

Rtn. Stephanie A. Urchick
RI President

Rtn. CA Dev Anand
District Governor

Rtn. Jagannath Kote
Assistant Governor

Rtn. Nagaraj Shetty
Zonal Lieutenant

Rtn. Subhash Bangera
Club President

Rtn. Farida Uppin
Club Secretary

Rtn. Rathnakar Udyavar
Club Treasurer

Rtn. Vanishree Rao
Rtn. Shashikala Rajavarma
Concord Editors

Avenue Directors

Rtn. Dr Jayagowri H
Club Service
Rtn. Prashanth Hegde
Vocational Service
Rtn. Rajavarma Ariga
Community Service
Rtn. Amit Aravind
International Service
Rtn. Dr Pradeep S
Youth Service

District Projects

Clean Environment for Good Health
Awareness to Road Safety
Education with Legal Awareness
Go Green and Save Water

THE 4-WAY TEST

Of the things we think, say or do
- Is it the TRUTH ?
- Is it FAIR to all concerned ?
- Will it build GOODWILL and BETTER FRIENDSHIPS ?
- Will it be BENEFICIAL to all concerned ?

Club Service

30th July, 2024: Weekly Meeting

Topic: Exploring well-being through awareness session on Yoga & Naturopathy

Venue: Rotary Bhavan, Ananth Nagar, Manipal

Guest Speaker: PHF Dr. Athmika Shetty, Asst. Professor, Division of Yoga, CIMR, MAHE, Manipal

Meeting Co-Ordinator: Rtn. Rajavarma Ariga

No. of participants: 48

The meeting began with calling upon the dignitaries on the dais, presenting collar to President Rtn. Subhash Bangera by Sergeant-at-Arms Rtn. Sripathi P. President called the meeting to order and formally welcomed the gathering.



Under the series "I am a Proud Rotarian", Profile of Rtn. Nalini Nair was read out. Certificate of Appreciation was awarded to Rtn. Roshan Denzil Sumithra for the contribution of USD 500 towards TRF.

Thought for the day was presented by Rtn. Dr. Sucharitha Shetty and the Rotary Information was presented by Rtn. Nagaraja Tantry.

Guest Speaker Ann Dr. Athmika Shetty, wife of Rtn. Nausha Shetty was introduced by

Rtn. Shubha H S as very much belonging to Rotary, as her parents too were Rotarians. Dr. Athmika completed her schooling in Karkala. (... Contd in Page 2)



Thought for the Day
- Rtn. Dr. Sucharitha Shetty

- A stone is broken by the last stroke of a hammer. This doesn't mean that the first stroke is useless. Success is the result of continuous and persistent efforts. Same is with Yoga.
- Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there – buried under the 50,000 thoughts the average person thinks every day.



Rotary Information

- Rtn. Nagaraja Tantry

The RI BOD met on Apr 8th to 10th, 2024, at the Rotary Headquarters in Illinois, USA. The following board decisions are relevant to the functioning of Rotary Clubs:

- The Board strongly encourages Clubs to set 3-year rolling goals; and zones to develop regional plans to help the clubs reach goals and encourages districts and zones to support these regional plans.
- The Board approved 2 new strategic initiatives: The Club Experience and Evidence-based Decision-making.
- A Presidential Peace Conference is to be held in Istanbul, Turkey on Feb 20-22, 2025, to celebrate Rotary's contribution to peacebuilding and to coincide with the first cohort of Rotary Peace Fellows studying at Rotary's newest Peace Centre in Bahçeşehir University.

Club Service...(Contd..)

Dr. Athmika Shetty is a BNYS graduate from SDM Ujire and did her post-graduation in Clinical Yoga from Rajiv Gandhi University, Bangalore.

She spoke profusely on Yoga and Naturopathy. Naturopathy is a drugless system. Therapies in Naturopathy are from nature – Sun Therapy, Hydrotherapy, Acupuncture, Massage, Mud Therapy, Laughter Therapy and Balanced Diet. She pointed few dos and don'ts for healthy living.



After the presentation of Guest Speaker, there was Yoga Asana demonstration by the members of Sri Patanjali Yoga Shikshana Samithi. The gathering was mesmerised looking at the ease with which the demonstration was done, which was the result of years of practice. SPYSS team invited Rotarians to join Yoga. SPYSS has been teaching yoga to interested members free of cost.

After the two Health Awareness sessions, memento was given to the Guest Speaker and SPYSS representatives.

In this meeting Lucky Draw for Gift Voucher was introduced and the entire gathering participated. Mr. Upendra Nayak (Guest) from Sri Patanjali Yoga Shikshana Samithi, Eshwarnagar, Manipal won the draw.



