

President:
Rtn. Dr M S Arunkumar Shetty

9591339900

Imm. Past President:

Rtn. Mohan Nair

9538086111

Vice President:

Rtn. Dr. Sudarshan C. M.

9449082908

Secretary:

Rtn. Shambhavi Prabhu

9845233972

Joint Secretary:

Rtn. PDG Krishna Shetty

9880066488

Treasurer:

Rtn. J. V. Shetty

9480949867

Joint Treasurer:

Rtn. Ajith Rao

8494945262

President Elect 2026-27 &

Director : Club Service I

Rtn. Sudarshan Nayak

9353231671

Director: Club Service II:

Rtn. Subraya Prabhu

9880622952

Director: Vocational Service :

Rtn. Dr. Prakash K. E.

9448123071

Director: Community Service :

Rtn. Dr. Shivaprasad

9343561455

Director: International Service

Rtn. Vishwanath Shetty M

7829471641

Director: Youth Service :

Rtn. Rajesh Baliga

9844736531

Sergeant At Arms:

Rtn. Dr. Sukesh Rao

9844005122

Rotary Bal Bhavan Chairman:

Rtn. PDG Krishna Shetty

9880066488

Bulletin Editor :

Rtn. Dr. Satish Kumar Shetty

7259836645

VOL. XLVIII

Issue No.04

Date: 22. 07. 2025



ನಮ್ಮ ಇಂದಿನ ಮುಖ್ಯ ಅತಿಥಿಗಳಾದ

ಪ್ರೊ. ಅಕ್ಷಯ ಆರ್. ಶೆಟ್ಟಿ

ಸದಸ್ಯರು, ಕರ್ನಾಟಕ ತುಳು ಸಾಹಿತ್ಯ ಅಕಾಡೆಮಿ

ಇವರಿಗೆ ಹಾರ್ಡಿಕ ಸ್ವಾಗತ.

ಪ್ರಸ್ತುತ, ಮಂಗಳೂರಿನ ಪಾದುವ ಕಾಲೇಜಿನಲ್ಲಿ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿಯಾಗಿ ಉದ್ಯೋಗ ನಿರ್ವಹಿಸುತ್ತಿದ್ದು, ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದಲ್ಲಿ ಕರಾವಳಿ ಭಾಗದ ಜಾನಪದ ನ್ಯಾಯ ವ್ಯವಸ್ಥೆಯ ಕುರಿತು ಪಿಹೆಚ್.ಡಿ. ಸಂಶೋಧನೆಯಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದೇನೆ.

ಮೈಕ್ರೋ-ಬಯಾಲಜಿಯಲ್ಲಿ ವಿಜ್ಞಾನ ಪದವಿ, ಕನ್ನಡ ಸಾಹಿತ್ಯದಲ್ಲಿ ಎಂ.ಎ. ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ಹಾಗೂ ಮಾನವ ಸಂಪನ್ಮೂಲದಲ್ಲಿ ಎಂ.ಐ.ಎ. ಸ್ನಾತಕೋತ್ತರ ಪದವಿಯನ್ನು ಪಡೆದಿರುತ್ತೇನೆ.

ಅಡ್ಯಾರ್‌ನಲ್ಲಿರುವ ಸಹ್ಯಾದ್ರಿ ಇಂಜಿನಿಯರಿಂಗ್ ಮತ್ತು ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಕಾಲೇಜಿನಲ್ಲಿ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕಿಯಾಗಿ, ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಕನಕದಾಸ ಸಂಶೋಧನ ಕೇಂದ್ರದಲ್ಲಿ ಸಂಶೋಧನಾ ಸಹಾಯಕಳಾಗಿ ಹಾಗೂ ಜಿಲ್ಲಾ ಮಾನವ ಸಂಪನ್ಮೂಲ ಕೇಂದ್ರದಲ್ಲಿ ಸಂಪನ್ಮೂಲ ಸಿಬ್ಬಂದಿಯಾಗಿ ಕರ್ತವ್ಯ ನಿರ್ವಹಿಸಿದ್ದು, ಹಲವು ವರ್ಷ ಜಪಾನಿನ ಕ್ಯೋಟೋ ಯುನಿವರ್ಸಿಟಿಯ ಪ್ರಾಧ್ಯಾಪಕಿಯ ಜೊತೆಗೆ ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲೆಯ ಸಾಂಸ್ಕೃತಿಕ ಬದುಕಿನ ಸಮ್ಮೋದನಾತ್ಮಕ ಅಧ್ಯಯನದಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡ ಅನುಭವವಿದೆ.

