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VOL. XLVIII

Issue No. 42

Date: 28. 04. 2026

VACHANA-PRAVACHANA

Vachana-pravachana refers to the practice of reciting and interpreting Vachanas, which are rhythmic, philosophical poems in Kannada literature composed by 12th-century social reformers and saints, most notably Basavanna, AllamaPrabhu, and AkkaMahadevi. The term literally translates to "spoken" or "that which is said" (vachana) and "discourse" (pravachana).

Here is a summary of the key aspects of Vachana-pravachana:



1. Core Philosophy & Themes

- Devotion over Rituals: Vachanas focus on direct, personal devotion to Lord Shiva (often called Kudalasangamadeva) over complex rituals or scriptural knowledge.
- Equality and Inclusivity: The movement challenged social hierarchy, caste discrimination, and gender inequalities, advocating for equality before God.
- Inner Purity: A significant emphasis is placed on inner purity, honesty, and "Kayaka" (pure work/labor).
- Unity of Thought and Action: Vachanas preach the essential unity between what one says and what one does, often summarized as Aikya (union).

2. Key Characteristics

- Accessible Language: Written in the simple, everyday Kannada language of the common people, breaking away from the scholarly Sanskrit tradition.
- Epigrammatic Style: Short, powerful, and poetic verses often used metaphors and analogies to explain deep spiritual truths.
- Moving vs. Stationary: A famous theme highlights that physical temples (sth?vara) decay, but the "moving" heart or body (jangama) of the worshipper is a living temple where God resides.

3. Notable Example ("The Temple and the Body")

- A widely studied vachana by Basavanna highlights that the rich can build temples, but the poor can only build their bodies as temples, with legs acting as pillars and the head as a gold cupola.

4. Social Impact

- The Vachana movement was a major social revolution (Sharana movement) that fostered a more egalitarian society by giving a voice to oppressed sections and promoting spiritual access for all.
- In summary, Vachana-pravachana is an exploration of, and dedication to, a life of simple, direct spiritual devotion, ethical action, and social equality.

PROGRAMME 28.04.2026 AT 07.00 PM
Subject : **Vachana- Pravachana**

By: Rtn. T.G. Shenoy, Rtn. Gogeri R. M.,
Rtn. Subraya Parbhu M.K., Rtn. Vishwanatha Shetty M.,
Rtn. Ajitha Rao, Ann. Shyamala R. Kateel

Ann & Annets invited

Dinner meeting

Next meeting 05. 05. 2026 AT 07.00 PM

Speaker meeting

Ann & Annets invited

PROCEEDINGS OF THE ROTARY CLUB WEEKLY MEETING - 21 April 2026

Topic: Environment and Allergy - Implications and Treatment

WELCOME ADDRESS : The President, Rtn. Dr. M. S. Arun Kumar Shetty, warmly welcomed the guest speaker, Rtn. Dr. Sukhesh Rao, along with all Rotarians, Anns, Annettes, and invited guests. In his opening remarks, he highlighted the importance of maintaining a clean and healthy environment for human well-being. He then introduced the day's topic and invited the guest speaker to address the gathering.

PRESENTATION SUMMARY : Rtn. Dr. Sukhesh Rao, the guest speaker and resource person for the evening, delivered an informative and engaging talk on environment and allergy-implications and treatment, with special focus on airborne allergies. He explained how environmental allergies occur when the immune system reacts to normally harmless substances present in the air.

Common airborne allergens include pollen from trees, grasses, and weeds, as well as indoor allergens such as dust mites, mold spores, pet dander, and cockroach debris. These allergens can cause symptoms such as sneezing, nasal congestion, itchy or watery eyes, postnasal drip, headache, and fatigue. Dr. Rao emphasized that increasing levels of pollution and changing climate patterns have significantly contributed to the rise in allergy-related conditions, particularly by exacerbating the prevalence and severity of common airborne allergens.

He further explained that environmental allergies can have serious health implications if left unmanaged. These include worsening of asthma, development of allergic rhinitis, chronic fatigue, and a reduction in overall quality of life. Prolonged exposure to polluted air can also damage the respiratory airways and increase sensitivity to allergens.

MANAGEMENT AND TREATMENT OF ENVIRONMENTAL ALLERGIES : Dr. Rao outlined a comprehensive approach to managing environmental allergies, which includes avoidance of triggers, medical treatment, and long-term preventive strategies.

