILL TALK ON TOPICS COVERING LEADERSHIP, PERSONAL GROOMING, YOGA FOR A BALANCED LIFE, INVESTING FOR THE FUTURE, STEM AS A CAREER, AND RESUME WRITING AND INTERVIEW SKILLS. THE RESOURCE PERSONS ARE EXPERTS IN THEIR FIELDS AND WILL ADDRESS THE CHALLENGES EMPOWERING STUDENTS AND FRESHERS TO BLEND INTO THEIR CHOSEN CAREER AND SOCIETY AT LARGE. STUDENTS ARE VERY EAGER AND INTERESTED IN REGISTERING FOR THE PROGRAM. RTN. ARUN MOHAN, PRESIDENT RBA INFORMED THAT THE PARTICIPANTS OF THE CLAP PROGRAM WILL RECEIVE A CERTIFICATE ON SUCCESSFUL COMPLETION OF THE PROGRAM.**



ON 24TH NOVEMBER '2024, ROTARY BANGALORE ABILITIES INAUGURATED THE FIFTH EDITION OF THE CLAP PROGRAM (COMMUNICATIONS, LEADERSHIP, ATTITUDE, AND PERSONALITY DEVELOPMENT). THE DIFFERENTLY-ABLED STUDENTS STUDYING IN THE SCHOOLS, COLLEGES, FRESHERS AND WORKING GRADUATES PARTICIPATED ACTIVELY IN THE INAUGURAL SESSION. THE CLAP PROGRAM WILL BE HELD EVERY SUNDAY FOR THE NEXT 6 WEEKS. TOPICS COVERED THIS TIME WOULD INCLUDE: LEADERSHIP, PERSONAL GROOMING, YOGA FOR A BALANCED LIFE, INVESTING FOR THE FUTURE, STEM AS A CAREER, AND RESUME WRITING AND INTERVIEW SKILLS. THE RESOURCE PERSONS ARE EXPERTS IN THEIR FIELDS AND WILL ADDRESS THE CHALLENGES EMPOWERING STUDENTS AND FRESHERS TO BLEND INTO THEIR CHOSEN CAREER AND SOCIETY AT LARGE. RTN. ARUN MOHAN, PRESIDENT RBA, RTN. KAMESHWARI RAO, SECRETARY RBA, ALONG WITH RTN. JUSTIN PHILIPS, RTN. GOKUL KRISHNAN, RTN. CHANDANA, RTN.NAGARAJ, RTN. PUJA CHADHA AND RTN.DR.GOPI PARTICIPATED AND WISHED THE PARTICIPANTS. THE PARTICIPANTS WERE FULL OF ENERGY AND WERE LOOKING FORWARD TO BE PART OF THE TRAINING .

ON 23RD NOVEMBER '2024, ROTARY BANGALORE ABILITIES PARTICIPATED IN THE PRELIMS OF MAVERICK QUEEN BEAUTY CONTEST HOSTED BY RID 3191 AT VVN AUDITORIUM, BENGALURU. RTN LATHA, RTN CHANDANA, RTN.ANANDHI AND RTN.PRIYA FROM RBA ACTIVELY PARTICIPATED IN THE PRELIMS ROUND COMPRISING RAMP WALK, INTRODUCTION AND Q&A ROUNDS. CONGRATULATIONS TO ALL THE FOUR TALENTED CONTESTANTS WHO PARTICIPATED IN THE ROTARY BEAUTY CONTEST! THEIR CONFIDENCE, POISE, AND BEAUTY INSPIRED ALL IN THE CONTEST. FINALLY RTN.PRIYA MADE HER WAY TO THE FINALS. RTN. ARUN MOHAN, PRESIDENT RBA AND RTN. KAMESHWARI RAO, SECRETARY RBA WISHED RTN PRIYA AND OTHER CONTESTANTS FOR THEIR COURAGE AND DETERMINATION THAT MADE THE CLUB FEEL PROUD.



WE CAN RETHINK

**UNSEEN STRUGGLES OF ACCESSIBILITY IN BENGALURU**

I ndiranagar is home to popular brands and trendy stores. As I made my way down the bustling 100 Feet Road last week, I was struck by an uncomfortable truth: Every store had at least two steps at the entrance, with some having as many as five to 10 steps. I couldn't help but ask myself, how does a person in a wheelchair or someone with limited mobility reach these stores? Or do these global brands simply believe that people with disabilities are not part of their customer base? This exclusion is not just an inconvenience, it's a violation of dignity.

