

Rotary



ROTANORE



WEEKLY BULLETIN of Rotary Mangalore North (R.I. Dist. 3181) Club No. : 15736

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Welcome To Our Chief Guest

MR. BHARATH KUMAR

District Fire Officer, D. K. Dist.



He is a native of Kalladka Bantwal Taluk and had his early education in Sri Rama Vidya Kendra Kalladka and obtained B. Sc. Degree from S. V. S.

College Bantwal and later obtained Diploma in Fire Education from National Fire Education College, Nagpur. He joined Karnataka State Fire Services as Fire Station Officer & after training served at Sirsi in 2008 and transferred to Kundapur wherein he served for 7years from 2009 to 2016. He was promoted as District Fire Station Officer and served at Bannimantapa, Mysore. Presently he is working in Mangalore as Dist. Fire Station Officer, D. K. Dist.

Happily married to Soumyashree he is blessed with a daughter Hashmitha.

The Rotary Foundation is not to build monuments of brick and stone. If we work upon marble, it will perish; if we work on brass, time will efface it; if we rear temples they will crumble into dust; but if we work upon immortal minds...we are engraving on those tablets something that will brighten all eternity."

"If someone is too tired to give you a smile, leave one of your won, because no one needs a smile as much as those who have none to give"

— Rabbi Samuel Hirsch

PROGRAMME TODAY AT 7.30 PM

Chief Guest : **MR. BHARATH KUMAR**

Subject : **Fire & Safety**

Ann's & Annet's Invited

Dinner Meeting

NEXT WEEK 15.12.2020 AT 07.30 P.M.

International Day of Disabled Persons

Ann's & Annet's Invited

Dinner Meeting

Disease prevention and Treatment : Sound Mind & Sound Body

The average life expectancy in India has jumped from around 31–32 years in the early 1950s to 70 years in 2018. The focus now is increasingly on preventive healthcare. Preventive care helps detect or prevent serious diseases and medical problems. Today non communicable diseases(NCDs)-including heart disease, stroke, diabetes, lung diseases, kidney failure & cancer-are common health problems across the world. NCDs account for nearly 5.8 million deaths in India. One in four Indians is at risk of dying from an NCD before he/she can reach the age of 70. Many of these chronic diseases are preventable, as they are linked to poor diet & lifestyle choices including tobacco use, excessive alcohol consumption & inadequate physical activity.

Rotary observes December as Disease Prevention and Treatment month

We have to once again focus on Rotary's Project Positive Health-Stop NCD. *Its three important pillars are:* Lifestyle modification- the **Ek chamach kum, char kadam aage campaign**; Regular check-ups-the 'Know your Numbers' campaign and Awareness-amongst Rotarians, our community & especially amongst school children. The One spoon less(of salt, oil & sugar); four steps forward (regular exercise daily) & 'No Tobacco' should become the guiding mantras for all. The Corona pandemic has also brought into sharp focus the issue of mental health. The stigma associated with mental health conditions needs to be replaced with empathy, support and medication, and underscoring the importance of mental health in the overall well-being of an individual. The focus should be on a sound mind in a sound body.

Economic Survival During The Pandemic

The impact of lockdown due to corona pandemic has been devastating for all sectors of economy with disruption of business enterprises and huge job losses resulting in migration of workers. So far there has been no solution for treatment of Corona and it might take some more time. In such a situation, rather than living in fear and anxiety and locking ourselves at home, we should accept it as a normal part of our day-to-day life and move ahead confidently to face regular work routine after taking necessary precautions of maintaining hygiene, wearing masks and gloves and maintaining social distance at all times. Instead of focusing on endless negative discussions on TV news channels and social media, build your immunity by enhancing your physical, emotional, mental and spiritual strength through Exercises, Yogasanas and Meditation. Invest in a health insurance policy to meet the prohibitive hospital expenses and a term life insurance policy to protect your family in case of your demise. Ensure that all investments and bank accounts are either in joint names or with nominations. Execute a will to leave your investments to your family members as you desire.

If you are a permanent employee with a secure job or a successful professional or a high networth individual with a regular income flow, then you should liberally spend money on all good things of life. This will inject more money in the economy resulting in increased demand for goods and services and trigger economic revival. Purchase from street or local vendors. Their earnings are marginal. Support your neighbourhood stores who meet your needs during the lockdown, instead of buying online. Increased spending will be a great service to the nation. However, those with uncertain jobs or business should conserve cash by minimising their needs and spending on bare essentials. At the same time, you should explore an additional source of income using your skills, competence and enterprise.

These days employees should willingly accept a restructured pay package and improve their competence for contribution to the business of the employer which will make them indispensable. Small & medium business enterprises should find ways to reduce costs and increase productivity

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President : **Rtn. Rohinath P.**

and efficiency by using technology and innovation. Negotiate and restructure salaries and wages of staff till business revives. Enterprises which have liquidity should pay their suppliers promptly & if possible, give them advance. This will help them to survive & build a strong relationship. Senior citizens should empower themselves with digital knowledge and skills to manage their affairs from the comfort of home with their smart phones. Learn internet banking for fund transfers to pay utility bills; learn to use applications for online ordering of food, medicines, goods, taxi booking; operate email accounts; participate in webinars, meetings through internet applications. Home makers should also try for increasing family income. Women good in knitting, embroidery, artwork, cooking, teaching, grooming, music or any other skill should market their services through online social media or self-help groups to support family income. Remember these are very challenging times for everyone, which will not last for long. Face it proactively with a positive attitude. Explore every possible opportunity & make the best use of it.



