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RI DIST 3181

Club Charter No:51077

OFFICIAL BULLETIN OF ROTARY CLUB OF MANGALORE DOWNTOWN

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We Meet :

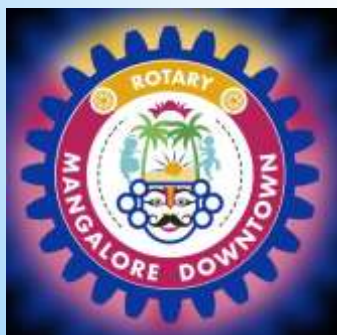
Every Tuesday

Venue: Green Room,
Eden Club, Nanthoor,
Mangalore - 575008

Time: 7:30 PM

Club Website:

<http://rcmangaloredowntown.rotaryindia.org/>



PRESIDENTIAL MUSINGS



Dear Fellow Rotarians and family members,

As November wraps up, we're thrilled with our achievements! Our Rotarians, lady Rotarians, Anns, and Annets brought our club laurels in outdoor sports, cricket and throwball events - kudos to all participants!

We're excited to announce that our club's first ever Rotaract Club has received its charter - a historic milestone! Thanks to everyone's hard work, we can now take our community service to the next level.

We've had a jam-packed month with workshops, medical camps, speaker meets, and a business meet. And, we've got even more exciting projects lined up across various Rotary Avenues!

Let's keep the momentum going and make a real difference in our community. Thank you for your continued support and commitment.

Best Regards,

Rtn PHF Sathyajith Rao
President

“SAMVEDA #35 – BUILD YOUR SUCCESSFUL CAREER”



6th November , 2025

In continuation of our association with Swastika National Business School, and as part of a series of student development workshops, another session was organized on the topic **“Build Your Successful Career”** on 6th November, 2025, at Shree Gujarati English Medium High School, Mangalore. The workshop was conducted by Shri Raghavendra Holla, Author, National Trainer (JCI), and Chairman of Swastika National Business School, who will serve as the distinguished resource person.

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

— Mahatma Gandhi

“SAMVEDA #36 – BE A ROLE MODEL”



11th November , 2025

In continuation of our association with Swastika National Business School, and as part of a series of student development workshops, another session was organized on the topic **“Be a Role Model”** on 11th November 2025, at Government Pre-University College, Kurnad, Mudipu, Mangalore. The workshop was conducted by Shri Raghavendra Holla, Author, National Trainer (JCI), and Chairman of Swastika.

“Find someone who has a life that you want and figure out how they got it. Read books, pick your role models wisely. Find out what they did and do it.”

— Lana Del Rey

“SAMVEDA #37 – COMMUNICATION SKILL”



13th November , 2025

In continuation of our association with Swastika National Business School, and as part of a series of student development workshops, another session was organized on the topic “**Communication Skill**” on 13th November 2025, at Government Pre-University College, Katipalla, Krishnapura, Mangalore. The workshop was conducted by Shri Raghavendra Holla, Author, National Trainer (JCI), and Chairman of Swastika.

“The most important thing in communication is hearing what isn't said.”

— Peter Drucker

“MEDICAL CAMP AT TALAPADY”



19th November , 2025

A Free Health Camp (Non-Communicable Diseases) was organised on 19th November 2025 for the employees of M/s Albadriya Plywood Factory, Talapady in association with Primary Health Centre, Kotekar. The camp focused on the early detection of anaemia, diabetes, hypertension, ENT-related issues, and other health conditions. Our club contributed by sponsoring two glucometers with 300 strips and two BP apparatus. A total of 85 individuals were examined during the camp. Our member Rtn Dr Savitha Gatty took the initiative in conducting the camp.

“Intellectuals solve problems; geniuses prevent them”

– Albert Einstein

ROTARY INFORMATION

Rotary International's successive Headquarters



The Rotary Centre

Vision Statement display and seating area in the west atrium on the 18th floor of Rotary International World Headquarters in Evanston, Illinois, USA.



The National Association of Rotary clubs — what is now 'Rotary International' — was created in 1910 and decided to set up in the office of its secretary, Chesley R. Perry, in Chicago.

Since that date, the headquarters of Rotary International has moved many time:

1910: Chesley R. Perry's office on LaSalle Street in Chicago

1911: First National Bank building in Chicago

1913: Fort Dearborn Building in Chicago

1914: Karpen Building on South Michigan Avenue in Chicago

1923: Atwell Building in Chicago

1928: Chicago Evening Post building on West Wacker Drive

1934: Jewelers building on East Wacker Drive in Chicago

1954: Ridge Avenue in Evanston

Finally, Rotary purchased a building on Sherman Avenue in Evanston, Illinois, USA from Baxter Travenol Laboratories in 1987, known today as "One Rotary Center", which houses Rotary international's headquarters.

