



Rtn. FRANCESCO AREZZO  
R I President 2025-26



## THE 4 WAY TEST

- Is it the **TRUTH**
- Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Is it **FAIR** to all concerned?
- Will it be **BENEFICIAL** to all concerned?



Rtn. K PALAKSHA  
District Governor 2025-26

Wednesday, 30.07.2025 was a fun family meet at Chiroos Resort on the Golf Club Road. Before the meeting, a group of Anns had enthusiastically organised a game of quick words for Rotarians, Anns and children.

Club Meeting on was called to order by the President Rtn. Nagesh Kengige at 8 pm.

Guest speaker Ann Dr. Shashikala along with the hosts Rtn. Tyagraj Shetty and Ann Sumalatha on the dais.



Rtn. NAGESH KENJIGE  
President 2025-26



Rtn. ANAND M  
Secretary 2025-26



Meeting started with a prayer by Rtn. Guruprasad and announcements by the club secretary Rtn. Anand.

Two new members were inducted into Rotary Coffeeland in the meeting. Rtn. Ravindranath Naidu introduced the new members along with their family.

Mr. Kalyan Kumar is a businessman and coffee trader of Chikkamagaluru. He is the brother of Rtn. Tyagraj Shetty.

Mr. Manjunath T C is Assistan Executive Engineer in MESCOM, Chikkamagaluru.

Both the inductees were administered the oath of Rotary membership by immediate past AG Rtn. Nasir Hussein.



Rtn. Nasir inducting  
Mr. Kalyan Kumar



Rtn. Nasir inducting  
Mr. Manjunath



Taking oath as  
Rtn. Kalyan and  
Rtn. Manjunath

Guest speaker Ann Dr. Shashikala, wife of Rtn. Suresh, talked about an approach to overall health of a person. She outlined the concept in Kannada 'Arogyave Bhagya', meaning, Health is the Real Wealth.

Dr. Shashikala introduced to the gathering the conceptual approach of Womb to tomb by the Government of Karnataka by explaining the RCH card which has a unique number for every person. Also she informed that a pilot project to take it nationally is started with our own Chikkamagaluru as one of the centres.

She further elaborated on the threat of non communicable diseases: respiratory diseases like asthma, lifestyle diseases like diabetes, blood pressure and to an extent cancers. She suggested that people should mandatorily get full body screening done after 30 yrs and regularly every 5 years.

She explained that non communicable disease can be avoided by overcoming the modifiable risks like alcohol drinking, smoking, body inactivity and poor dietary habits. Regarding the diet of oils, she suggested that people should use mix of oils like ground nut, coconut oil, sesame oil and sunflower oil in daily life for different foods. This will help the body in getting nutrition and benefits specific to those oils.





Ann Dr. Shashikala



Prizes were awarded to Rtn. Suraj and Ann Monisha for winning in the Game of Quick words.

Game was for saying the words starting from a specified alphabet for the explanation given by the organiser.



Lucky number guess was won by Rtn. Tyagraj Shetty and Ann Jaya.

Modern version of musical chairs was won by Annet Samyuktha and Annet Saanvi.





On the Doctor's Day celebration, the club could not honour some members of the club due to their prior engagement.

The club used the opportunity provided by the family meeting to honour our members belonging to doctor fraternity.

Rtn. Dr. Chandrashekar M  
Psychiatrist, Government Hospital, Chikkamagaluru.



Ann. Dr. Chethana YR  
Government Hospital  
Chikkamagaluru.

Rtn. Dr. Chandrashekar  
District Surgeon in Charge,  
Medical Superintendent  
Government Hospital, Chikkamagaluru.



The Club has started a tradition of thanking the Immediate Past President for their time and effort in making their Rotary year vibrant and meaningful.

IPP Rtn. Tanoj Kumar was felicitated and thanked with a memento.





The Rotary Coffeeland Club wholeheartedly thanked the couple Rtn. Thyagraj Shetty and Ann Sumalatha for hosting a wonderful family meet at their property Chiroos Resort on the Golf Club road, Chikkamagalur.



There was good attendance by the members.







Secretary Rtn. Anand proceeded to Vote of Thanks and a memento was presented to the guest speaker Ann. Dr. Shashikala.

All photos of meeting, courtesy Rtn. Vinay Kumar.

The Club undertook a cleaning drive in the scenic spots of Kaimara and Seethalayyana Giri in Mullayyanagiri Ranges. These are magnets to tourists who come in hundreds and unfortunately some are not concerned about nature and cleanliness. On 3<sup>rd</sup> August, 2025 on a Sunday! Rotarians committed themselves to clear and clean the surroundings at the spots. Hats off to their commitment on a holiday.







A weeklong program of promoting awareness about breast feeding was inaugurated on 5 – 8 – 25 at the Government Maternity Hospital, Chikkamagaluru.







**UNITE  
FOR  
GOOD**



# **6TH WEEKLY MEETING INVITATION**



**OUR GUEST Rtn M R KIRAN**



**Subject : ORIENTATION & DEI**

**Guest speaker:Rtn.PHF M R KIRAN**

**DATE:05 AUGUST, 2025,  
TIME 7:30 TO 9PM**

**PLACE: MLV ROTARY HALL**

**Note: NEW MEMBERS Compulsory  
attendance**



# ***UNITE FOR GOOD***