The meeting was concluded with announcements and vote of thanks by Secretary Farida Uppin, National Anthem and Group Photo.

Public Image

ಮೆರಿಟಾಲ್ ಕಮಿಟಿ ಆಯ್ಕೆಯಲ್ಲಿ ಶುಭ್ರೋಷಿ ವರ್ತಿಯಲ್ಲಿರುವ ಕ್ಯಾನ್ಸರ್ ಪೀಡಿತ ಮಕ್ಕಳು ಮತ್ತು ಅವರ ಪತ್ತೆವರಿಗಾಗಿ ಉಚಿತ ವಸತಿ ಮತ್ತು ಆಹಾರ ಒದಗಿಸುವುದರೊಂದಿಗೆ ಅವರಿಗೆ ಶಾಲೆಯಲ್ಲಿ ಸಹಕಾರಿಸುವ ಪಾಠಗಳಿಂದ ವಂಚಿತರಾಗಿ ಬಾರದವನು ಉದ್ದೇಶದಿಂದ ವಾಕ್ಯಗಳಲ್ಲಿ ಶಾಲಾ ಪಾಠಗಳನ್ನು ಮಾಡಲು ಶಿಕ್ಷಕಿಯೊಬ್ಬರನ್ನು ನೇಮಿಸಿ ಆಫ್ ಲೈವ್ ಮೆರಿಟಾಲ್ ಸೇವಾ ಸಂಸ್ಥೆ ಆರೈಕೆ ಮಾಡುತ್ತಿದೆ. ದೋಟರಿ ಕ್ಲಬ್ ಮೆರಿಟಾಲ್ ವತಿಯಿಂದ ಇಲ್ಲಿನ ಮಕ್ಕಳಿಗೆ ಬರೆಯಲು ಅಗತ್ಯವುಳ್ಳ 5 ಕೆಬ್ಬಗಳನ್ನು ಸೇವಾ ಕಾರ್ಯ ಮಾಡುತ್ತಿರುವ ಸಂಸ್ಥೆಗೆ ಕೊಡುಗೆಯಾಗಿ ಹಾಸಾಂತರಿಸಲಾಯಿತು. ಪಿಡಿಜಿ ಡಾ|| ಗೌರಿಯವರ ಪುತ್ರ ಸಾರ್ವಜನಿಕ ಉದ್ಯೋಗದಲ್ಲಿರುವ ಸುಶೀಲ್ ಹಾದಿಗಲ್ ಅವರು ಈ ಯೋಜನೆಗೆ ಬೆಲಾಂ ಆರ್ಥಿಕ ಸೇವೆ ಒದಗಿಸಿದ್ದಾರೆ.

ಅಂಬಲಪಾಡಿ: ಆರೋಗ್ಯ ತಪಾಸಣೆ ಉಚಿತ ವಿವರ

ಮೆರಿಟಾಲ್ ಕಮಿಟಿ: ಬೆಂಗಳೂರು ರಾಜ್ಯ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸಂಸ್ಥೆ ಹೆಚ್. ಆರ್. ಅರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಇಲಾಖೆ, ಪ್ರಾಥಮಿಕ ಆರೈಕೆ ಸಮುದಾಯ ವೈದ್ಯಕೀಯ ವಿಭಾಗ, ಉಪಮಹ ಪ್ರಧಾನ ಕೀಟನಾಶಕ ಕೇಂದ್ರದಲ್ಲಿ ಸಂಸ್ಥೆಯು ಉಚಿತ ವಸತಿ ಮತ್ತು ಆಹಾರದ ಸೇವೆಯನ್ನು ಒದಗಿಸುತ್ತಿದೆ. ಅಂಬಲಪಾಡಿ ಗ್ರಾ.ಪಂ. ಮಲ್ಟಿ ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರ, ಕಿರಿಯೂರು ಉಪಕೇಂದ್ರದ ಆರೈಕೆಯಲ್ಲಿ ಗ್ರಾ.ಪಂ. ಮೆರಿಟಾಲ್ ಕಮಿಟಿಯು ರೋಗಿಗಳಿಗೆ ಉಚಿತ ವಸತಿ ಮತ್ತು ಆಹಾರದ ಸೇವೆಯನ್ನು ಒದಗಿಸುತ್ತಿದೆ. ರೋಗಿಗಳಿಗೆ ಉಚಿತ ವಸತಿ ಮತ್ತು ಆಹಾರದ ಸೇವೆಯನ್ನು ಒದಗಿಸುತ್ತಿದೆ. ರೋಗಿಗಳಿಗೆ ಉಚಿತ ವಸತಿ ಮತ್ತು ಆಹಾರದ ಸೇವೆಯನ್ನು ಒದಗಿಸುತ್ತಿದೆ.