ROTARY INFORMATION

ASSISTANT GOVERNORS FOR 2026-27

Rotary	Rotary	Rotary	Rotary
 ASSISTANT GOVERNOR ZONE 1 RTN JOEL D'SOUZA MULKI KHARGOLI KAJPE MOOREN MITTOWN	 ASSISTANT GOVERNOR ZONE 4B RTN SHANKAR KANATH MOODANURI MOODANURITEMPLE TO SEDAKATTE PHALADUR	 ASSISTANT GOVERNOR ZONE 6B RTN RAMAKRISHNA M D ALDHANAGAR KUSHALNAGAR MADHURI MALLAHALLA ALUR SED MADHURI WOODS	 ASSISTANT GOVERNOR ZONE 8B RTN P KRAVAKKUR HERITAGE MYSURU MYSTIC MYSURU MYSTIC ELITE
 ASSISTANT GOVERNOR ZONE 2A RTN JOSEPH D'SOUZA MANGALORE NORTH MANGALORE SUNRISE BANKAMPADY	 ASSISTANT GOVERNOR ZONE 4C RTN SHWETA KANATH BANTWAL LORETTO H B C ROAD CITY FAMANGPETE PUTTUR CITY	 ASSISTANT GOVERNOR ZONE 6C RTN C N SUDH PERIAPATNA KONG PERIAPATNA KONG SONKOPPAL VRALPET	 ASSISTANT GOVERNOR ZONE 8C RTN ANANDH MYSTIC SOUTH EAST MYSTIC NORTH MYSTIC ROYAL
 ASSISTANT GOVERNOR ZONE 2B RTN SANDIP RAO SURATHKAL MANGALORE COASTAL MANGALORE EAST	 ASSISTANT GOVERNOR ZONE 4D RTN SHANKAR SHARDE BANTWAL TOWN UPPANGAL MOODANAP VITTA	 ASSISTANT GOVERNOR ZONE 6D RTN RADHAKRISHNA KESANALANAGAR KESANALANAGAR PERIAPATNA MID TOW	 ASSISTANT GOVERNOR ZONE 9A RTN NARAYANAN CHITRA Y H CHITRA KOLLEGE KOLLEGE MID TOWN
 ASSISTANT GOVERNOR ZONE 2C RTN PRAVEEN CHANDRA BHARAD MANGALORE HILL SIDE MANGALORE CENTRAL MANGALORE PORT TOW	 ASSISTANT GOVERNOR ZONE 5A RTN KAVISH D'SOUZA PUTTUR PUTTUR SWARNA BRUNALE HILLS PUTTU PUTTUR YUVA	 ASSISTANT GOVERNOR ZONE 7A RTN DEEPTI NARAYAN CENTRAL MYSORE MYSTIC JAYPRAKASH MYSTIC SHREEKANTH MYSTIC ANANTOWN	 ASSISTANT GOVERNOR ZONE 9B RTN A SURESH CHANNALANAGAR CHANNALANAGAR SUB CITY NANJANGUD
 ASSISTANT GOVERNOR ZONE 3A RTN RAJESH SHETTY MANGALORE DOWNTOWN DERALAKETTE MANGALORE METRO MANGALORE	 ASSISTANT GOVERNOR ZONE 5B RTN ANANDA KANNAN GULLA GULLA CITY KADABA TOWN WELLARE TOWN	 ASSISTANT GOVERNOR ZONE 7B RTN ANANDACHANDRA RAJULU MYSORE MYSTIC OF MYSURU C KASHMALA MYSTIC EAST MYSTIC SEWA	
 ASSISTANT GOVERNOR ZONE 3B RTN DR ABRAHAM MANGALORE METRO MANGALORE CITY MANGALORE SEASIDE MANGALORE SOUTH	 ASSISTANT GOVERNOR ZONE 5C RTN ABDUL RAHIM PUTTUR ELITE PUTTUR ELITE PUTTUR CENTRAL SUBBANGA	 ASSISTANT GOVERNOR ZONE 7C RTN DR RAJENDRA RAO FRANCHISEL MYSORE FRANCHISEL MYSORE FRANCHISEL MYSORE	
 ASSISTANT GOVERNOR ZONE 4A RTN DR SHAMSHAD BELTHANGADY BANTWAL MADANTHAR	 ASSISTANT GOVERNOR ZONE 6A RTN VASANTH KURUMBE SHAMSHANTH SHAMSHANTH SHAMSHANTH SHAMSHANTH	 ASSISTANT GOVERNOR ZONE 8A RTN DR CHANDRA MYSTIC WEST MYSTIC BRINDAVAN MYSTIC STARS HD KOTE	

"NETWORKING IS NOT ABOUT JUST CONNECTING PEOPLE. IT'S ABOUT CONNECTING PEOPLE WITH PEOPLE, PEOPLE WITH IDEAS, AND PEOPLE WITH OPPORTUNITIES."

MICHELE JENNAE



Rotary



"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

You must do the thing you think you cannot do."

-Eleanor Roosevelt

Rotary



UNITE FOR GOOD

EVENTS THAT JUST HAPPENED

“PRE-AGLS 2.0”



“Pre-Assistant Governor’s learning Seminar – 2.0” was organised on 2nd November, 2025 at Aahan Hills, Madikeri for the newly elected Assistant Governors for the year 2026-27. Our member Rtn Rajesh Shetty AGE and Rtn Eknath Dandekeri, Moderator for one of the session, participated in the seminar.

‘ಕಾಣಿಕೆ’ - THE ROTARY FOUNDATION SEMINAR



“ಕಾಣಿಕೆ - The Rotary Foundation Seminar” for Rotary International District 3181 will be organised on 8th & 9th November, 2025 at The Puttur Club, Puttur.

The event is hosted by Rotary Club Puttur. Interested members are requested to register for the event.