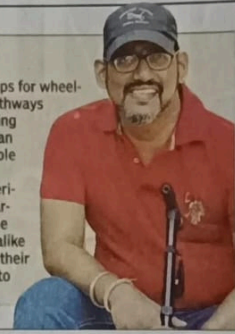
It is incredibly disheartening to know that despite multiple Supreme Court rulings mandating the ac-

cessibility of public spaces and buildings for persons with disabilities, none of these orders are followed. Being disabled in a city like Bengaluru often feels like being invisible - excluded, ignored, and left to navigate a world that was not built for us. We are not asking for special treatment, but for the right to live and participate in society with the same dignity and ease as anyone else.

Ten years ago I was diagnosed with an incurable autoimmune disorder called multiple sclerosis. Since then, I have had to experience the reality of a city that largely ignores the needs of people like me. Most auditoriums and pavements are not disabled

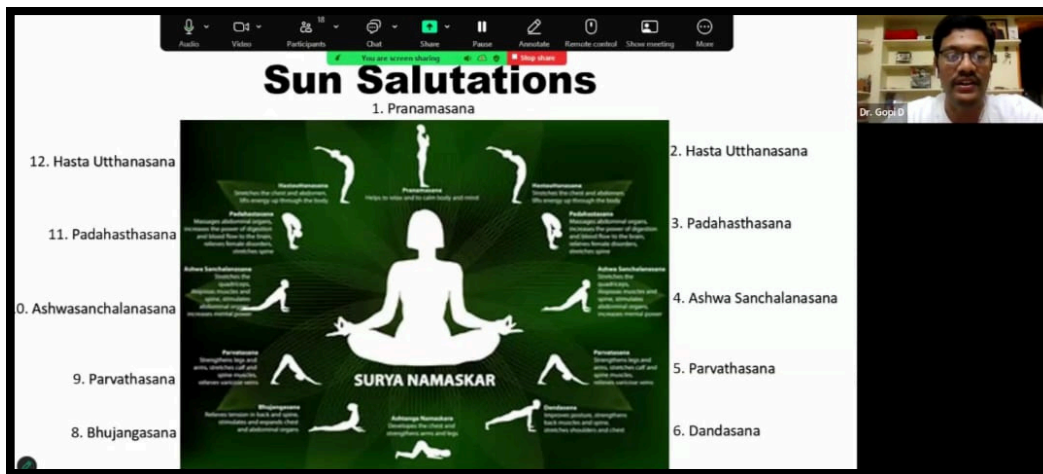
friendly. Pedestrian crossings lack ramps for wheelchair users, and there are no tactile pathways for the visually impaired. Even something as basic as public washrooms is often an afterthought, with no facilities for people with disabilities.

It's an exhausting, humiliating experience to be confronted with physical barriers on a daily basis. The onus is on the government, businesses, and citizens alike to ensure that everyone, regardless of their physical abilities, has the opportunity to thrive in this vibrant city.



**Arun Mohan** | PRESIDENT, ROTARY CLUB OF BANGALORE ABILITIES AND LIFE WELLNESS COACH

**RBA PRESIDENT RTN. ARUN MOHAN SPOKE ABOUT ACCESSIBILITY IN BENGALURU CITY. THE ARTICLE WAS PUBLISHED IN LEADING NATIONAL DAILY TIMES OF INDIA ON 30TH OCT 2024.**



**ON DECEMBER 1, 2024, ROTARY BANGALORE ABILITIES ORGANIZED AN INFORMATIVE SESSION ON "YOGA FOR A BALANCED LIFE" FOR THE PARTICIPANTS OF THE CLAP 2024 PROGRAM VIA THE ZOOM PLATFORM. DR. GOPI DEVARAJAN, A CERTIFIED YCB YOGA INSTRUCTOR FROM THE MINISTRY OF AYUSH, LED THE SESSION. HE PROVIDED VALUABLE INSIGHTS INTO THE YOGIC WAY OF LIFE, EMPHASIZING HOW PRACTICING YOGA ASANAS COMBINED WITH PROPER BREATHING TECHNIQUES ALONG WITH MEDITATION AND MUDRA THERAPY CAN HELP MAINTAIN A BALANCED LIFE. THE SESSION WAS WELL-RECEIVED BY ALL PARTICIPANTS AND FELLOW ROTARIANS. RTN. ARUN MOHAN THANKED DR. GOPI DEVARAJAN, DIRECTOR OF INTERNATIONAL SERVICES, RBA, FOR THE USEFUL TAKEAWAYS. OVERALL, THE SESSION WAS A GRAND SUCCESS.**



