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**A Hearty Welcome to our
Today's Chief Guest**

MRS. RAJANI T. RAI

Senior Faculty and District Coordinator,
Art of Living, Dakshin Kannada.

Mrs. Rajani Rai is a dedicated spiritual leader and educator with a postgraduate degree in history from Mangalore University.

Spiritual Journey : Mrs. Rai's passion for spiritual knowledge led her to complete Art of Living courses and pass their teacher training program. She is also a certified yoga trainer by the National Skill Development Corporation.

Art of living : Founded in 1981 by Gurudev Sri Sri Ravishankar. Globally operates in 180 countries and has touched the lives of over 500 million people. AOL programs include breathing techniques, meditation, and yoga. The cornerstone of all the workshops is the Sudarshan Kriya, a unique and profound breathing practice.

As a senior faculty member of Art of Living, she teaches us various programs, such as the Happiness Program for General and Youth, the Wellness Program for Women, and Substance Users. Sahaj Samadhi meditation, the Deep Sleep and Anxiety Relief Program, the Prison Smart Program for Inmates, the Prison Smart Program for Staff, the Quit Tobacco Program, the Yoga and Meditation Program for Educators, the Padma Sadhana Training, and many more.

Impact : Thousands of people have benefited from her guidance, discovering new happiness in their lives.

With over 200 programs conducted in and around Mangalore for the past 16 years, Mrs. Rajani Rai continuously inspires people. At present she is in charge of Art of Living Dakshina Kannada Dist. People from different walks of life, such as students, professors, police, doctors, lawyers, and simple village people, participated in her programs. Hundreds of people recovered from depression and anxiety and discovered new enthusiasm in their lives.

She is married to Sri P.T. Rai. Asst. commissioner, Customs and GST (retired). Her sons, Mr. Rajath and Mr. Vijeth, are both well settled in Bangalore.

PROGRAMME 16.12.2025 AT 07.00 PM

CHIEF GUEST : MRS. RAJANI T. RAI

Topic: 'Mind and Meditation'

Ann & Annets invited

Dinner Meeting

Next meeting. 23. 12. 2025 AT 07.00 PM

**Joint Dinner meeting with
Inner Wheel Club of Mangalore North**

Ann & Annets invited

Proceedings of the Rotary Club Weekly Meeting - December 9, 2025

Topic: Medication Safety in Children and Seniors

Welcome : Club President Rtn. Dr. M.S. Arun Kumar Shetty welcomed Rotarians, invitees, Anns, Annets, and guests.

Presentation Summary : Chief Guest and Resource Person Rtn. Dr. Prabha Adhikari delivered an insightful talk on Medication Safety in Children and Seniors.

Key points included: Medication safety for children and seniors requires careful management, proper storage, accurate dosing, awareness of interactions, and clear communication with healthcare providers.

Medication Safety in Children : Children are vulnerable to accidental poisoning and dosing errors because their bodies are still developing and dosages are weight-based.

Secure Storage: Store medicines and vitamins out of children's reach, preferably in locked cabinets. Child-resistant caps are not foolproof.

Accurate Dosing:

- Use only the dosing device provided with the medicine; avoid household spoons.
- Always use the original dosing device from the medicine packaging.
- Ensure healthcare providers have your child's current weight and age.

Proper Administration:

- Do not refer to medicine as candy.
- Never give children medicine prescribed for others or meant for adults.
- Consult a doctor before combining medicines to avoid harmful interactions.
- Avoid aspirin for children and teenagers, especially during viral illness. OTC cough and cold medicines are not recommended for children under six.

Medication Safety in Seniors

- Older adults often take multiple medications, increasing risks of side effects and interactions.
- Maintain a current list of all medications, including doses and prescribing doctors, and share it with all healthcare providers.
- Review medications annually with your doctor or pharmacist to identify unnecessary drugs or interactions.

Understand Instructions:

- Read labels carefully; request large print if needed.
- Know timing and food requirements for each medicine.
- Use pill organizers or apps to track doses.