EVENTS THAT JUST HAPPENED

“ROTARY KREEDA BHANDHAVYA - 3.0”



A stellar performance by the Annets of our Club at the Zonal Outdoor Sports event “Rotary Kreeda Bhandhavya - 3.0” held on 2nd November 2025 at Mangala Stadium, hosted by the Rotary Club of Mangalore Central.

- Annet Mahita Joshi clinched 1st place in the Lemon and Spoon event (Below 6 years).
- Annet Mahita Joshi also secured 1st place in the Running Race (Below 6 years).
- Annet Anvita Joshi bagged 2nd place in the Running Race.

Both Annets are daughters of our club Secretary Rtn Prabhat Joshi.

Congratulations to the winners

EVENTS THAT JUST HAPPENED

“ROTARY CHAMPIONSHIP CUP-2025”



“Rotary Championship Cup–2025”, comprising the Zonal Cricket Tournament for Men and the Zonal Throwball Tournament for Women for Zones 2 & 3, was held on 16th November 2025 at Padua Grounds, Mangalore, and was graciously hosted by the Rotary Club of Mangalore South.

In Cricket, our club registered an impressive victory in the first round against the Rotary Club of Mangalore, before bowing out in the Semi-finals to the Rotary Club of Mangalore South.

In Throwball, our Rotarians and Anns delivered a spirited performance, winning their first match against the Rotary Club of Mangalore Metro and putting up a strong fight in the Semi-finals against the Rotary Club of Baikampady.

“Life it is not just a series of calculations and a sum total of statistics, it’s about the experience, it’s about participation, it is something more complex and more interesting than what is obvious.”

– *Daniel Libeskind*

EVENTS THAT JUST HAPPENED

“TEJAS” - ROTARY INSTITUTE-2025



The Rotary Institute 2025 – “TEJAS”, along with GELS (Governor Elect Learning Seminar) and GNLA (Governor Nominee Learning Seminar), was held in New Delhi from 11th to 13th November 2026. Our DGE, Rtn. Sathish Bolar, and DGN, Rtn. Yashaswi Somashekar, participated in the event. Additionally, our PDG, Rtn. Keshav H.R., served as the Chairman of the Master of Ceremony Committee, with Rtn. Rakesh Babu from Mysuru also contributing as a committee member.

The Downtowners CRICKET PRACTICE



We enjoyed four days of spirited cricket practice in preparation for the upcoming Rotary Zonal Cricket Tournament, “Rotary Champions Cup–2025,” scheduled for 16th November 2025 at Padua Grounds. It was filled with fun, camaraderie, and memorable moments—every bit of it thoroughly enjoyed.



Our President Elect **Rtn A. Umesh Gatty** unanimously elected as the President for Balanjaneya Gymnasium for the next 4 year term during the Annual general Body meeting held on 16th November, 2025. During the meeting the achievers in the field of Weightlifting and Powerlifting were felicitated.

The Dntowners

DONATION FOR A NOBLE CAUSE



Kudos to our very own **Rtn Pavithra Kumar** and the CBRA (Corp. Bank retiree's association), Mangalore Unit for their outstanding contribution to a noble cause! A donation of Rs.40,000 to a needy person, covering two months' medical expenses, is a remarkable gesture of kindness and compassion.

ANNUAL SPORTS MEET-2025



Our member **Rtn Umesh Gatty** was the Chief Guest at the Annual Sports meet-2025 of Cascia High School, Jeppu held on 29th November, 2025.

FIRST EVER ROTARACT CLUB OF OUR CLUB



After months of sustained effort, our long-cherished dream has finally borne fruit — we have received the Charter Certificate dated 18th November, 2025 for the **Rotaract Club of Swastika National Business School**, from Rotary International marking the establishment of our first ever Rotaract Club. The formal installation ceremony will be held soon.

