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R.I.DIST. 3181

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01<sup>st</sup> November 2025 to 07<sup>th</sup> November 2025

### THE POWER OF PAUSE: MENTAL WELL BEING IN A FAST MOVING WORLD -

#### TALK BY MRS. SACHITHA NANDAGOPAL

Addressing the members of our club in the weekly club meeting held at Hotel Deepa Comforts, Mangaluru on Friday, the 31<sup>st</sup> of October 2025 at 7.30 p.m. Mrs. Sachitha Nandagopal, Founder of Center for Integrated Learning Mangaluru spoke on the Power of Pause: Mental Well being in a Fast moving World. She also released the weekly Centor. She was introduced to the audience by Rtn PDG MD Dr. B. Devdas Rai. She was presented a memento by Rtn PHF Prameela Hegde, Rtn Arathi Shet (who also thanked), Rtn Geetha Rai and Ann Poornima Rai. Lively interaction followed the excellent speech. Rtn Dr. Paul Simon rendered the invocation. Club President Rtn Bhasker Rai Katta welcomed the gathering and conducted the meeting. Rtn Vikas Kotian made the announcements. Rtn Pradeep Kulal gave an update of the Kreedha Bhandhavya - 3.0 to be conducted by our club on Sunday, the 2<sup>nd</sup> of November 2025. Rtn Ashwin Sequiera gave an update of the Millet Festival to be held by our club on 01.11.2025 and 02.11.2025

#### MILLET FESTIVAL

A Millet Festival was conducted by our club jointly with RO International, Parivartane and Honey Janix at St Sebastian Platinum Jubilee Auditorium Mangaluru on 01.11.2025 and 02.11.2025. 70 Millet based stalls were exhibited in the event. About 5,000 people benefitted from the Millet festival which was the first of its kind in Mangaluru. The event was sponsored by Nithya Foods, Ayur Millets, Devadhanya, Nature Magix, Kajuveda and Bhat and Bhat, Present on the occasion were Club President Rtn Bhasker Rai Katta, Club Secretary Rtn Vikas Kotian, Event Chairman Rtn Ashwin Sequiera, Rtn Geetha Rai, Rtn Jackson Saldanha, Rtn Sheldon Crasta, Mr. Walter Nandalike, Mr Dion DSouza, Father Prakash Sequiera, Fr. Walter DSouza and Mrs. Jayashree.

#### KREEDA BHANDHAVYA - 3.0, RI DISTRICT 3181 ZONES 2,3 OUTDOOR SPORTS

#### COMPETITION 2025-26 CONDUCTED BY OUR CLUB ON SUNDAY, THE 2<sup>nd</sup> NOVEMBER 2025

#### AT MANGALA STADIUM MANGALURU FROM 8.30 A.M. - 6.00 P.M. IS A SUCCESSFUL EVENT

Kreedha Bhandhavya - 3.0, RI Dist 3181 Zonal Outdoor Sports Competition of Zones 2,3 for the year 2025-26 hosted by our club at Mangala Stadium on Sunday, the 2nd of November 2025 from 8.30 a.m. - 6.00 p.m. was a very successful event. 17 Clubs participated in the event. It was inaugurated by Prof Dr. Iftikar Ali. Also present on the occasion were Assistant Governor, Zone 2, RI Dist 3181 2025-26 Rtn MPHF Shantarama Shetty, Assistant Governor Zone 2, RI Dist 3181 2025-26 Rtn PHF Dr. Chinnagiri Gowda, Assistant Governor Zone 3, RI Dist 3181 2025-26 Rtn MD Rajani Bhat and Assistant Governor Zone 3, RI Dist 3181 2025-26 Rtn PHF Dr. Ravi Shankar Rao, Rtn PDG MD Dr. B. Devdas Rai, Club President Rtn Bhaskar Rai Katta, Club Secretary Rtn Vikas Kotian, Zonal Lieutenant Zone 2, RI Dist 3181 Rtn PHF Ravi Jalan and Event Chairman Rtn Pradeep Kulal. The Chief Guest of the Valedictory function was RI Dist 3181 Governor 2025-26 Rtn MD Ramakrishna. The prize winners from our club are **Rtn Pradeep Kulal - 100 mts race 2nd place, 200 mts race 2nd place, Long Jump 2nd place, Rtn Jayaprakash Shetty - 100 mts race 1st place, 200 Mts race 1st place, long jump 1st place, Rtn Anil Alva - 3rd place Shotgun, Rtn PP PHF KM Hegde - 3rd place 100 mtr Walk, Rtn Bhaskar Rai Katta - 3rd place in 100 Mtr Walk, Men's relay 2nd place, Rtn Geetha B Rai - 50 Mtr Race for women, 2nd Place in 100 Mtr Walk for Women, Ann Poornima Rai - 3rd place, Shot put for Women, Ladies Tug of war 3rd place, Rtn PHF Prameela Hegde - 2nd place Lemon and Spoon Race, John Vihaan Shetty - 3rd place in 100 mtr race, 2nd place 200 mtr, 2nd place long jump, Annet Shaarvi Shetty - 1st place in Lemon and spoon Race, Annet Ishani Vikas - 1st Place in 50 Mtr Race, Annet Dishani - 1st place in 50 Mtr Race. Many Congratulations!**

