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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 :

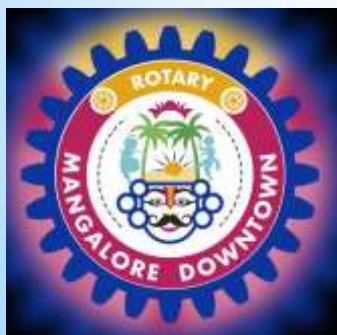
Alternate Tuesday

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

Time: 7:30 PM

Club Website:

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



PRESIDENTIAL MUSINGS



As the first month of the new year comes to an end, we witnessed a lot of activities on the district front. The major fund raiser event of RID 3181- 'Ride For Rotary-8', started from Udaipur and ended at Goa. Our member Rtn Suraj Hebbar drove his car along with the riding bikers all those days. His commitment and hard work is to be appreciated.

Moreover, he displayed our club logo on his car and thus making our club more visible to the Rotary clubs all over the route through which the Rally traversed and also to the international participants of the event.

The most awaited District Conference 'Prajna Parva' was held at the beautiful venue of Silent Shore at Mysuru. Speakers included plethora of personalities who achieved greatness in their respective fields giving away valuable life lessons to the audience. Icing on the cake is the Fashion Show, which gave a glamorous touch for the event.

On the club front, we had a beautiful talk by Rtn Padmanabha Nayak on "Entrepreneurship and Business". Apart from the said meeting, we could not conduct any other meetings in the month of January due to some unavoidable circumstances. I hope we will make good of this in the coming month. I end my message with a quote from Martin Luther King Jr., which says *"We must accept finite disappointment, but never lose infinite hope."*

“Felicitation to Rtn Padmanabha Nayak”



16th January, 2023

On the occasion of January being ‘Rotary month of Vocational Service, our club, in recognition of the services of Rtn Padmanabha Nayak of RC Mangalore City, a 3rd Generation Entrepreneur felicitated him on 16th January, 2024 during our club’s weekly meeting.

**“The best way to find yourself
is to lose yourself in the service of others.”**

- Mahatma Gandhi

FORTHCOMING ROTARY EVENTS

“IFCR WORLD FESTIVAL-2024 ”

“IFCR WORLD FESTIVAL-2024 ”

IFCR WORLD FESTIVAL 2024 is planned in Chennai during 12th to 16th FEBRUARY 2024 by IFCR CHENNAI (3232). The registration needs to be done by the individual IFCR Members and teams would be formed by the host team during the inaugural ceremony of the world festival. The registrations have to be completed online in google form at this link <https://bit.ly/IFCR2024> latest by 30th September, 2023.



ROTARY INTERNATIONAL CONVENTION - 2024

A group of seven people, four men and three women, are standing in front of the Marina Bay Sands hotel in Singapore. They are all wearing red scarves with the Rotary logo. Below them is a red banner that says "WELCOMES YOU".

Singapore Host Organisation Committee

WELCOMES YOU

Join us in Singapore for the 2024 Rotary International Convention and explore its many sights, sounds and flavors. Beyond Singapore's picture-perfect skyline, our bustling metropolis is an ever-evolving wonderland of bold new experiences to complete your Rotary adventure.

SHARING HOPE WITH THE WORLD
2024 Rotary International Convention
SINGAPORE | 25-29 MAY 2024
Register today at convention.rotary.org

Rotary Singapore

“SHARING HOPE WITH THE WORLD”

Rotary International Convention for 2024 will be held at Singapore during 25th to 29th May, 2024.

The venue will be Martina Bay Sands Expo & Convention Centre and National Stadium, Singapore.

Interested members are requested to register for the event.

