

STUDENTS CORNER

Venkataramana Complex,
Karkala
Ph : 230700



Contact for
All Types of
Note Books
and other Items



SERVICE

THE WEEKLY BULLETIN OF THE ROTARY CLUB OF KARKALA

Issue : 31

RI Dist. 3182

January 26, 2021

- As we celebrate the 72nd Republic Day, let's promise to protect our nation and its flag. Happy Republic Day 2021!
- The constitution is not a mere lawyer's document, it is a vehicle of Life, and its spirit is always the spirit of the age—BR Ambedkar
- Freedom in the mind, strength in the words, pureness in our blood, Pride in our souls, zeal in our hearts, let's salute our nation on Republic Day. Happy Republic Day 2021!
- Let's promise to build a nation that is strong, developed, independent, capable, and sets an example for the world. Happy Republic Day 2021!
- Let's work to enrich and preserve our heritage, ethos, and our treasure. Happy Republic Day 2021!

On 16-12-2020 Rotary Club Karkala, Cleaning program and Grass Cutting program in Rotary, program in progress from past 3 days starting from 14 of Dec and also planning to make over the children's play area with well furnished equipment for kids to play and enjoy , and to visit the park for public use also, Rotary club Karkala President Rtn Rekha Upadhyaya, Rtn Soujanya Upadhyaya, Rtn Hariprakash shetty were present on that day.



On 03-01-2021 Rotary Club Karkala Under Green India Clean India, Installed pipe compost in Karkala at Mr Jayaprakash Shenoy house premises and also explained about the pipe compost and it's use. Rotary Club Karkala President Rtn Rekha Upadhyaya and Rtn Soujanya Upadhyaya and councillor Mr Mallya were present on this day.



Birthday Greetings :

1 Feb. - Rtn Vijayaraj Shetty
2 Feb. - Rtn Shashidhar K

Wedding Anniversary Greetings:
27 Jan. - Rtn Geetha Kamath



Last week at Rotary Club Karkala

The 30th weekly meeting of Rotary Club Karkala was held on 20-01-2021 Wednesday at Rotary Balabhavana Karkala. On the occasion of Vocational Month celebrations we had Mr Udaya Kumar Kadamba, Pranayama and Yoga trainer, Patanjali Yoga Kendra Karkala as the Guest for the week. The meeting started sharp @ 7-00 pm in the evening when the meeting was called to order, National Anthem was rendered by Rotary members. Rotary Club Karkala President Rtn Rekha Upadhyaya welcomed the gathering and wished all the Rotarians who are celebrating their Birthdays and Anniversaries in that week, and also recognised the host of the day Rtn Dias Cherian with memorable gifts in token of appreciation. This was followed by Announcements of service project and upcoming joint meeting with Rock City and the date of Districts Governor Official visit to Karkala Club and meeting place. Service Bulletin 30 was released by Rtn Vijayaraj Shetty and our editor is Rtn Dr Asha Hegde. Rtn Rekha G introduced the Chief Guest. The Guest Speech was Short and sweet. Along with Guest talk he also gave a demonstration of Pranayama and laughing yoga or therapy. His step by step teaching of Pranayama, it's usefulness and how it effective to body, food method, with 8 types of Pranayama and some simple exercise to knee and legs to overcome the problems was much appreciated by the members. In the end we had a super and excellent laughing yoga, where he demonstrated a variety of laughter. Quiz question was sent in what's app group about Rotary information. Lucky winner was Rtn Mohan Shenoy. Vote of thanks by Secretary Rtn Shashikala K Hegde.



WEEKLY MEETING

Every
Wednesday
at 6-30 P.m. -
Rotary Bala
Bhavan, Karkala

HOTEL MAHALASA
Laxman Vittal Building
Tellar Road, Karkala

M/s. JYOTHI MEDICALS
TMC Building
Govt. Hospital Road, KARKALA
Ph : 08258 - 230007



Marathe Milk Products
Mala, Karkala Taluk

SUVEERA MARKETING
Prakruthi
BNP Compound
ML Road, TUMKUR

TYRE CARE
All kind of Tyres & Tubes
WHOLESALE & RETAIL
M&F PLAZA,
CHURCH CROSS,
BELTHANGADY
CONTACT:
944993400,
08256-233228

POWER POINT™ BAG INDUSTRIES
All types of Bag Available
Behind Lord Gomateshar Hill
NH-169, Karkala - 574104, Udupi Dist.
Ph : 8497041888
POWER POINT
symbol of quality

Rotary Opens Opportunities



FROM THE EDITORS DESK

Dear friends in Rotary,
Republic Day Greetings!!

India got Independence on August 15, 1947, after that, a drafting committee was appointed for drafting the Constitution of India, with Dr. B R Ambedkar as the chairman. The Constituent Assembly took almost three years (two years, eleven months, and seventeen days to be precise) to complete its historic task of drafting the Constitution for Independent India. The Constitution was finally adopted by the Indian Constituent Assembly on November 26, 1949. It came into effect on January 26, 1950. The same day is referred to as Republic Day. In other words, it marks the birth of India as a Republic State. As the Nation celebrates 72nd Republic Day we at Rotary Karkala are continuing with our celebrations, our commitments to the society we live in. Long live Rotary!

