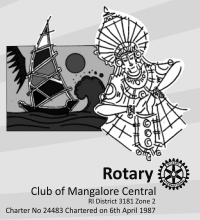




The Official Bulletin of the

ROTARY CLUB OF MANGALORE CENTRAL

CENTOR



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R.I.DIST. 3181

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08th March 2025 to 14th March 2025

THE ANNUAL VANDANA AWARD PROGRAMME WILL BE HELD IN THE FAMILY DINNER MEETING OF OUR CLUB FOR MARCH TO BE HELD AT HOTEL MOTI MAHAL ON FRIDAY, THE 28th OF MARCH 2025 AT 8.00 P.M . - CLUB PRESIDENT RTN PHF BRIAN PINTO

Addressing the members of our club in the Business Meeting of our club held at Hotel Moti Mahal on Friday, the 07th of March 2025 at 8.00 p.m. Club President Rtn PHF Brian Pinto announced that the Annual Vandana Award programme conducted by our Club jointly with the Rotaract Club of Mangalore City (Sponsored by our Club) would be held in the family dinner meeting of our club to be held on Friday, the 28th of March 2025 at Hotel Moti Mahal at 8.00 p.m. He welcomed the gathering and conducted the meeting. Rtn Ashwin Sequeira rendered the invocation. Club Treasurer Rtn PDG MD Dr. B. Devdas Rai made the announcements and presented the monthly statement of accounts of the club which was passed in the meeting. Rtn Saji P R released the weekly Centor. Rtn Dr. Gurudath Kamath gave an account of his trip to Prayagraj (Maha Kumbh Mela) and proposed the vote of thanks. The formal meeting was followed by National Anthem.

RI DIST 3181 COUNSELLOR 2024-25 RTN PDG MD DR. B. DEVDAS RAI CONTRIBUTES Rs. 10,000 TO RI DIST 3181 CONFERENCE (NAVA VAIBHAVVA) COMMITTEE ON 08.03.2025

RI Dist 3181 Counsellor 2024-25 Rtn PDG MD Dr. B. Devdas Rai contributed an amount of Rs. 10,000 to the RI Dist 3181 conference 2024-25 (Nava Vaibhava) committee on 08.03.2025 towards the organization of the conference. Many Congratulations to you Rtb Dr. Rai!

CLUB NEWS - WEEKLY CLUB MEETING VENUE TO BE KANARA CLUB KADRI FROM APRIL 2025

Since Hotel Moti Mahal is not available for club meetings from April 2025, it was decided in the Board Meeting held on 06.03.2025 and Business Meeting held on 07.03.2025 that the Weekly Meeting venue of the Club from April 2025 would be Kanara Club, Kadri.

PROJECT HONGIRANA

Our Club members visited "HONGIRANA" home for the Aged at Bendoor on Monday, the 10th of March 2025 from 4.30 p.m. - 6.00 p.m. The inmates were treated with fruits and our members spent valuable time with them making them happy. Present on the occasion were Club President Rtn PHF Brian Pinto (Who sponsored the cost of the project Rs. 1,500. We thank him!) Club Secretary Rtn PHF Rajesh Seetharama, Rtn PP PHF Santhosh Shet, Rtn PP PHF Ravi Jalan, Rtn IPP Rajesh Shetty, Club President Elect Rtn Bhasker Rai Katta, Rtn Jagannath Shetty, Rtn Pradeep Kulal, Rtn Sheldon Crasta, Ann PHF Prameela Hegde, Ann Veena Pinto and Mr. Oliver Mendonca.

THE FIVE PILLARS OF WinS (Water and Sanitation in Schools)

The WinS program focuses on five essential areas:

Water-Ensuring access to safe drinking water. Sanitation-Providing clean and adequate toilet facilities. Hygiene - Encouraging proper hand washing and clean practices. Deworming - Administering deworming medication under medical supervision. Health Education-Promoting awareness about healthy habits and personal hygiene.

Scope for Impactful Projects

We encourage Rotary clubs and community organizations to take the lead in transforming schools into healthier spaces. Here's how we can make a difference: Hygiene Education: Conduct visits to government schools to educate

children about basic hygiene, such as washing hands before eating and after using the toilet. **Handwashing Awareness:** Emphasize the importance of washing hands before consuming food and after using mobile phones to prevent germ transmission. **Drinking Safe Water:** Advocate for the consumption of purified water to prevent waterborne diseases. **Toilet Maintenance:** Ensure that children understand the Importance of keeping school toilets clean and using them properly. **Annual Deworming:** Organize deworming programs in collaboration with healthcare professionals to ensure children's intestinal health. Daily Health Habits Promote daily routines like brushing teeth twice a day, taking regular baths, wearing clean clothes, and maintaining proper grooming habits such as regular haircuts. **Physical Activity:** Encourage children to engage in daily physical activities, sports, and yoga to maintain overall well-being **Nutritious Diet:** Educate students about the importance of consuming a balanced diet rich in essential nutrients.

ROTARY INFORMATION-MARCH-WATER AND SANITATION MONTH

MEMBERS/ANNS/ANNETS/JOHNS/LORDS IN THE NEWS

- **Club President Elect Rtn Bhasker Rai Katta was felicitated with a Special Award by Karnataka Working Journalists Association in a function held at Koppal on 09.03.2025. Many Congratulations Rtn Bhasker Rai!**
- Rtn PP PHF Rajgopal Rai inaugurated Sanju's Kitichen Nanthur on 06.03.2025. Many Congratulations Rtn Rai!
- Rtn PP PHF Rajgopal Rai was the Guest of Honor of the Inauguration of Suvarna Residency Dharmasthala on 06.03.2025. Many Congratulations Rtn Rai!
- Rtn PP PHF Rajgopal Rai inaugurated a Flood Lit Volley Ball Premier league Tournament held at Bajal on 08.03.2025 Many Congratulations Rtn Rai!
- Rtn PHF S.S. Nayak was the Anchor of "Business Tonic" programme broadcasted by Namma Kudla 24 x 7 News Channel on Sunday, 09.03.2025 at 10.00 a.m. Many Congratulations Rtn S.S. Nayak!
- Rtn PHF S.S. Nayak was the Guest of Honor at a Yakshagana programme held at Mangaluru recently. Many Congratulations Rtn S.S. Nayak!
- Rtn Murali Nair was the Guest of Honor at the International Women's Day Celebration held at Lady Goschen Hospital on 08.03.2025. Many Congratulations Rtn Murali!
- **John Dr. Srajan Raj Shetty (S/o Rtn Jagannath Shetty) has secured the 10th Rank in Final Year MBBS Medicine Examination conducted by Rajeev Gandhi University of Health Sciences Karnataka recently. Many Congratulations John Dr. Srajan Raj!**

BIRTHDAYS

12th March 2025: John Dr. Rahul (S/o Rtn IPP Rajesh Shetty)

12th March 2025: Rtn MPH Ravindra B.N.

14th March 2025: Ann Vidya (W/o Rtn PHF Rajesh Seetharama)

With Best Compliments From:

Rtn. RAMADAS

Member, Rotary Club of Mangalore Central

THIS MEETING

14.03.2025 - FRIDAY - HOTEL MOTI MAHAL - 8.00 P.M. - TALK ON WATER AND SANITATION - BY RTN PHF PP ANIL BALIGA (RC MANGALORE DOWNTOWN) - PLEASE ATTEND

NEXT MEETING

21.03.2025 - FRIDAY - HOTEL MOTI MAHAL - 8.00 P.M. - CLASSIFICATION TALK - BY RTN HARISH - PLEASE ATTEND

Published by: **Rtn. PHF Brian Pinto**

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