ನಮ್ಮ ಕ್ಲಬ್ ವತಿಯಿಂದ ಡಿಸೆಂಬರ್ 4ರಂದು ಪೊಳಲಯಲ್ಲರುವ ರಾಮಕೃಷ್ಣ ತಪೋವನದಲ್ಲಿ ಮಹಿಳೆಯರಿಗಾಗಿ **“ಪ್ರಸವ ಪೂರ್ವ ತಯಾರಿ ಆರೋಗ್ಯ ತಪಾಸಣೆ”** ಶಿಬಿರವನ್ನು ಹಮ್ಮಿಕೊಳ್ಳಲಾಗಿತ್ತು. ತಪೋವನದ ವಿವೇಕ ಜೈತನ್ಯ ಸ್ವಾಮಿಯವರು ದೀಪ ಬೆಳಗಿಸಿ ಉದ್ಘಾಟಿಸಿದರು. ವೈದ್ಯಾಧಿಕಾರಿ ಡಾ. ಅಂಕಿಲ್ಲ ಪತ್ರವೋರವರು ಮಹಿಳೆಯರ ತಪಾಸಣೆ ನಡೆಸಿ ಔಷಧಿಗುಣಿಸಿದರೆ ಸೂಕ್ತ ಸಲಹೆ ನೀಡಿದರು. ಅದೇ ದಿನ ಅಪರಾಹ್ನ ರಾಮಕೃಷ್ಣ ತಪೋವನದಲ್ಲಿಯೇ ನಮ್ಮ ಕ್ಲಬ್ಬನ ಆಶ್ರಯದಲ್ಲಿ, **ವಿವೇಕ ರೋಟರಿ ಸಮುದಾಯ ದಳದ 2020-21ರ ಸಾಲಿನ ಪದಗ್ರಹಣ**ವನ್ನು ನಿಕಟ ಪೂರ್ವ ಅಧ್ಯಕ್ಷರಾದ ರೋ. ನಯನ್ ಕುಮಾರ್ ಸುವರ್ಣರವರು ನಡೆಸಿ ಕೊಟ್ಟರು. ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ತಪೋವನದ ವಿವೇಕ ಜೈತನ್ಯ ಸ್ವಾಮಿಯವರು ಆಗಮಿಸಿದ್ದರು. ಸಮುದಾಯ ದಳದ ಅಧ್ಯಕ್ಷರಾಗಿ ಶ್ರೀಮತಿ ಮಾಧವಿ ಸಂದೀಪ್ ಶೆಟ್ಟಿ ಅಧಿಕಾರ ಸ್ವೀಕರಿಸಿದರು.



ಕೋವಿಡ್ ಸಾಂಕ್ರಮಿಕ ಪರಿಸ್ಥಿತಿಯ ಸಮಯದಲ್ಲಿ **ಉಚಿತವಾಗಿ Accupuncture ಆರೋಗ್ಯ ಶಿಬಿರ** ನಡೆಸಿದ **ರಾಜ್ ಪ್ರಸಾದ್ ಹೆಗ್ಡೆ** ಹಾಗೂ ತಪೋವನದ ವೃತ್ತಿ ಕೌಶಲ್ಯದ ತರಬೇತಿ ಪಡೆದ ಸ್ವಯಂ ಉದ್ಯೋಗದಲ್ಲಿ **ಯಶಸ್ವಿ ಸಾಧಕ ಮಹಿಳೆ ಆಶಾ ರಮೇಶ್**ರನ್ನು ನಮ್ಮ ಕ್ಲಬ್ಬನ ಪರವಾಗಿ ಅಧ್ಯಕ್ಷ ರೋ. ವಿಶ್ವನಾಥ್ ಶೆಟ್ಟಿಯವರು ಸನ್ಮಾನಿಸಿದರು. ಈ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲಿ ಕ್ಲಬ್ಬನ ಪದಾಧಿಕಾರಿಗಳು ಹಾಗೂ ಸದಸ್ಯರು ಉಪಸ್ಥಿತರಿದ್ದರು.



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Brief report of the meeting held on 01.12.2020 - Karnataka Pollution Control Board Officer **Sri Keerthi Kumar** M. Tech. informed that **National Pollution Control Day** is observed in remembrance of the Bhopal Gas tragedy occurred on the night of 2nd Dec. 1984 when several thousand people died and injured on account of the leakage of poisonous gas from the Union Carbide factory. In India pollution control laws have been implemented as back as 1974 itself. In 1981 prevention of polluting Air and Water Act as applicable to Industries as a consent mechanism formula was started by which sewage and effluent water treatment started. The Boards will collect samples to ensure quality and have powers like closure or criminal action to punish the erring Industries. There are 17 types of industries and they are classified as Red, Orange and Green depending upon the level of pollution caused by them. He informed that by and large, Bigger industries adopt advanced technology and manage the pollut

Happy Wedding Anniversary



Rtn K Ajith Rao & Ann Geetha Rao, 2nd Dec



Rtn Hemanath Shetty & Ann Poornima, 2nd Dec



Rtn Vishwanath & Ann Sumathi 2nd Dec



Rtn J V Shetty & Ann Geetha 3rd Dec



Rtn Suraj Kotian & Ann Rikha 3rd Dec



Rtn Prasanna Mallya & Ann Pavithra 3rd Dec

HAPPY BIRTHDAY - Annet Likhith Dr Shivaprasad - 2nd Dec



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