I'M A PROUD ROTARIAN

Rtn Nalini V Nair
COMMITTEE MEMBER CLUB SERVICE (THEME PROMOTION)
Classification: Journalist
Rotarian since Mar 23, 2021
Hobbies / Interests: Reading, Journalism, Music, Travelling, Meeting people, Gathering

Proud Moment...
When my husband Air Cmede VV Nair was awarded Vishist Seva Medal by the Government of India.

Meet my Family...
I love Rotary because...
I love to serve the underprivileged of the Society. I also love meeting people from different walks of life.

CERTIFICATE OF APPRECIATION
presented to
Rtn. Roshan Denzil Sumithra
for generous donation contribution of 100,000 towards The Rotary Foundation.
The continued work of leaders like you shall ensure that the promise of serving humanity on the principles of Rotary shall be fulfilled.

Jul. 30, 2024
Date

Board of Directors Meeting



- Date: 30.07.2024. Number of attendees: 13
- Review of Open Action Items of last Joint Board Meeting held on 8th June 2024 and Brainstorming Session held at Sonia Clinic Conference Hall on 2nd July 2024.
 - Reports & Action Plan by Avenue Directors.
 - Treasurer's report.

Zonal Meeting

- 31.07.2024: Rotary India Online Master Class was held. Easy steps to generate a Club monthly report and uploading the reports swiftly to the DG and AG was demonstrated.
- Zonal Training Program on "My Rotary/Rotary India App" was organized exclusively for the Club Presidents, Secretaries and IT Chairmen on 03-08-2024 at PG Computer Lab of MIT - Manipal, followed by Zonal Review Meeting at the same venue and both the events were hosted by RC Parkala. Monthly Reports were presented by Presidents and Secretaries.



Youth Service

Interact Club Installation Ceremony of Christ School, Manipal was on 30.07.2024. Rtn Sripathi P, Chairman spoke about the basics of Interact Club. President, Rtn. Subhash Bangera, installing officer addressed the students. School Principal and Teacher coordinators ensured that the program was well structured. Right from prayer, welcome address, reading the report, school anthem, students were at their best. Rtn. Rathnakar Udyavar was also present for the event.



Vocational Services



03.08.2024: With our women empowerment SCALE UP PROJECT participants, which started last year with giving away high-end sewing machines & skill training, this year few of the beneficiaries starting their own enterprises. Rtn. Dr AP Achar is the guiding force and Rtn. Dr. Girija ensured that everything was well coordinated. Rtn. Rajavarma Ariga and President Rtn. Subhash Bangera was present and gave their inputs. RCM is supporting them with funding and marketing.

Rotarians in Action



31.07.2024 – Association of Seniors of Indian Origin weekly meeting was held in Chinmaya Haridwar, Hillsboro, USA. Rtn. Karunakar Shetty conducted session on Laughter Yoga for Portland NRI Senior Citizens. More than 100 attendees were present.



Medha Bhat, Grand Daughter of Rtn. Prema Leela Bhat got admission for her PG Course in the prestigious University of Illinois, USA.

PDG Rtn. Dr. Shantharam and Ann Vijayalaxmi's Grand Daughter got married in USA. Congratulations to the new couple.



Rotarians in Action (Contd...)

John. Vamshi Krishna Devaramane, S/O Rtn. Dr. Virupaksha Devaramane of Grade 10, studying in Madhava Kripa School, Manipal won Second Prize in the Quiz Fest 2024, organised by GM Vidyanikethan, Brahmavara.



International Services

Rtn. Susheel Hadigal S/o PDG Dr. Gowil Hadigal from RC Stavender visited Rotary Club Manipal on 30.08.2024

Upcoming Event

Zonal Event – Zone IV Membership Development & Public Image Seminar is scheduled on Tuesday 13/08/2024 at Parkala. Time 5.30 pm to 8.00 pm. Host: RC Parkala & RC Manipal Town



4th Aug, 2024

Theme of August



Celebrations



Birthdays

- 31st July: John Vamshi Krishna (S/o Rtn. Dr. Virupaksha Devaramane)
- 1st August: Ann Supriya Hegde (W/o Rtn. Shreesha Hegde)
- 2nd August: John Vineet N Shetty (S/o Rtn. Nagaraj Shetty)