ಪ್ರಕಟಿತ ಕೃತಿಗಳು:

1. ನನ್ನ ಹಾದಿ (ಕವನ ಸಂಕಲನ) - 2007
2. ಬದುಕು ಭಾವದ ತೆನೆ (ಕವನ ಸಂಕಲನ) - 2018
3. ಕನಕ ಜಿಂತನ (ಸಂಪಾದಿತ ಕೃತಿ, ಮಂಗಳೂರು ವಿವಿ) - 2011
4. ದೆಂಗ (ತುಳು ಕಾದಂಬರಿ) - 2022
5. ಪೆರ್ಗ (ತುಳು ನಾಟಕ) - 2023
6. ಹಿಡಿ ಅಕ್ಕಿಯ ಧ್ಯಾನ (ಕವನ ಸಂಕಲನ) - 2023
7. ಅವಳೆಂದರೆ ಬರಿ ಹೆಣ್ಣೆ (ಕಥಾ ಸಂಕಲನ ? 2025)

ಪ್ರಶಸ್ತಿಗಳು: 1. 'ಬದುಕು ಭಾವದ ತೆನೆ' ಹಸ್ತಪ್ರತಿಗೆ 'ಸುಶೀಲಾ ಶೆಟ್ಟಿ ಸ್ಮಾರಕ ದತ್ತಿನಿಧಿ ಕಾವ್ಯ ಪ್ರಶಸ್ತಿ' ಲಭಿಸಿದೆ.

PROGRAMME TODAY

AT 07.30 PM

ಮುಖ್ಯ ಅತಿಥಿ : ಪ್ರೊ. ಅಕ್ಷಯ ಆರ್. ಶೆಟ್ಟಿ

ಸದಸ್ಯರು, ಕರ್ನಾಟಕ ತುಳು ಸಾಹಿತ್ಯ ಅಕಾಡೆಮಿ

Ann's & Annets Invited

Dinner Meeting

NEXT WEEK 29.07.2025 AT 07.30 PM

Speaker meeting

Ann's & Annets Invited

WE MEET EVERY TUESDAY AT 7.00 P.M. AT BAL BHAVAN, MANGALURU - 3 PH: 0824-2950246

Proceedings of the Rotary Club weekly meeting held on July 15, 2025

Rtn. Dr. Santhosh T. Soans, the chief guest of the program, delivered an insightful address on Child Care and Nutrition. He highlighted that in the past, nearly 300 out of every 1000 newborns did not live to see their first birthday due to inadequate care and poor nutrition during infancy. Diseases such as polio severely impacted children's growth. Wenlock Hospital was once unable to accommodate the flood of patients suffering from illnesses like brain fever, diarrhea, malaria, cholera, and other contagious diseases.

Fortunately, with the establishment of modern healthcare facilities and an increase in qualified doctors, the prevalence of infectious and pediatric diseases has significantly decreased. The reduction in child mortality is not merely due to medical advancements, but also the rise in female literacy. Educated mothers today are more aware of child care practices and healthcare resources available in the country. However, Dr. Soans expressed concern about the growing incidence of conditions such as autism, learning disabilities, and visual impairments. The traditional joint family system has largely given way to nuclear families where both parents are often employed, leaving them with limited time for direct child care. Expecting children to adopt healthy eating habits independently often results in dependence on gadgets like smartphones & televisions. This behavioral shift can lead to social isolation, reduced articulation, limited interaction with peers, sometimes compounded by physical challenges.

Dr. Soans emphasized that the key to addressing these issues lies in ensuring children receive nutritious food, attentive maternal care, and healthy feeding habits. Families should share meals-breakfast, lunch, and dinner-encouraging children to observe and imitate positive behaviors. Junk food must be replaced with wholesome home-cooked meals, allowing children some freedom in food choices within a healthy framework. A nurturing environment and proper guidance are essential. Once a child's health is compromised, reliance on lifelong medication becomes a reality. Hence, promoting nutritious food and thoughtful child care practices is paramount.

