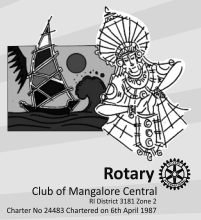




The Official Bulletin of the

ROTARY CLUB OF MANGALORE CENTRAL

CENTOR



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R.I.DIST. 3181

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14th March 2025 to 21st March 2025

"WATER AND SANITATION IS AN IMPORTANT FOCUS AREA OF RI" -

RTN PHF PP ANIL BALIGA (ROTARY CLUB OF MANGALORE DOWNTOWN)

Addressing the members of our club in the weekly club meeting, held at Hotel Moti Mahal on Friday, the 14th of March 2025 at 8.00 p.m. Rtn PP PHF Anil Baliga (Rotary Club of Mangalore Down Town) spoke elaborately on the important focus area of RI, Water and Sanitation. His talk was a part of observation of Water and Sanitation month by our club. He also released the weekly Centor. Rtn PP PHF Santhosh Shet rendered the invocation. Past President Rtn Sai Baba Rao welcomed the gathering, conducted the proceedings and presented the speaker a memento. Rtn PDG MD Dr. B. Devdas Rai introduced the speaker. Club Secretary Rtn PHF Rajesh Seetharama made the announcements. Lively interaction followed the speech. Rtn PHF Srinivas Shetty proposed the vote of thanks. The formal meeting was followed by National Anthem.

ROTARY DISTRICT PROJECTS OVERVIEW

Rotary District 3181 is committed to uplifting communities through a diverse range of projects addressing key areas such as health, education, water management, and social welfare. These initiatives aim to create a positive impact on society by providing essential services, promoting awareness, and fostering sustainable development. Below are the key projects undertaken by our district under the guidance of District Governor Rtn MPHF Vikramdatta:

- 1. Sandhya Suraksha for Senior Citizens: Objective: To support senior citizens by providing essential services, creating a sense of security, and improving their quality of life. Activities: Regular health check-ups, nutritional support, recreational activities, and companionship programs.
2. Project Positive Health - Ek Chamach Kam, Char Kadam Age: Objective: To promote a healthier lifestyle by encouraging small, sustainable changes in diet and physical activity. Activities: Awareness campaigns about reducing sugar intake and increasing physical activity through simple daily steps.
3. Addiction and De-Addiction: Objective: To address substance abuse issues and support individuals in overcoming addiction. Activities: Counselling services, rehabilitation programs, awareness workshops, and support groups for individuals and families.
4. Cervical Cancer Awareness and Detection: Objective: To reduce the incidence and mortality of cervical cancer through early detection and education. Activities: Organizing screening camps, distributing informational material, and providing vaccination drives.
5. Clean Drinking Water and Water Management: Objective: To ensure access to safe drinking water and promote efficient water management practices. Activities: Installing water purification systems, rainwater harvesting projects, and community education on water conservation.
6. Anganwadi Upgradation: Objective: To enhance the facilities and services provided by Anganwadis (rural child care centers) to support early childhood development. Activities: Improving infrastructure, providing educational materials, and training Anganwadi workers.
7. Save a Heart: Objective: To provide life-saving heart surgeries and treatments to underprivileged children and adults. Activities: Partnering with hospitals to offer free or subsidized cardiac care, raising funds, and organizing medical camps.
8. Road Safety and Awareness: Objective: To reduce road accidents and promote safe driving practices. Activities: Conducting awareness campaigns, distributing safety materials, organizing workshops on road safety, and collaborating with local authorities.
9. Mental Health: Objective: To support mental well-being through awareness, education, and direct support services. Activities: Offering Counselling services, mental health workshops, stress management programs, and support groups.

& Jeevan Kaushalya - Skill Development Activities: • **Objective:** To empower individuals by providing vocational training and skill development to enhance employability. • **Activities:** Organizing training programs, workshops on various skills, job placement assistance, and career counselling.

These projects illustrate the Rotary District's dedication for fostering a healthier, safer, and more educated community through collaborative efforts and a commitment to service.

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

- Rtn PDG MD Dr. B. Devdas Rai was elected unanimously as a member of the Karnataka State IMA Central Working Committee for 2024-25. Many Congratulations Rtn Dr. Rai!
- Rtn PP PHF Dr. Manjunath Revankar presided over the Shripad Krishna Revankar Oration organized by Mangaluru Taluku Sahitya Parishath held at Mangaluru on Sunday, the 16th March 2025 at 4.00 p.m. Many Congratulations Rtn Revankar!
- Rtn PP PHF Dr. Manjunath Revankar was interviewed by V4 TV channel recently. Many Congratulations Rtn Dr. Revankar!
- Rtn PHF S.S. Nayak was the Anchor of "Business Tonic" programme broadcasted by Namma Kudla 24 x 7 News Channel on Sunday, 16.02.2025 at 10.00 a.m. Many Congratulations Rtn S.S. Nayak!
- Rtn Murali Nair was the Guest of Honor at "Sambrama 2025" organized by Indian Group of Institutions Mangaluru at Hotel Deepa Comforts Mangaluru on Sunday, the 16th of March 2025 at 4.00 p.m. Many Congratulations Rtn Murali!

BIRTHDAYS

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

16th March 2025: Annet Shristi (D/o Rtn PP PHF Ravi Jalan)

20th March 2025: Ann Diana (W/o Rtn Ronald Lobo)

WEDDING ANNIVERSARY

20th March 2025: Ann Geetha & Rtn PP PHF Chandrahas Adyanthaya)

With Best Compliments From:

Rtn. RAMADAS

Member, Rotary Club of Mangalore Central

THIS MEETING

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

NEXT MEETING

28.03.2025 - FRIDAY - HOTEL MOTI MAHAL - 8.00 P.M. - VANDANA AWARD PROGRAMME

THE ANNUAL VANDANA AWARD PRESENTATION PROGRAMME CONDUCTED BY OUR CLUB JOINTLY WITH ROTARACT CLUB OF MANGALORE CITY (SPONSORED BY OUR CLUB) WOULD 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.

THE VANDANA AWARDEE THIS YEAR IS DR. K. PRAKASH SHETTY, CHAIRMAN MRG GROUP BENGALURU.

THE CHIEF GUEST IS MR. MULLAI MUGILAN, DISTRICT COMMISSIONER DK DISTRICT. THE GUESTS OF HONOR ARE ASSISTANT GOVERNOR ZONE 2, RI DIST. 3181 2024-25, RTN PP PHF K.M. HEGDE (OUR CLUB) AND DISTRICT ROTARACT REPRESENTATIVE RI DIST 3181 2024-25, RTR/RTN SANJAY (ROTARACT CLUB OF MYSORE) THE DINNER IS HOSTED BY RTN PHF NITHIN SHETTY, ANN LAVANYA FAMILY. THE AWARD IS SPONSORED BY CHAIRMAN OF THE AWARD COMMITTEE RTN PDG MD DR. B. DEVDAS RAI. WE THANK THEM FOR THEIR GENEROSITY! -

PLEASE ATTEND THE FUNCTION WITH FAMILY

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