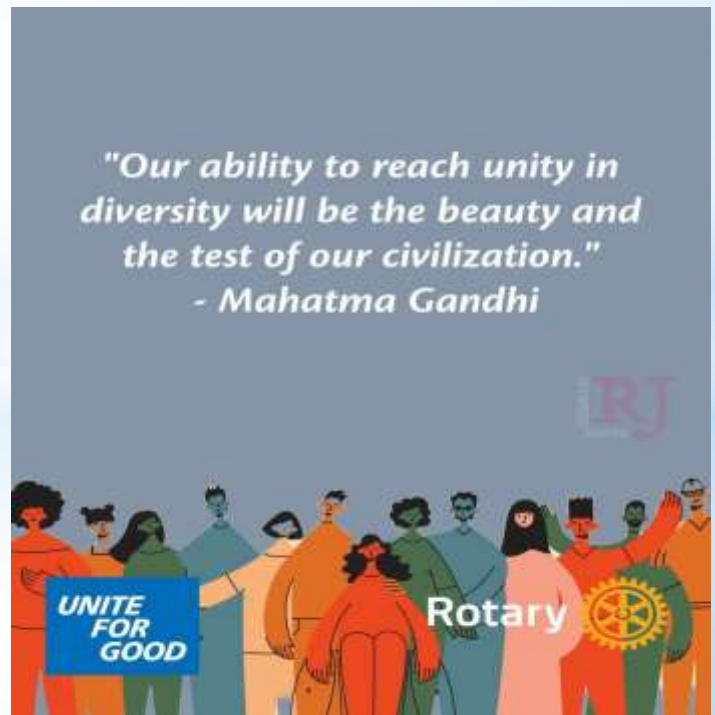
Timeline for 2026-27



Save the Dates

- 2025, Nov 21 | Pre-AGLS 2.0, Madikeri
- 2026, Jan 30, 31 & Feb 11 | District Conference (Rotary Year 2025-26), SAATHI - Team Presentation (2026-27), Mysore
- 2026, Feb 21, 22 | AGLS @ Sampige Resort Moodbidri
- 2026, Mar 11 | Pre PELS & SELS - Zones 1, 2, 3
- 2026, Mar 7 | Pre PELS & SELS - Zone 6
- 2026, Mar 8 | Pre PELS & SELS - Zones 7, 8, 9
- 2026, Mar 15 | Pre PELS & SELS - Zones 4, 5
- 2026, Apr 24, 25, 26 | PELS & SELS & ZELS @ IBIS Styles, Calangute, Goa
- 2026, June 21 | DTLS & Club Leaders Learning Seminar @ Mysore
- 2026, June 28 | Governor Installation @ Bendur, Mangalore
- 2027, Jan 22, 23, 24 | District Conference @ Mangalore
- 2027, June 12 | District Awards @ Mangalore







BIRTHDAY WISHES TO OUR MEMBERS AND THEIR FAMILY MEMBERS

Ann SAHANA B.S, W/o Rtn CA SANDEEP HANDE	13 TH DECEMBER
RTN. GANAPATHY SHENOY BEKAL	28 TH DECEMBER
Annet PRANNIKA PRASHANTH KOTIAN, D/o Rtn PRASHANTH KOTIAN	28 TH DECEMBER



WEDDING ANNIVERSARY WISHES TO OUR MEMBERS

NAME	DATE OF ANNIVERSARY
Rtn. Dr PAVANCHAND ATTAVAR & Ann. Dr VISHRUTHA PAVANCHAND	19 TH DECEMBER
Rtn. RAJESH SHETTY & Ann SARITHA SHETTY	31 ST DECEMBER

NOTABLE ROTARIANS AROUND THE WORLD

RTN WALT DISNEY

Famous Rotarians



Walt Disney
Animated Film Maker
Rotary Club of Palm Springs, CA

Design by Rotary Club of Morisset



Walt Disney was an American animator, film maker and business entrepreneur.

Disney cartoons and films have remained family favorites since the 1930's

He created a film and entertainment empire currently valued at over \$150 billion.



Walter Elias Disney (December 5, 1901 – December 15, 1966) was an American animator, film producer, voice actor, and entrepreneur. A pioneer of the American animation industry, he introduced several developments in the production of cartoons. As a film producer, he holds the record for most Academy Awards won (22) and nominations (59) by an individual.

Walt Disney was the member of Rotary Club of Palm Springs, California, USA.

ROTARY HISTORY



DID YOU KNOW?

ROTARY ANNS

In many Rotary clubs throughout the world, wives of male members are affectionately called "Rotary Anns". This designation was never one of disparagement, but rather grew out of an interesting historical occasion.

The year was 1914 when San Francisco Rotarians boarded a special train to attend the Rotary convention being held in Houston. In those days few wives attended Rotary events, and until the train stopped in Los Angeles, the only woman aboard was the wife of Rotarian Bru Brunnier. As the train picked up additional convention-bound delegates, Mrs. Ann Brunnier was introduced as the Rotarian's Ann. This title soon became "Rotary Ann." Since the clubs of the West

Rotary
Club of Makati F. Zobel

Public Image



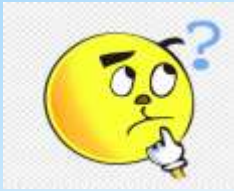
Anne Cama
RICHFZ Public Image
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Rotary



UNITE
FOR
GOOD



BRAIN TEASERS

SUDOKU



6			7			1		
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ROTARY QUIZ

- 1) This early Rotarian was secretary of Rotary International for 32 years. Who was he?
- 2) Who designed and made the first lapel pin in the history of Rotary?
- 3) Who gave the idea of 'Rotary District' and in which year?
- 4) How many Districts were created in the first year of District formation?
- 5) The first Rotary Club banner to orbit the moon was on which mission?

RIDDLES

No matter how little or how much you use me, you change me every month.

What am I?

November reflections

“BITTER AND SWEET EXPERIENCES AS DISTRICT GOVERNOR”



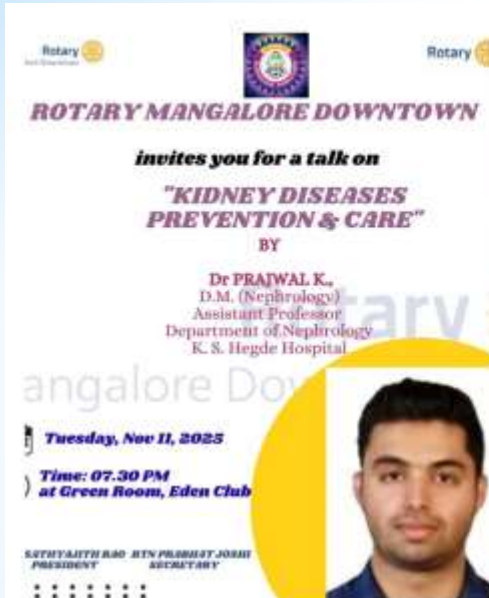
During the weekly meeting held on 4th November 2025, we had the honour of felicitating our beloved IPDG Rtn. Vikrama Datta, who also delivered an inspiring talk on his “Bitter and Sweet Experiences as District Governor.” He shared candid insights into the challenges he faced in balancing time, managing people, and fulfilling his personal, professional, and Rotary commitments — and how he successfully overcame them. His reflections offered valuable lessons for those aspiring to take up leadership roles in Rotary. The evening also witnessed the recognition of our young achievers, Annet Anvita Joshi and Annet Mahita Joshi, for their outstanding performances in the recently concluded Zonal Outdoor Competitions.

