

Special Bulletin of Rotary Club Deralakatte

VOL : 18

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ZONE : 3

CLUB No : 79056

DATE : 17-05-2026

President

Rtn Anitha Ravishankar Rao

Secretary

Rtn Latha

Treasurer

Rtn JP Rai

Club News

The Rotary Marathon



The Rotary Marathon was held on 03rd May 2026 at Mangalore. The marathon commenced from Canara CBSE School and, after covering a distance of 5 kilometres, concluded at the same venue.

The event was inaugurated by IPDG Vikramdatta, and the Chief Guest for the occasion was DRFC PDG Ranganath Bhat. A large number of participants enthusiastically took part in the marathon. IPDG Vikramdatta also actively participated in the run, motivating the participants with his presence and support.

The marathon promoted the spirit of fitness, fellowship, and community participation while enhancing the public image of Rotary.

The Board Meeting

The Board Meeting for the month of May was held on 06th May 2026 at Hotel Sri Ratna. The President welcomed the members, and the Secretary presented the report of the previous month. The Treasurer presented the mini balance sheet of the club.

During the meeting, it was decided to organise several upcoming projects and activities, including a CPR training programme, a visit to a child adoption centre, and a visit to an old age home. It was also decided to hold a Dinner Meet on 17th May 2026.

The meeting concluded with a vote of thanks proposed by the Secretary.



IPDG Vikramdatta represented as a resource person at the PELS and SELS programme of Rotary International District 3204 held on 18th April 2026 at Taj Bekal Resort & Spa.

During the session, he delivered an informative presentation on the Rotary Action Plan and explained its importance in strengthening club effectiveness, increasing impact, expanding reach, and enhancing member engagement. His session was well appreciated by the participants and added great value to the learning seminar.



“Sandhya Suraksha”

On 09.05.2026, the District Project “Sandhya Suraksha” programme was successfully organised at Lalitha Geetha Orphanage. Assistant Governor Dr Ravishankar Rao inaugurated

the programme and spoke about Rotary’s dedicated community service, transparency, high ethical values, and its remarkable achievement in the eradication of polio.

Later, resource person Dr Anitha Ravishankar conducted an interactive “Active Ageing” session for around 40 inmates of the orphanage. She demonstrated simple and effective techniques such as acupressure, Ho’oponopono, and other wellness methods to help participants manage their physical and mental health concerns.

Refreshments and tea were generously sponsored by Dr Anitha Ravishankar and Dr Ravishankar Rao for all the participants. The programme created health awareness and inspired confidence and positivity among the inmates of the orphanage.



CPR Awareness Programme

A CPR Awareness Programme was organised at Konaje in association with various Self-Help Groups. The programme was inaugurated by Mr. Rahman Kodijal and Syndicate Member Mr. Achutha Gatty. President Dr. Anitha Ravishankar welcomed the gathering and briefed the audience about the objectives of the programme. Dr. Ranjan served as the resource person and provided practical training and awareness on CPR techniques. Around 25 participants attended the programme.

The event was followed by a Medical Camp organised in association with Yenepoya Ayurvedic Medical College, Naringana. Around 80 beneficiaries availed themselves of the medical services offered during the camp. A free Eye Check-up Camp was also conducted, in which around 32 people participated and benefited from the screening services. Assistant Governor Dr. Ravishankar Rao, IPDG Vikramdatta, JP Rai, Roopa Shetty, and Latha were present on the occasion.





UNITE FOR GOOD Rotary CREATE LASTING IMPACT

Rotary International District 3181
 District Secretariate 2025-26
 District Secretariate 2026-27

Invites you to

Rotary Anubandha Awards & Jnana Deepa
 DTLS & CLLS

Date : 20th & 21st June 2026
Venue : Mysore Union, Mysore

Please **REGISTER NOW**

1. Registration fee Rs. 1700 per person
2. Silver Sponsor fee Rs. 10,000
 includes registration fee for one person and double bed room at Hotel Zentora, which is very near to Mysore Union


Event Hosted by **Rotary Mysore North**

For Zone 1 to 5 **For Zone 6 to 9**

Contact for Registration
 Rtn. Prabhakar P. ~ 94481 50472 Rtn. Swamy M.J. ~ 81238 39688
 Rtn. Mahaveer S. ~ 94482 22211 Rtn. Manjunath Y.R. ~ 83174 84599
 Rtn. Prashanth S.A. ~ 95383 75363 Rtn. Ravi K. ~ 98450 19161

(Kindly Register now - Digital Application form will be shared soon)

Bank details : Rotary Mysore North Events
 Canara Bank, Kuvempunagar Branch, Mysuru - 570 023
 A/C No. : 110168377815 IFSC Code : CNRB0001512



Rotary ತೀ ಕ್ಷೇತ್ರ ಧರ್ಮಾಂಗುಲ ಗ್ರಾಮಾಭಿವೃದ್ಧಿ ಯೋಜನೆ ಎಂಜಿನಿಯರಿಂಗ್ ಅಭಿವೃದ್ಧಿ ಯೋಜನೆ ಮತ್ತು ಕಾರ್ಡ್ & ಪಾಸ್‌ಬುಕ್