FORTHCOMING ROTARY EVENTS

“NAVA VAIBHAVA ”

“NAVA VAIBHAVA-2025 ”

The District Conference for the Rotary Year 2024-25 for RID 3181 is named ‘Nava Vaibhava’ signifying the 9th year of formation of RID 3181. It will be held from 24th to 26th January, 2025 at Adyar Gardens, Mangaluru under the leadership of Rtn Vikramadatta, D.G for 2024-25. Registration counter was opened at the venue of ‘Prajna Parva’ on 20th & 21st January, 2024 offering early bird registration incentives. Few of our club members have availed the early bird incentive by registering at the venue. Other members are also requested to register for the event as it is being held in Mangaluru.



Rotary District 3181

THE MAGIC OF ROTARY

ನವ ವೈಭವ
nava vaibhava
ದೀರ್ಘಕಾಲದ ಸಮ್ಮೇಳನ

Rtn Vikramadatta
DG, 2024 - 25

24th, 25th & 26th January 2025 | ADYAR GARDENS, Mangalore

Registration Type	Amount (only 20 th & 21 st January 2024)	Amount (After 23rd January 2024)
Rotarian	Rs. 4,000.00	Rs. 4,500.00
Ann	Rs. 3,000.00	Rs. 3,500.00
Annet	Rs. 2,000.00	Rs. 2,500.00

OTHER AVENUES OF SPONSORSHIP

Commercial Stalls : Rs.10,000.00
Advertisement/Banners: Rs.5,000.00

REGISTRATION ARE OPEN

Platinum
Accommodation for Family in Suite Rooms & Registration for Couple + 2 Kids
Advertisement;
Memento Worth Rs. 7,500.00 & Hospitality.
Rs. 75,000.00

Gold
Accommodation for Family & Registration for Couple;
Advertisement;
Memento Worth Rs. 5,000.00
Rs. 50,000.00

Silver
Accommodations for Couple;
Registration for Couple
Rs. 25,000.00

* Gift Hamper for Registering only on 20th & 21st January 2024.

"I slept and dreamt that life was joy.
I awoke and saw that life was service.
I acted and behold, service was joy."

- Rabindranath Tagore

EVENTS THAT JUST HAPPENED

“PRAJNA PARVA - 2024”



“PRAJNA PARVA - 2024” - District Conference of RID 3181 held on was held from 19th January to 21st January, 2024 at the beautiful venue of Silent Shores Resort at Mysuru. The event was marked by excellent talks by prominent personalities like Ms. Laxmi Narayan Tripathi, Ambassador Dr. Deepak Vohra, Dr. Bhavesh Chandubhai

Bhatia, Dhanraj Pillay, Malavika Avinash, Dr. Rajyogini B.K. Sunita Didi, Shivashankar Dharmendra Kumar, Chandrashekar Kambar and Dr. Devaraj Reddy. The event had also a glamorous touch with a Fashion Show being organised on 20th January evening, which was a roaring success.

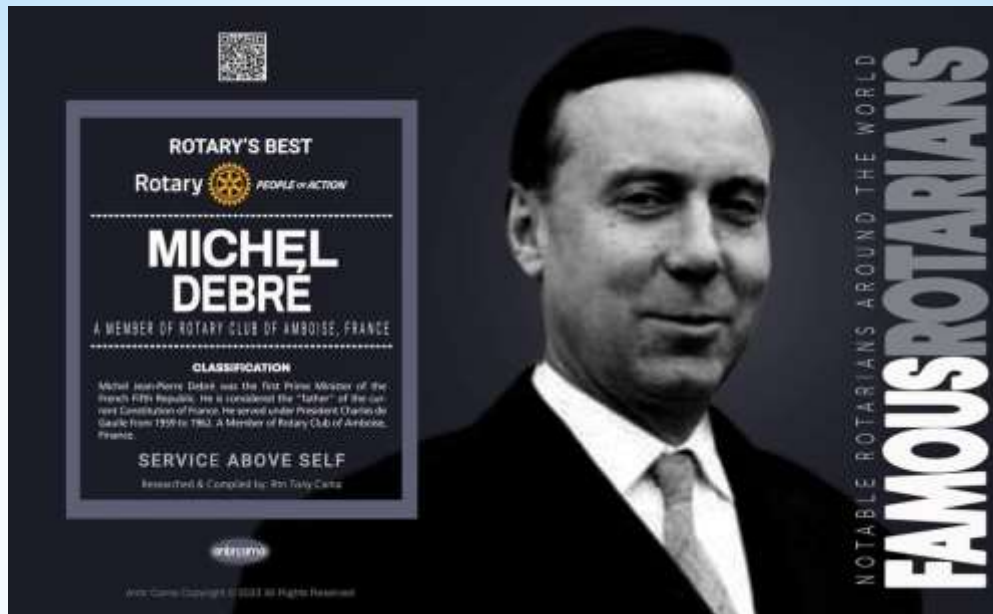
In the event Rtn Vikram Datta, D.G for the year 2024-25 also presented his team.