“Knowledge gained through experience is far superior and many times more useful than bookish knowledge.”

– Mahatma Gandhi

November reflections

“KIDNEY DISEASES- PREVENTION & CARE”



We were honoured to host Dr. Prajwal K., M.D. (Nephrology) and Assistant Professor at K.S. Hegde Medical Academy (KSHEMA), who delivered a captivating talk on “Kidney Diseases – Prevention & Cure” during our weekly meeting on 11th November 2025. With his exceptional ability to simplify complex concepts, Dr. Prajwal shed light on various kidney-related health issues, their underlying causes, and practical strategies for prevention and management. His insightful session was truly enlightening, leaving us with a deeper understanding of kidney health and its importance

“True prevention is not waiting for bad things to happen, it's preventing things from happening in the first place.”

- Don McPherson

November reflections

“COMMON TRAFFIC MISTAKES & HOW TO AVOID THEM”



We had a very engaging group discussion on “Common Traffic Mistakes and How to Avoid Them,” led by our member Rtn. Eknath Dandekeri, during our weekly meeting held on 18th November 2025. All club members, along with their family members, actively participated, shared their experiences, and made the session highly interactive.

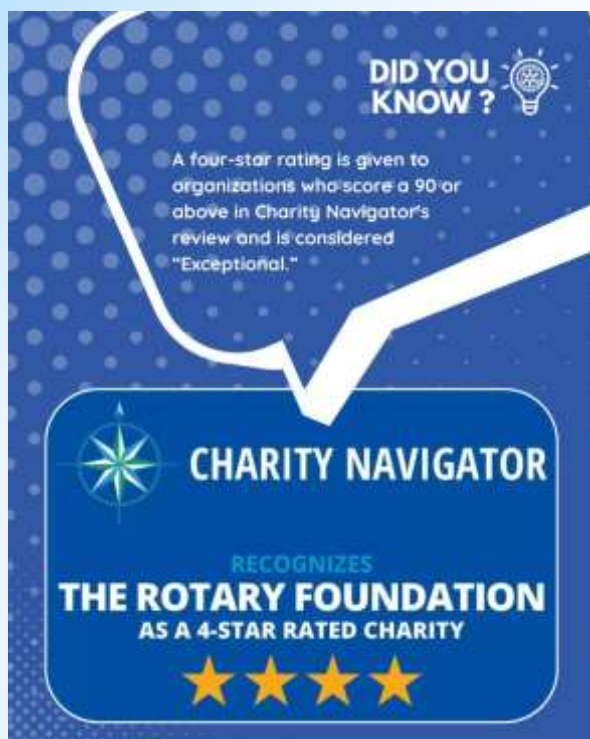
PULSE POLIO PROGRAMME (NID)

Pulse Polio Programme – national Immunization Day is to be observed in the State of Karnataka on 21st December, 2025.

The programme is aimed to maintain the polio free status and is to be conducted in all the districts of the State covering the children upto the age group from 0 to 5 years.



THE ROTARY FOUNDATION



Did you know that The Rotary Foundation consistently earns the highest possible rating, 4 stars, for the last 17 consecutive years, from **Charity Navigator**, the world's leading independent evaluator of non-profits? This rating places TRF among the most trusted and transparent charities due to its strong financial health, commitment to accountability and transparency, and how it executes its mission efficiently, globally. When you give to The Rotary Foundation, you're contributing to one of the world's most respected and effective vehicles for change.

TRF Contribution update

Contribution of behalf of members

- The facility for Presidents/Secretaries to Contribute to TRF on behalf of their members stands withdrawn.
- Rotary Clubs now need to fill up the TRF Multiple Donor Form with names of Rotarians and their membership IDs.
- Cheque payable to Rotary Foundation(India) with PAN of the club written on the back of the cheque.
- The same may be posted to
Rotary International South Asia Office,
Pullman/Novotel Commercial Tower,
Hospitality District, Aerocity, New Delhi 110 027

For any clarification, Contact PDG M Ranganath Bhat, DRFC
98455 35121

THE FOUR-WAY TEST
Of the things we think, say or do:

first

Is it the **TRUTH**?

second

Is it **FAIR** to all concerned?

third

Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?

fourth

Will it be **BENEFICIAL** to all concerned?

ROTARY IN NEWS

THE ROTARY FOUNDATION AWARDS



Proud to share that our Rotary District 3181 has secured an impressive Second Position in Zone 7. This remarkable accomplishment is the result of the unwavering support, dedication, and collective efforts of every Rotarian in our district—the credit truly belongs to each one of us.

It is noteworthy that our district has emerged as one of the highest contributors globally, earning distinguished recognition on the international stage. We have also been honoured with 20 prestigious awards, along with special appreciation from senior Rotary International leaders. Additionally, our district has been acknowledged as the Highest Donor worldwide—a milestone that reflects our shared commitment to service and generosity.