ಇವರ ಜಂಟಿ ಸಹಯೋಗದೊಡನೆ

ಜೀವ ಉಳಿಸಿ ತರಬೇತಿ ಕಾರ್ಯಕ್ರಮ
ಹಾಗೂ ಆರೋಗ್ಯ ತಿಜರ

ಮನೆಯಲ್ಲಿ ನಡುವಾತಿಯಾಗುವುದರೂ ಹೃದಯಾಘಾತ ಅದರ ಅಂಚಲೆನ್ ಬರುವುದರಿಗೆ ಅಥವಾ ಅಸ್ತತ್ ತಲುಪುವುದರಿಗೆ ಏನು ಮಾಡಬಹುದು?
 ಬಸ್ ನಿಲ್ದಾಣದಲ್ಲಿ ಯಾರಿಗಾದರೂ ಹೃದಯಾಘಾತ ಅದರ ಅಂಚಲೆನ್ ಬರುವುದರಿಗೆ ಏನು ಮಾಡಬಹುದು?
 ಆದರೆ, ನೀವು ಉಳಿಸಬಹುದು ಸಹಾಯ ಮಾಡಬೇಕಾದರೆ ನಿಮ್ಮ ಆರೋಗ್ಯ ತಜ್ಞರಿಂದಲೇ, ಅದನ್ನು ಕಾಣಬಹುದು ನೀವೇನು ಮಾಡಿದ್ದೀರಿ?
ಇವರ ಈ ಪ್ರಶ್ನೆಗಳಿಗೆ ಪರಿಹಾರವನ್ನು ಉದ್ಧರಿಸಿ!

ಇವರ ಮೊದಲಿನ ಉಚಿತ ಆರೋಗ್ಯ ಪರೀಕ್ಷೆ ಆರೋಗ್ಯಪರೀಕ್ಷೆ, ತಿರಲವನ್ನು ನಡೆಸಿಕೊಡುವುದು: **ಯಂತ್ರೋಪಯುಕ್ತ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಕಾರ್ಡ್ & ಪಾಸ್‌ಬುಕ್ ಪರಿಹಾರ ವೈದ್ಯರು.**

Rtn. Dr. RANJAN R.K.
 ಮುಖ್ಯಸ್ಥರು, ಆರೋಗ್ಯ ಮತ್ತು ಯೋಜನೆ ವಿಭಾಗ, ಕೆ.ಎಂ.ಎ. ಮಹಾವೀರ ಇನ್ಫಿಲ್ಮಿಟರಿ ಹಾಗೂ ಆರೋಗ್ಯ ಮತ್ತು ಕಾರ್ಡ್ & ಪಾಸ್‌ಬುಕ್ ವಿಭಾಗಗಳನ್ನು ತೆರೆದಿರಿಸುವುದು.

ಕಾರ್ಯಕ್ರಮದ ಏರ್ಪಡಿಸುವ ಇಂಚಿವೆ:

ದಿನಾಂಕ ಆದಿತ್ಯವಾರ 17.05.2026	ಸಮಯ 10am-1.00pm	ಸ್ಥಳ ಸೋಮೇಶ್ವರ ಕೋಣಾಟ (ಕೋಟೆ ಹತ್ತಿ ಮೇಲೆ)	ಸ್ಪೋಂದರ್ ಈ ಕೆಲವು ಸಮಯದ ದೀರ್ಘಕಾಲದ ಕಾರ್ಯಕ್ರಮವನ್ನು ನೀವು ಕೋರಬಹುದು ಮತ್ತು ಮುಕ್ತವಾಗಿರುತ್ತೀರಿ.
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ವಿಷಯ: ಜೀವ ಉಳಿಸಿ ತರಬೇತಿ 30-40 ಕ್ಕೆ ಸೀಮಿತ.
ವಯವಿಟ್ಟು ಬನ್ನಿ. ಈ ವಿಶೇಷ ಉಪಯುಕ್ತ ಕಾರ್ಯಕ್ರಮದ ಆರೋಗ್ಯ ತಿಜರ: ಯಾವುದೇ ಮಿತಿ ಇರುವುದಿಲ್ಲ.

ಸಂಪರ್ಕ:
 Rtn. Dr. ಅನಂಜನ್ ರಾಜ್
 9449283984
 ರೋಟರಿ ಕಾರ್ಯಕ್ರಮದ ಸಹಾಯಕ ಮುಖ್ಯಸ್ಥರು
 ರೋಟರಿ ಕಾರ್ಯಕ್ರಮದ ಸಹಾಯಕ ಮುಖ್ಯಸ್ಥರು
 9448513157
 ರೋಟರಿ ಕಾರ್ಯಕ್ರಮದ ಸಹಾಯಕ ಮುಖ್ಯಸ್ಥರು

ನಾವು ಕಲಿಯೋಣ-ಜೀವ ಉಳಿಸೋಣ-ಆರೋಗ್ಯವಾಗೋಣ

BIRTHDAY & WEDDING ANNIVERSARY WISHES

Rtn Girish Alva		01st May	Birthday
Jon Ranjith	S/O Rtn Purushotham	04th May	Birthday
Rtn PD Shetty	Ann Sujatha	06th May	Marriage Anniv
Jon Vibhodh Hegde	S/O Rtn Chandru Hegde	08th May	Birthday
Rtn Vikram Datta	Ann Latha	12th May	Marriage Anniv
Rtn Prafulla Rai	W/O Prabhakar Rai	13th May	Marriage Anniv
Jon Pranav Rai	S/O Rtn Prafulla Rai	23rd May	Birthday
PDG Dr Devdas Rai		30th May	Birthday

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