Yours in Rotary
Asha Hegde

VOCATIONAL SERVICE

Vocational Service is the “Second Avenue of Service.” No aspect of Rotary is more closely related to each member than a personal commitment to represent one’s vocation or occupation to fellow Rotarians and to exemplify the characteristics of high ethical standards and the dignity of work. Programs of vocational service are those which seek to improve business relations while improving the quality of trades, industry, commerce and the professions. Rotarians understand that each person makes a valuable contribution to a better society through daily activities in a business or profession.

Vocational Service is frequently demonstrated by offering young people career guidance, occupational information and assistance in making vocational choices. Some clubs sponsor high school career conferences. Many recognize the dignity of employment by honoring exemplary service of individuals working in their communities. The 4-Way Test and other ethical and laudable business philosophies are often promoted among young people entering the world of work. Vocational talks and discussion of business issues are also typical vocational service programs at most clubs.

Regardless of the ways that Vocational Service is expressed, it is the banner by which Rotarians “recognize the worthiness of all useful occupations” and demonstrate a commitment to “high ethical standards in all businesses and professions.” That’s why the Second Avenue of Service is fundamental to every Rotary club.

HANDING OVER OF ARTIFICIAL LIMB TO DISABLED PERSONS

On 18-01-2021 Rotary Club Karkala in association with MCF Mangalore handed over an artificial Limb to the person who is disabled, to give him a new life, in the presence of Karkala MLA V Sunil Kumar, and team of MCF Mangalore company co -ordinators, and our

Rotary Club Karkala members, and members of the public. The prosthesis was handed over, which was later attached to Mr Subashchandra aged 47 years who was suffering from diabetes. After amputation he was handicapped. Earlier his measurements were taken, Skin matching done, and explanation about that Artificial Limbs were given. Rotary Club Karkala President Rtn Rekha Upadhyaya, Secretary Rtn Shashikala K Hegde, Rtn Mohan Shenoy, Rtn Vasanth M, Rtn Niranjana Jain, Rtn Soujanya Upadhyaya and other Rotarians were present with the beneficiary and their family members. The MCF coordinator Mr Keerthinath Rao and his staff members were also present on this day.



On 18-01-2021 Rotary Club Karkala in association with MCF Mangalore handed over an artificial Limbs to a needy disabled person, to give him a new life. In the presence of Karkala MLA V Sunil Kumar, and team of MCF Mangalore company co -ordinators, and our Rotary Club Karkala members, and members of the public, we handed over an artificial prosthetic device to Mr Hemachandra of Belavi. The 50 year old beneficiary had lost his hand while driving a bus., On an earlier occasion his measurements were taken, skin matching done and explanation about that Artificial Limbs were given. “Rotary Club Karkala President Rtn Rekha Upadhyaya, Secretary Rtn Shashikala K Hegde Rtn Mohan Shenoy ,Rtn Vasanth M,Rtn Niranjana Jain, Rtn Soujanya Upadhyaya other Rotarians were present with the beneficiary and their family members. MCF Coordinator Mr Keerthinath Rao and his staff members were also present on this day.



RESTORING ROTARY BAL BHAVANA

On 19-12-2020 Rotary Club Karkala conducted a program of Renovation of Rotary Balabhavana children’s play area behind the Building of Rotary Balabhavana ...Painting and Tinkering work was done to swing and other playing items in the areaa new and cleaned children’s play area in Rotary Balabhavana...Rotary Club Karkala President Rtn Rekha Upadhyaya, Rtn Soujanya Upadhyaya, Rtn Hariprakash Shetty, Rtn Dias Cherian and others were present on that day.



President
Rtn. Rekha Upadhyaya
9900213535
rekha.upadhyaya81@gmail.com
Secretary
Rtn. Shashikala K. Hegde
9482255444
shashi28jain@gmail.com
Editor:
Rtn. Asha P. Hegde
94488 24967
hegde.asha@gmail.com

Program Today
Joint weekly Meeting with Rotary Club Karkala Rockcity on 26/01/2021 Tuesday venue: Dr TMA Pai Rotary Hospital Karkala Time: 3:30pm

Program Next Week
Club Assembly official visit of AG Rtn Phf Naveen Amin 03-02-2021

K. RATHNAKARA RAO
President & Directors
Shree Subrahmanya Sahakara Sangha (L)
Sri Shankar Building
Tellar Road, KARKALA

Mr. MUKUND & Mrs. SEEMA ACHARYA
BANGALORE
Mob :9448134694,08258-298694

A/C & NON A/C HALL
Mob :9448134694,08258-298694

ಶ್ರೀ ರಾಧಾಕೃಷ್ಣ ಸಭಾಭವನ
A/C ಕಲ್ಯಾಣ ಮಂಟಪ
ಸದಾನಂದ ಕಾಮತ್ ರಸ್ತೆ, ಬಸ್ ಸ್ಟಾಂಡ್ ಹತ್ತಿರ, ಕಾರ್ಕಳ
ಮದುವೆ, ಉಪನಯನ, ಸೀಮಂತ, ನಿಶ್ಚಿತಾರ್ಥ ಹಾಗೂ ಇನ್ನಿತರ ಶುಭ ಸಮಾರಂಭಗಳಿಗೆ ಕಲ್ಯಾಣ ಮಂಟಪ ಲಭ್ಯ