“RIDE FOR ROTARY – 8”



NOTABLE ROTARIANS AROUND THE WORLD



RTN. MICHEL JEAN PIERRE DEBRE

Rtn Michel Jean Pierre Debre, was the Prime Minister of the French Fifth Republic. He is considered the father of France's current constitution. He served under President Charles De Gaulle from 1959 to 1962. He was the member of Rotary Club of Amboise, France.



ROTARIANS IN NEWS

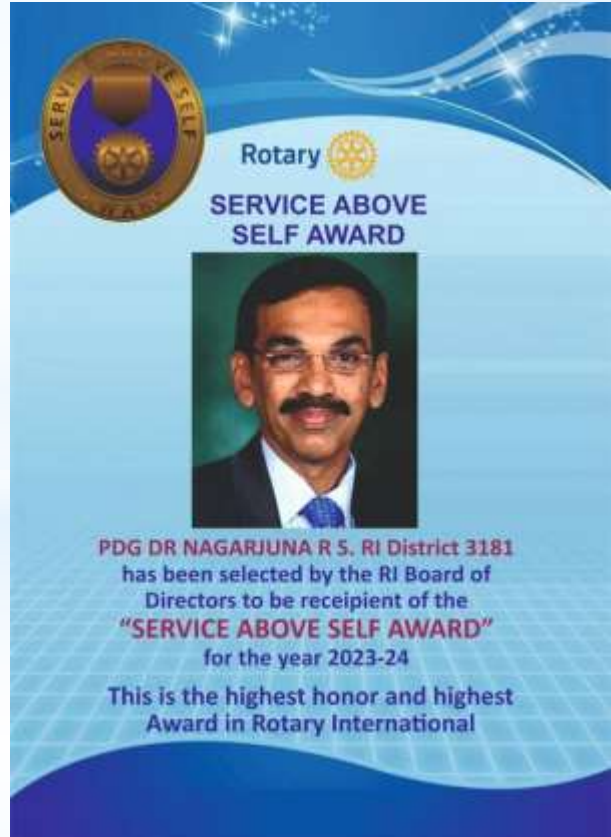


PDG Rtn M. Ranganath Bhat of RID 3181, is awarded with “Meritorious Service Award 2023-24” in recognition of his outstanding service to The Rotary Foundation by Rotary International.



PDG Dr. Nagarjuna R.S. of RID 3181 has been selected by the RI Board of Directors to be the recipient of the “Service Above Self Award” for the year 2023-24.

This is the highest honour and highest award in Rotary International.



ROTARIANS IN NEWS



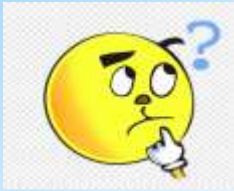
Rtn Vikramadatta, D.G. of RID 3181 for 2024-25 along with his Spouse **Rtn Latha** attended the Rotary International Assembly held in Orlando, USA in January, 2024.