Our IPDG Rtn Vikramdatta conveyed his heartfelt gratitude to every Rotarian for their invaluable contributions to this extraordinary achievement.

ROTARY INTERNATIONAL PRESIDENT NOMINEE FOR 2027-28



Larry A. Lunsford, a member of the Rotary Club of Kansas City-Plaza, Missouri, USA, is the selection of the nominating committee to become Rotary International's president for 2027-28. He will officially become the president-nominee on 15 September if no other candidates challenge him.

Lunsford attended Truman State University in Kirksville, Missouri, on an academic scholarship, earning bachelor's and master's degrees in accounting. He first encountered Rotary when he received a Rotary Foundation Ambassadorial Scholarship to spend the 1981-82 academic year at the University of Newcastle in Australia.

A certified public accountant, Lunsford spent seven years working for Ernst & Young before joining a family-owned business, Bernstein-Rein Advertising, in 1990. He is currently executive vice president and chief financial officer for the Bernstein group of companies. He has held positions on the boards of the Kansas City Spirit Festival and the Variety Club as well as serving as director of a local bank and treasurer of the Epilepsy Foundation for the Heart of America. He has also served on Truman State University's alumni and foundation boards and received the university's Distinguished Service Award.

Lunsford joined the Rotary Club of Kansas City-Plaza in 1991 and has since served as district governor (2001-02), RI director (2013-15), and trustee of The Rotary Foundation (2021-25, vice chair 2024-25). He has been a member of RI committees, including the Executive Committee (chair 2014-15), Membership Growth Committee (chair 2016-18), and Nominating Committee for President of RI (chair 2023-24). He also has served on The Rotary Foundation's Executive Committee (chair 2023-24), Finance Committee (chair 2022-23 and 2024-25), and Participant Experience Committee (chair 2023-24).

Lunsford has been awarded The Rotary Foundation Distinguished Service Award, The Rotary Foundation Citation for Meritorious Service, and the RI Service Above Self Award. He and his wife, Jill Lunsford, have two children and one grandchild. They are Major Donors, Bequest Society members, multiple Paul Harris Fellows, Benefactors of The Rotary Foundation, and Sustaining Members.

DECEMBER- DISEASE PREVENTION & TREATMENT MONTH



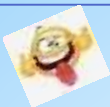
Disease Prevention and Treatment is one of the key Areas of Focus of the Rotary Foundation — and with good reason. The health and vitality of individuals, families, and communities can be gravely affected by diseases that are, in many cases, entirely preventable. Promoting good health is not only essential in itself but also serves as a cornerstone for progress in other focus areas such as Water and Sanitation and Maternal & Child Health.

Rotary and Rotarians around the world are deeply committed to helping people lead healthier, more productive lives. Our flagship initiative in this domain is the Global Polio Eradication Program, which has brought the world to the threshold of eliminating this debilitating disease. Yet, Rotary's efforts extend far beyond polio — encompassing a broad spectrum of activities aimed at enhancing overall community health and well-being.

This theme underscores Rotary's enduring dedication to eradicating polio while also highlighting its broader mission to combat diseases through initiatives such as organizing health camps, ensuring access to clean water, and improving sanitation infrastructure.

"To keep the body in good health is our duty... otherwise we shall not be able to keep our mind strong and clear."

- Lord Buddha



SMILEO.K. PLEASE



ADVICE OF A TEACHER

A respected schoolmaster had just retired. He and his wife lived in a flat in Mumbai. For Dussehra, they decided to visit their hometown.

Before leaving, the teacher thought to himself — “While we’re away, what if a thief breaks in? He might smash open cupboards and make a mess everywhere, even though there’s no money in the house!”

So, to save his home from being wrecked, he placed ₹1000 on the table along with a note, which read:



"Dear Unknown Thief,

Heartfelt congratulations for the effort you’ve taken to break into my house. But unfortunately, I’m a middle-class man, living only on my pension. So there’s nothing valuable here. I feel bad that your hard work and precious time will go to waste. So please, as a token of respect for your effort, accept this small amount.

Also, to help you become more successful in your profession (theft 😊), I’m giving you some tips below 👉 "

The Master’s “advice” read as follows: 😊👉

On the 8th floor – lives a corrupt minister 📁💰



On the 7th floor – a crooked property dealer 🏠

On the 6th floor – a co-operative bank chairman 🏦

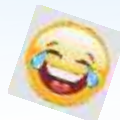
“They have mountains of gold and cash. Your ‘business success’ won’t trouble them one bit! Because they won’t even complain to the police!” 😊😊😊

After Dussehra, when the Teacher returned home, he found a large bag on the table. Inside it were ₹10 lakh in cash! And a letter —

"Respected Guruji, 🙏



Heartfelt thanks for your guidance and teaching! I followed your advice and my mission succeeded! I’m leaving this small amount as a token of gratitude. May I continue to receive your blessings and wisdom in the future too...



Your disciple – The Thief 😊😊"

The Teacher read it and laughed, saying — “Ayyo! I thought I had retired, but it seems my teaching career still continues!”