1. Avoidance and Environmental Control : Managing the environment well is an important part of easing allergy symptoms. The use of HEPA air purifiers indoors, keeping windows closed during high pollen seasons, and maintaining indoor humidity below 50% help prevent exposure to allergens. Regular washing of bedding in hot water and the use of allergen-proof mattress and pillow covers are effective in controlling dust mites. Showering and changing clothes after outdoor exposure help remove pollen from the body.

2. Medical Treatment : Medical management includes the use of antihistamines to reduce sneezing and itching, nasal corticosteroid sprays to relieve congestion and inflammation, and decongestants for temporary relief. Saline nasal rinses are also beneficial in flushing out mucus and allergens from the nasal passages.

3. Long-Term Solutions : For individuals with persistent or severe symptoms, immunotherapy in the form of allergy shots or sublingual tablets can help desensitize the immune system over time. Consultation with an allergy specialist was recommended for proper diagnosis and personalized treatment plans.

Prof. Dr Shivaprasad K MD (Hom)

Prof. Dr Jyoshna S MD (Hom)

Consultant Homoeopaths

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Dr. Rao also drew attention to special considerations, noting that children and the elderly are more sensitive to indoor pollutants and mold. Occupational exposure to allergens at workplaces can further aggravate symptoms, making lifestyle adjustments and regular monitoring essential.

ANNOUNCEMENTS BY THE PRESIDENT : The president announced that a total sum of Rs.55,000 was collected from Rotarians towards the construction of a home for the blind at Narikombu, Bantwal. He expressed gratitude to all members for their generous contributions.

Members were also requested to actively participate in the 5-kilometer marathon being organized by the Rotary Club, Mangalore South, on 3 May 2026.

RECOGNITION


- Rtn. Dr. Prabha Adhikari delivered an insightful online awareness lecture on Parkinson's Disease on 17 April 2026.
- Rtn. Dr. K. E. Prakash has been selected as the new registrar of CMR University, Bengaluru.
- Rtn. Lohidas donated Rs.50,000 towards free feeding of needy students at University College, Mangaluru.
- Rtn. Vishwanath Shetty served as the Chief Guest at the 135th birth anniversary celebrations of Dr. B. R. Ambedkar, organized by SC Hitharakshana Sanga on 14 April 2026.
- Rtn. Sudharshan Nayak donated USD 100 to TRF-AF on the occasion of Paul Harris's 158th birth anniversary, thereby contributing a total of USD 1,000 to TRF-AF during the year.

All Rotarians, Anns, Annettes, and family members celebrating their birthdays and anniversaries were warmly greeted by the club.

ACKNOWLEDGEMENTS AND CLOSING : *Invocation:* Ann. Sumathi Shenoy, *Introduction of the Guest Speaker:* Rtn. Dr. Sathish Kumar Shetty P., *Vote of Thanks:* Rtn. Shambavi Prabhu

The meeting concluded with the National Anthem, followed by a fellowship dinner sponsored by Rtn. Vishwanath Shetty M. and Rtn. Raghuveer Nayak.









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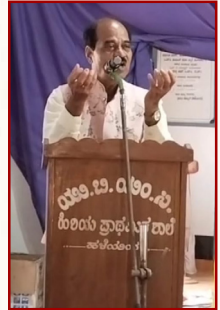
Chief Guest Rtn. Dr. Sukhesh Rao speaks in Rotary Club Weekly Meeting



Congratulations, **Annet Laghima C.M.**, daughter of Rtn. Sajith K. scored 592 out of 600 in the IIPUC Board Examination, securing the 8th rank in the state.



A session on India's next wave-opportunity beyond startups - at Sridevi Institute of Technology, Kenjar, by Mr. Sourabh Nehtha on 22.04.2026, coordinated and conducted by **Rtn. Dr. KE Prakash**, principal and director of the institute.



Rtn. Subraya Prabhu was the chief guest and resource person on the occasion of the UBMC Higher Primary School Old Students Association Haleangadi meeting, which included a briefing session on bank recruitment and exam paper solutions.

HAPPY BIRTHDAY



Rtn Prasanna Mallya
22nd April



Ann Sowmaya Anchan
22nd April



Rtn Dr Prakash Shetty
25th April

What you say...
Every careless word that people speak, they shall give an accounting for it on the day of judgement. For by your words, you will be justified, and by your words, you will be condemned.



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