“CLUB FLAG EXCHANGE”

Rtn Suraj Hebbar Neria, Treasurer of our club exchange club flags with Rotary Club of Baruch, Gujarat when he visited the said club as part of Ride For Rotary- 8





BRAIN TEASERS



SUDOKU

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



ROTARY QUIZ

- 1) When was the first Rotary Presidential theme was introduced?
- 2) Who introduced the first Rotary Presidential theme?
- 3) What was the first Rotary Presidential theme?
- 4) What is the Rotary Presidential theme for the year 2024-25?
- 5) What was the Presidential Theme of the first RI President from India Rtn Nitish C. Laharry (1962-63)?

RIDDLES

A man shaves several times a day, yet he still has a beard.
Who is this man?

January reflections

"Entrepreneurship and Business"



Guest Speaker Rtn Padmanabha Nayak of RC Mangalore City, a 3rd Generation Entrepreneur gave a talk on 16th January, 2024 on **"Entrepreneurship and Business"**. The talk was very informative with experiences in business and with some motivational insights by citing real life examples of some leading businessmen.

"Being an entrepreneur is a mindset. You have to see things as opportunities all the time."

- Soledad O'Brien

The Downtowners

RTN. Suraj Hebbar Neria- Paul Harris Society Member



Paul Harris Society

The Paul Harris Society recognizes Rotary members and friends of The Rotary Foundation who elect to contribute \$1,000 or more each year to the Annual Fund, PolioPlus Fund, or approved global grants. The purpose of the Paul Harris Society is to honor and thank individuals for their generous, ongoing support of The Rotary Foundation. Rotary districts often honor new members of the Paul Harris Society by presenting them with a certificate and chevron at a district or club event.

Our Major Donor Rtn Suraj Hebbar promised to contribute \$1,000 every year to The Rotary Foundation. His commitment was recognised and he was awarded with Paul Harris Society pin at “Prajna Parva”, the District Conference of RID 3180 held at Mysore from 19th to 21st January, 2024. The Pin was received by our club President Rtn Ganesh Prabhu on behalf of Rtn Suraj Hebbar.

I participate in the Paul Harris Society because I care. These contributions demonstrate our commitment to serve others.

- Elaine Love

Paul Harris Society Coordinator for District 5450 (Colorado, USA)

The Downtowners

Under the leadership of **Rtn Dr. Savitha Gatty** and with the guidance from the teachers, SNO, CHO, HIO & PHCO, the students of College on 23rd January, 2024 has conducted NCD diagnosis for 30 people, HIV testing for 75 people were carried out. Also during the event Ayushman Bharat Health Card for around 15 people were also distributed.

ಕಿ.ಮ.ಆ.ಸ ತರಬೇತಿ ಕೇಂದ್ರ, ಮಂಗಳೂರು, ದಿನಾಂಕ: 23/1/2024
ಗ್ರಾಮೀಣ ಸಮುದಾಯ ತರಬೇತಿ, ಗ್ರಾಮ:- ಪೊಕ್ಕೋಡಿ
ಉಪಕೇಂದ್ರ:- ಕೆಂಪಾರು, ಪ್ರಾ.ಆ ಕೇಂದ್ರ:- ಬೋರೋಲ್

ವೈದ್ಯಾಧಿಕಾರಿಗಳಾದ ಡಾ.ಸವಿತಾ ಎಸ್.ಜಿ ಮತ್ತು ಬೋರಡರು
ಹಾಗೂ SNO/ CHO/HIO/PHCO ರವರ
ಮಂಗಳದಲಿನಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು 30 ಜನರಿಗೆ NCD
ಪರೀಕ್ಷೆ, 75 ಜನರಿಗೆ ಹೆಚ್ ಐವಿ ಪರೀಕ್ಷೆಯೊಂದಿಗೆ
ಹೆಚ್ ಐವಿ ಜಾಗೃತಿ ಮೂಡಿಸಿ 15 ಕ್ಷಣ್ಣ ಆಯುಷ್ಯನ್
ಭಾರತ್ ಹೆಲ್ತ್ ಕಾರ್ಡ್ ಒಂದರಂತೆ ಮೂಡಲು ಸಾಕರಿಸಿದರು