**ON DECEMBER 3, 2024, THE NATIONAL CAREER SERVICE CENTRE FOR DIFFERENTLY ABLED IN BENGALURU, KARNATAKA, COMMEMORATED THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES. THE EVENT AIMED TO PROMOTE EMPOWERMENT, INCLUSIVITY, AND EQUAL OPPORTUNITIES FOR PERSONS WITH DISABILITIES. DISTRIBUTION OF ASSISTIVE AIDS AND APPLIANCES, INCLUDING WHEELCHAIRS, TRICYCLES, HEARING AIDS, AND BRAILLE SLATES HAPPENED AT THE EVENT WHICH WILL HELP BENEFICIARIES LEAD INDEPENDENT AND NORMAL LIVES DESPITE THEIR CHALLENGES. THE DISTINGUISHED GUESTS INCLUDED SMT. SADHANA POTE, JOINT DIRECTOR, DIRECTORATE OF INDUSTRIAL TRAINING AND EMPLOYMENT, AND SHRI. K.V. RAJESH, UNIT HEAD, ALIMCO, BENGALURU. RTN. ARUN MOHAN, PRESIDENT ,RBA WAS A SPECIAL INVITEE AT THE EVENT . THE EVENT SHOWCASED COLLECTIVE EFFORTS IN PROMOTING INCLUSIVITY AND EMPOWERMENT FOR PERSONS WITH DISABILITIES.**




## CELEBRATING DISABILITY WARRIORS

**CELEBRATE, HONOR & SUPPORT**

HONORING DISABILITY WARRIORS WHO HAVE MADE A MARK IN THEIR FIELD, OVERCOMING CHALLENGES FACED DUE TO DISABILITY

Date - 5th Dec 2024,  
 Thursday  
 Venue - Zoom  
 Time - 8:30 p.m. (IST)  
 ,12:00p.m. (BRT) , same day

**ZOOM DETAILS IN DESCRIPTION**

**CHIEF GUEST**  
**Rtn. Varalakshmi Balaji**  
 Director , DEI RID 3191, 2023-2025







## CERTIFICATE OF APPRECIATION

Proudly present to :

*Ms. Micaela Dejust dos Santos*

In recognition of being a disability warrior, overcoming severe obstacles, and being the motivation to others.

We commend Micaela for being persistent in the face of adversity. She remains an exemplar for dignity among the marginalised members of our community.

For Rotary Bangalore Abilities For Rotary EClub do Distrito 4621 - Tropeiros




Rtn. ARUN MOHAN  
PRESIDENT 24-25
Rtn. ALESSANDRA CATEL  
PRESIDENT 24-25





## CERTIFICATE OF APPRECIATION

Proudly present to :

*Ms. Alessandra Costa*

In recognition of her lifetime of service to the education of the youth.

We commend Alessandra Costa for being a beacon in the field of education. Her compassion towards her students is worth emulating, particularly during these extraordinary times of uncertainty and change.

For Rotary Bangalore Abilities For Rotary EClub do Distrito 4621 - Tropeiros




Rtn. ARUN MOHAN  
PRESIDENT 24-25
Rtn. ALESSANDRA CATEL  
PRESIDENT 24-25

ON DECEMBER 5 '2024, ROTARY BANGALORE ABILITIES HOSTED A JOINT CLUB IDPD EVENT WITH ROTARY E-CLUB DO DISTRITO 4621 - TROPEIROS, BRAZIL TO CELEBRATE, HONOUR AND SUPPORT THE WARRIORS WHO HAVE MADE A MARK IN THEIR FIELD, OVERCOMING THE CHALLENGES FACED DUE TO DISABILITY. RTN.VARALAKSHMI BALAJI, DIRECTOR DEI RID 3191 ACCEPTED TO BE THE CHIEF GUEST OF THE EVENT. RTN.ANDREA CATEL, PRESIDENT OF THE ROTARY E-CLUB, BRAZIL NOMINATED TWO WARRIORS NAMED MS.ALESSANDRA COSTA AND MS.MICAELA DEYUST DOS SANTOS FOR THEIR REMARKABLE WORK IN THE FIELD OF EDUCATION. THEY WERE FELICITATED FOR THEIR EXEMPLARY COMMITMENT AND DEDICATION TOWARDS THEIR WORK AT THE GRAND EVENT. RTN. ARUN MOHAN, PRESIDENT RBA AND RTN. KAMESHWARI RAO, SECRETARY RBA THANKED THE AWARDEES AND THE PRESIDENT, ROTARY E-CLUB FOR RECOGNISING SUCH TALENTS AND PARTICIPATING IN THE JOINT EVENT ALONG WITH THEIR ROTARY CLUB MEMBERS FOR MAKING THE JOINT CLUB IDPD EVENT A GRAND SUCCESS. RTN. ARUN MOHAN THANKED RTN. VARALAKSHMI BALAJI FOR BEING THE CHIEF GUEST OF THE EVENT. HE ALSO THANKED RTN. PUJA CHADHA, PUBLIC IMAGE DIRECTOR-RBA, RTN.DR.GOPI, INTERNATIONAL SERVICES DIRECTOR- RBA AND ALL THE MEMBERS OF RBA WHO ACTIVELY PARTICIPATED IN THE EVENT AND WORKED FOR THE SUCCESSFUL COMPLETION OF THE EVENT.