Dr. Soans concluded by expressing his gratitude to the president of the club for the opportunity to share his insights with fellow Rotarians.

Upcoming Event Announcement: Dr. Arun Kumar Shetty, President announced an upcoming Installation of Interact Club at Bokkapatna Govt Higher Primary School on July 19, 2025. A talk on Importance of Nutrition to Children Care by Rtn. Dr. Jyoshna, is also scheduled for July 19, 2025. The session is organized by the Interact Club of the Government School, Bokkapatana. The programme will be followed by planting of fruit bearing trees at school compound

Honors and Recognitions Members were also recognised for their achievements/activities :

1. Rtn. PDG K. Krishna Shetty - Chief Guest and Installation Officer for the Rotary Club, Siddakatte, Palguni Installation Ceremony
2. Dr. Alwyn D'Sa - Lifetime Achievement Award from the Wizdom Foundation during the Guruvandana Program on Gurupoornima on 13th July 2025 at Hotel Ocean Pearl, Mangalore
3. Dr. Prabha Adhikari - Lecture on Unlocking Hope-Multicomponent Intervention for Dementia Reversal at Cognizance 2025, JSS Medical College, Mysore (July 11, 2025)
4. Rtn. Vasanthi Kamath - Installed as President of Lions Club Mangalore, Cauvery
5. Rt. MD Dr. Shivaprasad - Nominated to the Expert Committee for Organon of Medicine by the Homoeopathy Education Board, Ministry of AYUSH, Government of India
6. Rtn. Dr. Jyoshna - Nominated as Subject Expert for Paediatrics by the Homoeopathy Education Board, Ministry of AYUSH, Government of India

Special Mentions

- ▶ Floral welcome was extended to special invitee and potential member Mr. Ashwin and his wife.
- ▶ Birthday honors were presented to Ann Ms. Shyamala Bharath Kumar Kateel and Ann Nikitha, daughter of Dr. Santhosh Soans. Presence of Jone Gaurav Nayak was recognised.

Acknowledgments

- ▶ Invocation was rendered by Rtn. T.G. Shenoy
- ▶ Dinner and fellowship hosted by President Elect Rtn. Sudharshan Nayak
- ▶ Vote of thanks proposed by Secretary Rtn. Shambhavi Prabhu

Prof. Dr Shivaprasad K^{MD (Hem)}

Prof. Dr Jyoshna S^{MD (Hem)}

Consultant Homoeopaths

email : shivaprasadk.sk@gmail.com

Info@doctorshivaprasad.com

Website : www.doctorshivaprasad.com

Phone : 93435 61455, 93422 31894

Dr Shivaprasad's

Swathi Homoeopathic Clinic

Alake, Mangaluru - 575003

Established in 1991

Significance of Aati Month

Aati, the fourth month in the Tulu calendar (roughly corresponding to July-August), comes after Kartel and before Sona. Though often considered inauspicious due to heavy monsoon rains and the challenges they bring, Aati holds deep cultural & traditional significance in Tulu Nadu, a region in southwestern India.

► **Agricultural Cycle** - Aati coincides with peak monsoon season, limiting agricultural activity and mobility due to flooding and waterlogging. It is a time for farmers to rest. The damp conditions also lead to a higher risk of disease. Consequently, for many Hindus in Tulu Nadu, the month is traditionally seen as "forbidden," with no weddings, housewarmings, temple festivals, property or vehicle purchases, or other auspicious functions observed.

► **Rest and Reflection** - This period offers farmers a chance to rest and reflect. Families engage in cultural observances and traditional practices, creating a pause in the otherwise busy agricultural calendar.

► **Aati Amavasya & Traditional Remedies** - On Amavasya, Tulu families drink a medicinal concoction known as Paleda Kashaya early in the morning before consuming any food. It is believed to prevent stomach ailments. After drinking the kashaya, a nutritious dish called Metteda Ganji (in Tulu) or Menthe Ganji (in Kannada) is served. Made from rice, fenugreek seeds, and jaggery, this simple meal nourishes and comforts.

► **Aati Kullunu: A Month of Rest for Married Women** - Traditionally, married women would return to their maternal homes for rest during Aati-an observance called Aati Kulare Popini in Tulu. This practice honored their year-round hard work in both household and agricultural duties. Though largely outdated now, its essence highlights the community's recognition of women's labor.