ಸಲೀಂಪಾಷ, ಪ್ರಭಾರ ಪ್ರಾಂಶುಪಾಲರು

ಕಿ.ಮ.ಆ.ಸ ತರಬೇತಿ ಕೇಂದ್ರ, ಮಂಗಳೂರು
ಗ್ರಾಮೀಣ ಸಮುದಾಯ ತರಬೇತಿ, ದಿನಾಂಕ: 23/1/2024
ಉಪಕೇಂದ್ರ:- ಕೆಂಪಾರು, ಪ್ರಾ.ಆ ಕೇಂದ್ರ:- ಬೋರೋಲ್
ಪೊಕ್ಕೋಡಿ ಗ್ರಾಮದಲ್ಲಿ ಸ್ಥಳೀಯ ಪ್ರದರ್ಶನದ ಮೂಲಕ ಹೆಚ್ ಐವಿ ಕುರಿತು ಜಾಗೃತಿ

ವೈದ್ಯಾಧಿಕಾರಿಗಳಾದ ಡಾ.ಸವಿತಾ ಎಸ್.ಜಿ ಮತ್ತು ನಿಬ್ಬಂದಿ
ವೈಯಕ್ತಿಕ ಆಸ್ಪತ್ರೆಯ ನಿಬ್ಬಂದಿ, ಕಿ.ಮ.ಆ.ಸ.ತ ಕೇಂದ್ರದ
ಬೋರಡರು, ಆಶಾ ಉಪಸ್ಥಿತರಿದ್ದರು



Under the aegis of Karnataka State Aids Prevention Society and under the guidance of **Rtn Dr Savitha Gatty** and the staff of T.B. Hospital, conducted a Community based medical camp and also a skit for creating awareness on AIDS (HIV) on 23rd January, 2023 at Porkodi Community Hall.

The Downtowners



Rtn Umesh Gatty, Secretary of our club was the Team Manager of the team representing Karnataka State Electricity Board which participated in the 45th All India State Electricity Board Powerlifting & Bodybuilding Championship held at Lucknow (U.P) from 28th to 30th of Januray, 2024. The event was inaugurated by U.P. Minister for Energy Shri. A.K. Sharma. Karnataka State team won many laurels at the event.

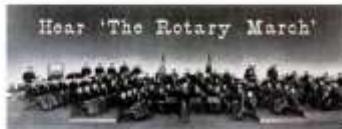
1955: Rotary celebrates its 50th anniversary

The 50th anniversary of Rotary International gave rise to many festivities and events around the world.

Development of public interest activities, special meetings, publication of a commemorative brochure, radio and television programs, photographic projections, giant banners, floats parading in cities, exchange of greetings with other clubs, neighbors or more distant ...

A giant anniversary dinner (Golden Dinner) was held in Chicago on February 23, 1955.

It brought together 900 people.



Hear 'The Rotary March'

A dedicated piece of music was recorded by RCA-Victor. Performed by the 85 musicians of the US Army Band, it was broadcast extensively on the airwaves of the USA and Canada.

150 million stamps have been issued worldwide.

In France, a temporary post office for the first day issue of the commemorative stamp was opened at the Pavillon Dauphine. while in the same place the Rotary-club of Paris held its statutory meeting.



Out of this world. Rotary Club banner goes on display in space



Back in 2016, British Astronaut Tim Peake took a banner belonging to the Rotary Club of Locks Heath on board the International Space Station (ISS). The banner of a Hampshire based Rotary Club has been put on display in space. The Rotary Club of Locks Heath Banner is taking pride of place in a window of the International Space Station (ISS).

It's all thanks to astronaut Major Tim Peake, who is part way through a six month mission on the ISS. Major Peake's godmother is a member of the Locks Heath club.