#### RI DISTRICT ZONAL EVENT - ROTARY CHAMPIONS CUP -

#### CRICKET TOURNAMENT OF ZONES 2,3 2025-26 RI DIST 3181

"Rotary Champions Cup", RI District 3181. Zonal Cricket tournament of Zones 2,3 for the year 2025-26 will be held at Paduva High School Ground, Mangaluru on Sunday, 16th of November 2025. It will be hosted by Rotary Club of Mangalore South. More details can be had from Club President Rtn Bhaskar Rai Katta (9741158710) or Club Secretary Rtn Vikas Kotian (9164004222) or Rtn Pradeep Kulal (9739463522)

#### PROFESSOR DR IFTIKAR ALI WAS FELICITATED BY OUR CLUB

#### ON SUNDAY, 2<sup>nd</sup> OF NOVEMBER 2025 AT 9 AM AT MANGALA STUDIM

Professor Dr Iftikar Ali was felicitated by our club on the occasion of Kreedha Bhandhavya 3.0 held at Mangala stadium on Sunday the 2<sup>nd</sup> of November 2025 at 9 am. Hearty congratulations Professor Dr Iftikar Ali!

## **RI DISTRICT NEWS - KANIKE - RI DISTRICT 3181 THE ROTARY**

### **FOUNDATION SEMINAR - 2025-26**

“Kanike”, RI District 3181, The Rotary Foundation Seminar 2025-26 will be held at Puttur Club on the 8<sup>th</sup> and 9<sup>th</sup> November 2025. The 2 Day event is hosted by Rotary Club of Puttur. More details can be had from Club President Rtn Bhaskar Rai Katta (9741158710) or Club Secretary Rtn Vikas Kotian (9164004222) or Club Rotary Foundation Committee Chairman Rtn PP MD Dr. Madhusudan Upadhya (9845225340)

### **RI NEWS - TEJAS RI ZONE INSTITUTE OF ZONES 4,5,6,7 RI 2025-26**

“Tejas”, RI Zone Institute of Zones 4,5,6,7 RI will be held at New Delhi from the 14<sup>th</sup> November 2025 to 16<sup>th</sup> November 2025

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

- Rtn PDG MD Dr. B. Devadas Rai was felicitated by the Rotary Club of Loretto Hills Bantwal -in the family dinner meeting of the Club held at Rotary Hall Loretto Hills Bantwal on Thursday, the 30<sup>th</sup> of October 2025 at 8.30 p.m. Many Congratulations Rtn Dr. Rai!
- Rtn PHF S.S. Nayak was the Anchor of “Business Tonic” programme Broadcasted by Namma Kudla 24 x 7 News Channel on Sunday, 02.11.2025 at 10.00 a.m. Many Congratulations Rtn S.S. Nayak!
- Rtn PHF S.S. Nayak was the Guest of honor of BJP GST Utsav held in Mangaluru. Many Congratulations Rtn S.S. Nayak!
- Rtn PHF SS Nayak was the Chief Guest of a special function held by Fiza foundation at Hotel Ocean Pearl on Sunday the 2<sup>nd</sup> of November 2025 at 6 pm. Many Congratulations Rtn S.S. Nayak!
- Athena Hospital of which Rtn Raviraj Shettian is the Managing Director and John Dr. Ashith Shettian is the Medical Director was awarded the Award for excellence in Nursing Education and training in the ET Now Business Conclave and Awards 2025 held at Dr. TMA Pai Convention Centre Mangaluru on Thursday, the 30<sup>th</sup> of October 2025 at 7.00 p.m. Many Congratulations Rtn Raviraj Shettian and John Dr. Ashith Shettian!

### **BOARD MEETING**

The Meeting of the Board of Directors of the club for the month of November was held on Thursday, the 06<sup>th</sup> of November at Hotel Woodlands at 7.30 p.m. Planning of activities in November including Chinnara Utsava was held in the Meeting.

### **BIRTHDAYS**

03<sup>rd</sup> November 2025: Annet Sathwika (D/o Rtn PHF PP Dr. Manjunath Revankar)

05<sup>th</sup> November 2025: Ann Veena (W/o Rtn PP PHF Brian Pinto)

06<sup>th</sup> November 2025: Ann Shaila (W/o Rtn MPHF Ravindra B.N.)

*With Best Compliments From:*

# **Rtn. PHF RAJGOPAL RAI**

Past President, Rotary Club of Mangalore Central

### **THIS MEETING**

07.11.2025 - FRIDAY - HOTEL DEEPA COMFORTS - 7.30 P.M. - BUSINESS MEETING - PLEASE ATTEND

### **NEXT MEETING**

14.11.2025 - FRIDAY - HOTEL DEEPA COMFORTS - 7.30 P.M. - CLASSIFICATION TALK  
BY RTN PUSHPARAJ - PLEASE ATTEND

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