FORTHCOMING ROTARY EVENTS

“SNEHA SOURABHA”- ROTARY DISTRICT CONFERENCE-2025-26”

“SNEHA SOURABHA”, District Conference for the year 2025-26 of RID 3181 will be held from 30th January to 1st February, 2026 at Silent Shores Convention Centre, , KRS Road, Hootagalli, Mysuru. Interested members are requested to register themselves for the event. Registration may be made by visiting conference website:

<https://districtconference3181.in/> .

The Registration charges are as under:

Rotarian- Rs.5,000/-

Rotarian with Spouse- Rs.8,000/-

Ann – Rs.5,000/-

Guest – Rs.2,000/-.

The above rates are applicable from 10th November onwards.



Rotary District 3181

Sneha Sourabha

2025-26

ROTARY DISTRICT CONFERENCE 2025-26

30th, 31st January & 01st February 2026

Silent Shores Resorts & Spa
#85-57, BEML Road, Hootagalli, Mysore - 570018

Register from your mobile phone

www.sneha2026.in

Get ready for a spectacular celebration of unity, purpose and joy.
The flagship event of Rotary District 3181 for the Rotary year 2025-26. This grand three-day event in Mysore promises an unforgettable experience for Rotarians, Rotaractors and their families. The event is designed to refresh your mind, energize your spirit and deepen the bonds of service and friendship.

Registration Fees

Rotarian	5,000
Rotarian + Spouse	8,000
Ann	4,000
Annet	2,000
Innerwheel Member	3,500
Guest	5,000
Rotaractor	2,500
Silver Donor	20,000
Silver Sponsor	25,000
Gold Sponsor	50,000
Platinum Sponsor	75,000
Patron Sponsor	1,00,000

For registration contact Rtn. Ramachandraraje Ure 5 - 9845312101

‘KHEL MILAN-2025’- DISTRICT SPORTS COMPETITIONS



Rotary RI Dist. 3181, Zone 5

KHEL MILAN-2K25

Date : 6th and 7th December 2025

6th December 2025

Shuttle & Tennis Match

@ Sudana Sports Club Puttur
@ The Puttur Club

7th December 2025

Cricket, Volleyball, Tug of War Athletics & Other Games

@ St. Philomena College, Puttur

“Khel Milan-2025”, Rotary District Sports competitions will be held on 6th & 7th December, 2025 at Puttur. The event will be hosted by Rotary Club Puttur East.

On 6th December, 2025, Shuttle badminton and Tennis matches will be held at Spandana Sports Club and The Puttur Club.

On 7th December, 2025, Cricket, Volley Ball, Tug of War, Athletics and other games will be held at the grounds of St. Philomena College, Puttur.

FORTHCOMING ROTARY EVENTS

ROTARY INTERNATIONAL CONVENTION- TAIPEI -2026

Rotary International Convention-2026 will be held from 13TH to 17TH June, 2025 at Taipei. The registrations for the said event is already open. Interested members may register for the event.



“TREASURE HUNT -2025”



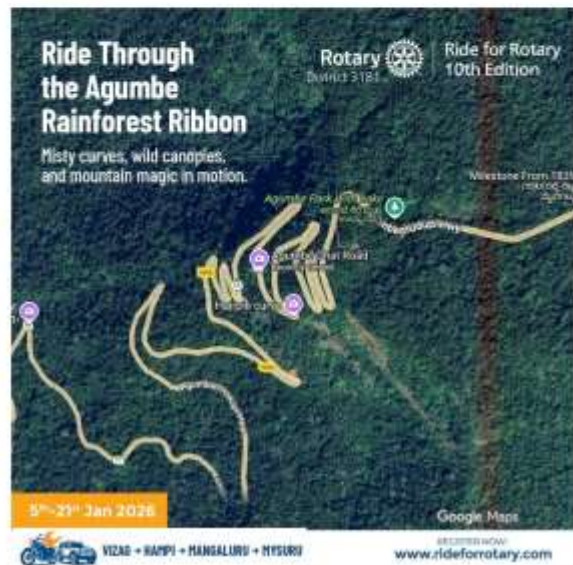
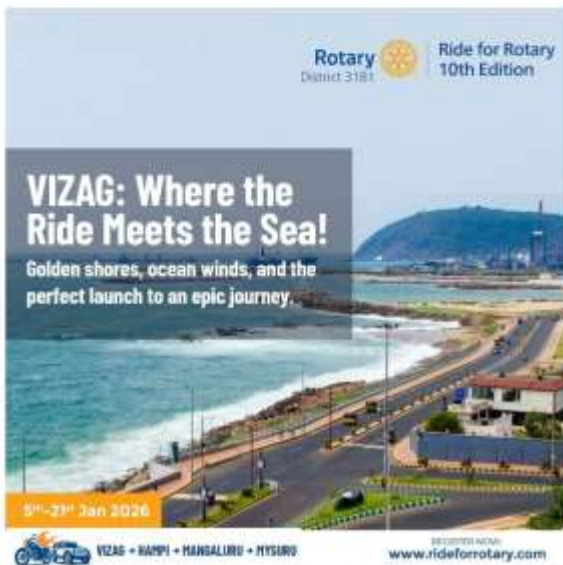
Rotary Mangalore City is conducting “Treasure Hunt- 2025” for Rotarians of RI District 3181. It was earlier scheduled to be held on 23rd November, 2025 but now rescheduled to be on 14th December, 2025 at Mangalore.

The event is for 4-Wheelers only and each team must include at least one Rotarian or Ann as a member.