When fellow member John Hopwood found out, he asked if an approach could be made to see if Major Peake would take the banner and display it. Mr Hopwood, who is the club's publicity relations chairman, was taken aback when the answer was yes.

Due the strict quarantine conditions on the ISS, the banner was sent to mission control in Houston so its material could be assessed. It was then placed in a special cargo rocket before being launched into space.

He added: "I am very proud to be a part of history and getting the banner into space. "The banner highlights the good work of rotary in Locks Heath and all over the world."

Tim, who was raised in Sussex, has been busy keeping planet Earth up to date on life in space through social media and video link.

Not only has he messaged the Queen, and taken a stunning space-walk selfie, he even told the world how to go to the loo in microgravity.



BIRTHDAY WISHES TO OUR MEMBERS AND THEIR FAMILY MEMBERS

ANN PALLAVI RAHUL, W/O. RTN. RAHUL SUVARNA	18th February
ANN ROOPA RAJESH, W/O. RTN. RAJESH B.	20th February



“Sending you smiles for every moment of your special day...Have a wonderful time and a very happy birthday!”



WEDDING ANNIVERSARY WISHES TO OUR MEMBERS

Rtn. PRASHANTH NAYAK & & Ann NADINI NAYAK	28th February
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May you both enjoy one another's company today and always. Best wishes on your marriage anniversary!

FEBRUARY – PEACE BUILDING & CONFLICT PREVENTION MONTH



The month of February is very special in the Rotary calendar because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago. That day is now designated as the "World Understanding and Peace Day".

On February 23 Rotary celebrates the 109th anniversary of the first Rotary club meeting. This is an opportunity for Rotary clubs and districts to promote Rotary's public image.

Rotary's goal today is to create environments where peace can be built and maintained through sustainable and measurable activities in communities worldwide. Peacebuilding remains a cornerstone of our mission as a humanitarian service organization.

Millions of people all over the world are currently displaced by armed conflict or persecution. In fact, 90% of casualties in armed conflicts are civilians, half of which are children. Through service projects and Rotary programs, the Rotary family is committed to pursuing projects that address the structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.....

Rotarians train adults and young leaders to prevent and mediate conflict, and aid refugees who have fled dangerous areas. During February, **Rotary Peace and Conflict Prevention/Resolution Month**, we're celebrating our commitment to build peace and mitigate conflict.



I am enthused and encouraged by your embrace of mental health initiatives throughout the Rotary world. More than 1,000 of you have responded so far to an ongoing survey by the Rotary Action Group on Mental Health Initiatives, offering your feedback on what Rotary can do to improve the personal well-being of members.

The top suggestions are illuminating. Rotary members are asking for more fellowship, camaraderie, conversation, cohesiveness, and connection. They also want more recognition, validation, and integration. They are seeking more service opportunities, and they want more wellness activities, including mental health speakers, awareness efforts, and education.

Our members not only appreciate the greater focus on mental health, but they also believe that making more of the Rotary experience will materially improve their lives. I find it interesting that members are not asking anything dramatically new of their club — rather they want more of what we do best. For example, connection can be improved during meetings simply by assigning seating once each month to encourage people to speak with someone new.

Here are some great ways that we can help achieve these results and make Rotary more appealing to those considering membership. First, we need to acknowledge the importance of increasing belonging in our clubs and to encourage Rotary members to make the most of every opportunity for new and stronger connections. Public health experts worldwide are concerned about increasing levels of loneliness — the U.S. surgeon general has even declared it an epidemic. Mental health experts agree that finding groups and clubs around common hobbies and interests is a strong way to create greater connectedness. This is what Rotary is all about. We need to make sure all of our members are fully engaged and that our communities are better aware of this inherent strength.

