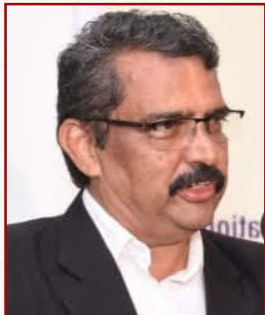


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Hearty Welcome to our Today's Chief Guest Advocate Prithviraj Rai K.

A prominent figure in our legal community, Advocate Prithviraj Rai hails from Nettanige in the Kasaragod District and has dedicated his career to serving the people of Mangalore.

Prithviraj completed his BA LLB from the esteemed SDM Law College in Mangalore, where he not only excelled in his studies but also laid the foundation for a lifelong commitment to the legal profession. He enrolled as an advocate at the Karnataka State Bar Council in 1988 and has been practicing in Mangalore ever since.

Throughout his career, Prithviraj has built a reputation for his expertise in various areas of law. His dedication to his clients and commitment to justice have made him a respected member of our community. From 1996 to 2007, he contributed his knowledge and experience as a visiting faculty member at SDM Law College, shaping the next generation of legal minds.

In addition to his practice, Prithviraj has served as the President of the Mangalore Bar Association from 2022 to 2024, where he played a vital role in advocating for the rights and interests of legal professionals in our region. His leadership has brought about significant initiatives that benefit both the legal community and the public.

Beyond his professional achievements, Prithviraj is known for his dedication to community service and legal awareness, values that resonate deeply with our Rotary mission.

PROGRAMME

TODAY AT 07.00 PM

Chief Guest: **Advocate Prithviraj Rai K**Topic: **Bharathiya Nyaya Samhitha**

Ann & Annets invited

Dinner Meeting

Next meeting. 08.10 2024. AT 07.30 PM

Speaker meeting

Anns & Annets Invited

ALZHEIMER'S AWARENESS

Alzheimer's is an irreversible, progressive brain disease that slowly destroys memory and thinking skills, eventually even the ability to carry out the simplest tasks. Although the risk of developing AD increases with age-in most people with AD, symptoms first appear after age 60. It is characterized by 8 As.

1. **Anosognosia:** Person is unaware that he has a disease
2. **Agnosia:** Person is unable to recognize familiar faces & objects.
3. **Apraxia:** Person is unable to perform simple tasks although he has no paralysis
4. **Apraxia:** The inability to understand what others say is one of the first signs of aphasia, followed by the loss of the ability to speak.
5. **Altered perception:** Inability to hear, see, smell or taste or touch although there is no problem with ears, eyes, nose, tongue or skin.
6. **Amnesia:** Amnesia is a form of memory loss.
7. **Apathy:** It is defined as a lack of interest in things or a general feeling of not caring.
8. **Attention deficits:** It may be that some people cannot carry on a conversation or perform basic activities.

The number of people living with dementia around the world is over 55 million, The number is likely to rise to 139 million people by 2050. India is estimated to have 7million with dementia.

Peoples Association for Geriatric Empowerment in association with our Club organised a competition for Young Seniors (60-75years), Super Seniors (75-90 years) and Old Seniors (more than 90 years) as a part of the Alzheimer's Day in Rotary Balbhavan on 25th September 2024. Our President Rtn. Mohan Nair inaugurated the programme. Our member and President of PAGE Rtn. Dr. Raghuvver, Vice President Rtn. Prabha Adhikari were present.

Our senior member Rtn. T. G. Shenoy, J. V. Shetty, Shmabhvi Prabhu and M. S. Prabhu and Ann Sumathi Shetty took part in the competition in various events. Prizes were distributed at the Alzheimer's Meet held on 27th October at Kudmal Ranga Rao Town Hall. Dr. B. H. Sripathi Rao Former Dean of Yenepoya Dental College was the Chief Guest. Our Senior Member Rtn. T. G. Shenoy received 4 prizes for Singing, Jokes, Craft and Drawing. Our International Director Rtn. Shmabhvi Prabhu received second prize in Jokes and Rtn. M. S. Prabhu got consolation prize for singing. Congratulations to all the prize winners. Further Rtn. T. G. Shenoy showed extraordinary talent by enacting the role of Doctor in the skit highlighting Alzheimers Theme. He is really an inspiration to all the senior citizens and special congratulations to him.