► **Ancestor Offerings** - Aati is also a time for remembering ancestors and making offerings in their honor-a gesture of respect and cultural continuity.

► **Cultural Practices: Aati Kalenja** - Aati Kalenja is a vibrant ritual performed by the Nalike tribe. A performer dressed as Kalenja visits homes to ward off evil and illness by dancing and sprinkling a sacred mixture of water, charcoal, turmeric, and tamarind powder. This symbolic act infuses the environment with positive energy and protection.

► **Costume and Ritual** - The Kalenja dancer is adorned with turmeric paste, black eyeliner, coconut palm leaf attire, anklets, and a parasol, embodying the spirit of nature and renewal.

► **Chennemane: The Traditional Board Game** - Chennemane, also known as Ali Guli Mane or Alaguli Mane, is a Mancala-like game played on a wooden board with seeds or beads. Deeply rooted in Tulu Nadu's farming traditions, the game reflects agricultural themes. Even losing has symbolic meanings like ga??amita?uni ("climbing the hill"), illustrating cultural links to farming and resilience.

► **Seasonal & Medicinal Foods** - Due to heavy rains, people consume locally available green stocks that flourish during this time. Ingredients like ambate (hog plums), kanile (bamboo shoots), paagile (wild bitter gourd), thajank, thimare, wild jackfruit, drumstick leaves, and tevu (colocasia leaves) are prized for their health benefits during the monsoon.

Tuluvas also preserve summer produce in clay pots-such as mango (Baipadina Kukku), jackfruit (Uppad Pachchil), jackfruit nuts (Santoni), Chellangayi, and mango pickles. Preserved fish (Nungel) and dried greens add to their monsoon diet.

► **Reviving Traditions** - Events like Aatidonji Dina aims to rekindle interest in Tulu language, culture, and heritage. Aati may be seen as inauspicious, but it reflects a deep, harmonious connection to nature, tradition, and seasonal rhythms.



Lifeline Surgicare

ಹಿರಿಯ ನಾಗರಿಕರಿಗಾಗಿ ಅಂಗಡಿ

A Shop for Senior Citizens and Bed Ridden People

Basement, 'Emkey's Shalimar', Opp Kankanady Bus Stop, Mangaluru - 2

Ph: 9886047949 Email : lifelinesurgicare21@gmail.com

Prop: Walter D'Cunha





Rtn PDG K. Krishna Shetty at Rotary Club Siddakatte, phalguni as the Chief guest & Installation officer at the installation ceremony.



Rtn Dr. Alwyn D'sa was felicitated at the Guru vandana program with a Life time Achievement Award from the Wizdom Foundation on July 13, 2025.

Dr Alwyn D'Sa, Registrar (Autonomous) was felicitated by the Wizdom Foundation at the Guru Vandana Programme with the Life Time Achievement Award and for his contribution to higher education on the auspicious occasion of Guru Pournima.

The event was held on Saturday, 12 July, 2025 in Hotel Ocean Pearl, Mangalore.



Happy Birthday Wishes



Rtn. Walter Dcunha
22nd July

Annet Laxmi, D/o Rtn. Raghuvveer Nayak, 18th July
Jone Gourav Nayak S/o Rtn. Sudarshan Nayak, 21st July



Rtn. Dr. Prabha Aadhikari delivered a lecture on the topic "Unlocking Hope-multi component intervention for dementia reversal " at Cognizance 2025, an international multidisciplinary conference, on July 11, 2025, at JSS Medical College Mysore.



S.R. i-needs

MULTI BRAND OPTICAL STORE - Prevent Digital Eye Strain
For PC, Tab, Smart Phone Users and Kids. **Blue Protect Lenses Available**
1st Floor, Prema Plaza, Opp, Mangalore Health Care Centre Temple Square, Mangaluru-1
raghuvessar@yahoo.co.in. www.ineedsopticals.com
0824-2427018, 9148744474, 9844274675

Rtn. H. Raghuvveer Nayak



Enriching Lives

KIRLOSKAR BROTHERS LIMITED

Authorised Distributors

Energy-efficient Pumping Solutions for Industrial Applications

Premier Traders

PH : 2458599, 9449836899, 9449830899



ETERNA CW



SP MONOBLOC



SP COUPLED SET