Entry Fee is Rs.1,000/- per team.

FORTHCOMING ROTARY EVENTS

“RIDE FOR ROTARY- 10TH EDITION”



“Ride for Rotary” – 10th Edition

Embark on a spectacular 16-day adventure, beginning on 5th January 2026 from the sun-kissed shores of Vizag and culminating on 21st January 2026 at the regal streets of Mysuru. The journey winds through Hampi and Mangaluru, unveiling the breathtaking Agumbe Rainforest, its mist-laden curves, and enchanting wild canopies. Join this epic ride of camaraderie, exploration, and purpose.

Register now at www.rideforrotary.com

FORTHCOMING ROTARY EVENTS

“ESRAG-SA MEGA QUIZ SERIES – 2025-26”

Environment Sustainability
Rotary Action Group – South Asia (ESRAG-SA) is organising ‘ESRAG_SA Mega Quiz Series-2025-26, a online quiz contest held virtually live first on 6th December, 2025 and second on 10th January, 2026.

It is open to all Rotarians, Rotaractors, RCC, Interactors (Only ESRAG). Participants include members from Africa, Middle East, SE Asia, Oceania and South Asia.

“PELS, SELS & ZELS – 2026-27”

“PELS, SELS & ZELS – 2026-27”- Learning Seminar for the President, Secretary and Zonal Lieutenants for the year 2026-27 of RID 3181 will be held from 24th April to 26th April, 2025 at IBIS Styles Goa Calangute Hotel. The event is organised by Rotary Mysore.

The Registration Fee is Rs.9,500/-.

ROTARY INTERNATIONAL PRESIDENT'S MESSAGE – DECEMBER, 2025

This month's special issue of *Rotary* magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right. December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.



We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McNally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you *really*?"

As we transition to a new year filled with new possibilities, let us *Unite for Good* — for healing, friendship, and access to happiness

Francesco Arezzo
President 2025-26

TRF TRUSTEE CHAIR'S MESSAGE- DECEMBER, 2025



As 2020-21 Rotary president, I shared our hopes for a new initiative: Programs of Scale. The seeds we planted then are now bearing remarkable fruit.

After the success of Rotary's first Programs of Scale grant recipient, Partners for a Malaria-Free Zambia, the Gates Foundation and World Vision approached us to do more and bigger projects. They know Rotary can make great things happen. From that partnership grew the Rotary Healthy Communities Challenge, now Rotary's most significant disease prevention initiative after polio eradication.

The Healthy Communities Challenge aims to combat pneumonia, malaria, and diarrheal diseases, the leading killers of children under 5 in many parts of Africa. Despite

progress, these diseases still claim 1 million young lives annually.

This strategic partnership between The Rotary Foundation, the Gates Foundation, World Vision, and PATH, a global nonprofit dedicated to health equity, is now saving lives in the Democratic Republic of Congo, Mozambique, Nigeria, and Zambia.

Let us not forget that our partnerships are made up of people — volunteers, Rotary members, and professionals — striving to make a difference. One of them is **Gisela Bettencourt Mirção**, of the Rotary Club of Chimoio-Planalto, Mozambique, Healthy Communities Challenge national coordinator and assistant governor for District 9210, who reports:

In Mozambique, preventable diseases remain leading causes of death of children.

With support from our partners, District 9210, and the Ministry of Health, the Healthy Communities Challenge mobilizes resources, technical expertise, and volunteers to strengthen community health systems in two provinces in the country's west.

Community health workers are trained to deliver lifesaving education, prevention tools, and early treatment to families in hard-to-reach areas. The program expands access to testing, diagnosis, and treatment, ensuring children receive timely care. Rotary coordinates advocacy, procures essential supplies, and ensures local ownership alongside government health structures. In its first year, the Healthy Communities Challenge reached thousands of households across four districts, supporting more than 4,400 community health workers to protect children.

I have been involved since the planning stages, but I hadn't grasped the true impact until seeing it firsthand.

Through the Healthy Communities Challenge, Programs of Scale, and polio eradication, Rotary proves that partnerships, community engagement, and vision can transform global health and save lives.

Your support of The Rotary Foundation makes you part of this life-changing work.

Holger Knaack
Trustee Chair 2025-26

ANSWERS TO BRAIN TEASERS

SUDOKU

6	3	2	7	8	4	1	9	5
5	8	4	2	9	1	7	6	3
9	1	7	3	5	6	8	2	4
3	5	8	4	6	7	2	1	9
7	9	6	5	1	2	3	4	8
2	4	1	8	3	9	5	7	6
4	7	5	6	2	8	9	3	1
8	2	9	1	4	3	6	5	7
1	6	3	9	7	5	4	8	2

ROTARY QUIZ

- 1) Rtn Chesley R. Perry.
- 2) Rtn John Frick, Member of New York Rotary Club on October 14, 1909 and it was worn by the club's first president Bradford Bullock from 1909 until his premature death in 1911.
- 3) Rtn H. J. Brunnier of the Rotary Club of San Francisco in the year 1915.
- 4) The first districts in Rotary comprised of 19 districts: 15 in the USA; 3 in Canada; and 1 in the United Kingdom.
- 5) Astronaut Frank Borman, a member of the Rotary Club of Space Center, carried his club banner on APOLLO-8 lunar mission, December 21-27, 1968.

RIDDLES

'A CALENDER'