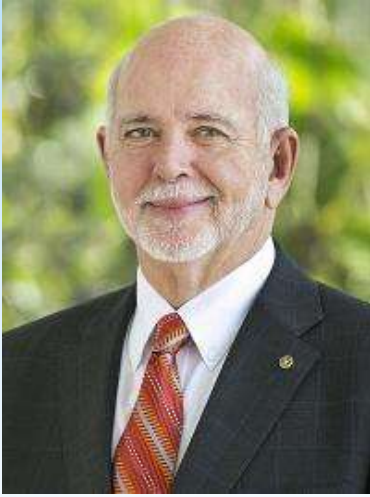
Second, if your club has found new ways to build connection, please share your stories with us at mindhealth@rotary.org so we can make them more broadly known within the Rotary world. Your good ideas might inspire others. Post your service project stories on Rotary Showcase.

And finally, I encourage you to share feedback from surveys like this with your club and bring forward your own ideas to improve your club experience and meet your peers' expectations. The journey we have begun is about more than mental health. It is about taking advantage of the full strength of our wonderful organization and helping all members feel that they are part of a community that cares deeply about their personal well-being.

Everything you do to strengthen connections in Rotary, with each other and the people we serve, also helps improve mental health. And everything we do to improve mental health helps strengthen those connections. Let's continue this virtuous cycle.

R. Gordon R. McInally
President 2023-24

TRF TRUSTEE CHAIR'S MESSAGE- FEBRUARY 2024



Following the news is challenging these days. Stories of war and violence are deeply discouraging. It breaks my heart when I hear about innocent bystanders, particularly women and children, who are caught in the crossfire of conflict.

Is there anything we can do about it? We certainly can't turn away from the problem. I think in these times, we need to shift our focus from what we can't change to what we can do. We can also support what we know works.

February is Rotary's Peacebuilding and Conflict Prevention Month. It is one of our areas of focus because peace is central to everything we do in Rotary. Even though most of us aren't diplomats at the negotiating table or peacebuilders working on active conflicts, in Rotary's singular way, what we do works

to promote peace and prevent conflict somewhere, every day.

Every Rotary member should remember this during the month of February: When you support any of the areas of focus of The Rotary Foundation, you are contributing to peace. Foundation grants that address fundamental issues — such as a global grant focused on enhancing basic literacy in a community — will cultivate a better understanding of the world and lead to greater economic stability, laying the groundwork for peace.

You can say the same for all the areas of focus, from the environment to economic development. They help stabilize communities, lift families out of poverty, and foster the pursuit of education.

Peace is and always has been interwoven into the fabric of Rotary beyond our projects, too. In 1999, when we established the Rotary Peace Centers through a visionary initiative of our Foundation, we reaffirmed this commitment. This month, we are once again renewing that vision, with Bahçeşehir University in Istanbul, our host partner for the newest Rotary Peace Center, as it takes its first steps to prepare for the initial cohort of students arriving in early 2025.

All along the way, as Rotary has evolved into a global force for good, it has championed peace and understanding in countless ways, and our Foundation remains the great driving force behind that vision. It will be part of Rotary's eternal legacy.



And by supporting our work, you will be able to say that you are a part of that legacy. You can directly support it by visiting rotary.org/donate and selecting peacebuilding and conflict prevention as the area of focus.

So, yes, there is a lot you can do to support peace and prevent conflict. The next step is up to you.


Barry Rassin
Trustee Chair 2023-24

ANSWERS TO BRAIN TEASERS

SUDOKU



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



ROTARY QUIZ

- 1) The first Rotary Presidential theme was introduced in the year 1949-50.
- 2) Rtn Percy C. Hodgson, RI President for 1949-50 introduced the theme for the first time in Rotary.
- 3) It was a 83-word theme, which included a list of four objectives and included words like “glorious opportunity to impart Rotary knowledge” and that “lack of Rotary knowledge can be a deterrent to the successful operation of a Rotary club.”
- 4) The Magic of Rotary.
- 5) Kindle the Spark Within.

RIDDLES

‘A Barber’