'Mother' is synonymous with Nurture & Sustenance of Life. The privilege of Life is ours because of our Mothers. May we live in Conscious Gratitude every day for their contribution to who we are.

Prof. Dr Shivaprasad K MD (Hons)
Prof. Dr Jyoshna S MD (Hons)
Consultant Homeopaths

email : shivaprasadk.sk@gmail.com
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Phone : 93435 61455, 93422 31894

Dr Shivaprasad's

Swathi Homoeopathic Clinic
Alake, Mangaluru - 575003

Established in 1991

Onam celebrations was done in the weekly meeting held on 24.09.2024.

President Rtn. Mohan Nair presided and welcomed the gathering. In his introductory remarks he said that it is customary for our club to celebrate the Onam from many years and a departure from tradition we have not invited any chief guest this time as everybody knows about the significance of the Onam festival. Instead the famous Thiruvathira dance will be performed by Kairali troupe from Surathkal. He said that the Thiruvathira dance is an unique group dance of women in Kerala. The dance is performed by women in small groups. Generally on Onam day women perform this art form by singing the praises of Shiva Parvati in Shiva temples he said.

He further informed that the District Governor Rtn. Vikram Datta will be officially visiting our club on 22nd October 2024 and the projects and programs etc. will be finalised in the ensuing board meeting to be held shortly. He further said that our member Rtn. Dr. Shivprasad will be donating Rs. 60000/- for Happy School Project which will be routed through our club. He thanked Rtn. Dr. Shivprasad for such nice gesture. Rtn. Dr. Prabha Adhikari informed that a zoom meeting will be held on 13.10.2024 for all the clubs of our District on the topic Alzheimer's awareness and requested all members to join.

Rtn. J. V. Shetty informed that 30 day yoga shibira will be held at Rotary Balbhavan conducted by Patanjali Yoga Shikshana Pratistana President Sri Ekanath Baliga from 13th October from 5.30 am to 7.00 am. In the beginning Rtn. T. G. Shenoy rendered Prayer and in the end IPP Rtn. Ganesh Krishna Bhat proposed the vote of thanks.



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Our past president past ZL Rtn. Dr. Prakash K. E. was the Chief Guest at the inauguration of the Students Union Council and Fine Art Association of Kesant Evening College on 24.09.2024. Correspondent of the College our Immediate Past President Rtn. Ganesh Krishna Bhat was also present.




Kasturba Medical College Mangalore, Indian Medical Association Mangalore branch, Rotary District 3181 and Cardiology Society of India had organised a walkathon from KMC Jyothi to KMC Attavar on the occasion of World Heart day on 29 th September 2024. Rotary District Governor Rtn Vikram Datta was present. Our President Rtn. Mohan Nair and Asst. Governor Rtn. Vishwanath M. Shetty attended the walkathon. *... Your heart matters. Nurture it protect it....*

EVERY GREAT DREAM BEGINS WITH A DREAMER. ALWAYS REMEMBER, YOU HAVE WITHIN YOU THE STRENGTH, THE PATIENCE, AND THE **PASSION** TO REACH FOR THE STARS TO CHANGE THE WORLD.

HAPPY BIRTHDAY



Rtn. Raghuveer Nayak
29th Sept



Rtn R Lohidas
30th Sept

John Arnav Pundalika Shenoy, 01Oct.

ROTARY CLUB OF MANGALORE NORTH
ZONE 2, RI DISTRICT 3181
(DISTRICT PROJECT)

in association with
SRI PATANJALI YOGA SHIKSHANA PRATISHTANA
(R.), KARNATAKA, MANGALORE

Cordially invite you to the
30 Days Free Yoga Camp
From 13.10.2024 5:30 AM to 7:00 AM
At Rotary Bal Bhavan, Mannagudda, Mangalore

Inauguration by
Rtn MPHF Vikramdatta
District Governor, RI District 3181

Guests of Honour
Rtn MPHF Vishwanath M Shetty
Asst Governor, Zone 2, RI District 3181

Sri Ekanath Baliga
President, Sri Patanjali Yoga Shikshana Pratishtana (R.),
Karnataka, Mangalore

Rtn Mohan C Nair
President, Rotary Club of
Mangalore North
Rtn PHF Sudarshan Nayak
Secretary, Rotary Club of
Mangalore North
Rtn PHF J V Shetty
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