Be Aware of Interactions and Side Effects:

- Discuss side effects and interactions with your doctor, including those with food, alcohol, or supplements.
- Report new symptoms promptly, as they may indicate side effects.
- Store medicines in a cool, dry place away from children and pets. Dispose of expired drugs safely.

Geriatric care focuses on preventing and managing age-related conditions, maintaining independence, and improving quality of life through personalized, holistic care.

Prof. Dr Shivaprasad K MD (Hom)
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Consultant Homoeopaths

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Dr Shivaprasad's

Swathi Homoeopathic Clinic
Alake, Mangaluru - 575003

Established in 1991

Special Guests : Dr. Navitha Shetty

Announcement by President: Nominations are invited for office bearers for the year 2026-27. Yoga camp jointly with Pathanjali Yoga Samithi will be conducted from 14th to 28th December in the Balabhavan premises under the guidance of Dr. Jnaneshwar Nayak. The 2nd half-yearly due of Rs. 9750 is payable by 31st December 2025.

Requested the members to register for the District seminar 'Sambrama.'

Member recognition : Dr. Prabha Ahikari participated as a faculty member in GERICON 2025, the National Conference of the IAG, held at Armed Forces Medical College, Pune, from 13th to 15th November 2025.

Dr. Prabha Adhikari gave a talk on Dementia Management from a geriatrician's perspective at the international conference ARDIICON 2025 held at Mysore on 28th November 2025.

Dr. Prabha Ahikari was the faculty and mentor for the clinical trial workshop under ICMR intent for the multidisciplinary research unit held at Karnataka Medical College, Hubli, from 24th to 26th November.

Rtn. Dr. Alwyn D'Sa was the chief guest at the annual day celebration of St. John College, Palghar, Maharashtra, on 29th November 2025.

Rtn. Raghavan participated in the international paper Expo 2025 held at Yashobhoomi Dwaraka, New Delhi, on 3rd December 2025.

AARFC PDG K. Krishna Shetty inaugurated the District Port Meet at Puttur along with our DG Rtn. Ramakrishna P. K. on 7th December 2025.

Rtn. Dr. Shivaprasad K participated in the Khel Milan conducted by Puttur East on 7th Dec 2025. Secretary Rtn. Shambhavi Prabhu read the minutes of the board meeting held on Dec. 1, 2025.

Birthday Wishes : Rotarians, Anns, Annets, and Jones celebrating birthdays were honored and wished continued happiness and success.

Acknowledgments

- Invocation: Ann. Sumathi Shetty
- Introduction to the Chief Guest: Rtn. Dr. Jyoshna Shivaprasad
- Vote of Thanks: Rtn. Lawrence Pinto

Closing : The meeting concluded with the National Anthem, followed by a fellowship dinner sponsored by Rtn. Hareesh Shenoy and Rtn. Prasanna Mallya.





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ARRFC PDG K Krishna Shetty inaugurating the District Sports meet at Puttur along with DG Ramakrishna PK



Rtn. Dr. Shivaprasad K. is honoring the medal winners in the sports meet held at Puttur.



Rtn Raghavan at International Paper Expo 2025 at Yashobhoomi, Dwarka, New Delhi on 3.12.2025.



Rtn. Dr. Prabha Adhikari gave a talk on the topic: 'Dementia Management: A Geriatrician's Perspective' at the International ARDISICON 2025 at Mysuru on 28th Nov.



Rtn. Dr. Prabha Adhikari was the faculty and mentor for the clinical trial workshop under ICMR-INTENT for Multidisciplinary Research Units for KMCRI Hubli, Mandya Medical College, and Indira Gandhi College of Medical Sciences, Puducherry, Nov 24th to 26th.



Rtn Dr. Alwyn D'Sa was the chief guest at the Annual Day Celebration of St. John College, Palghar, Maharashtra, on 29th November 2025 and gave a motivational address to students.

Happy Wedding Anniversary



Rtn Dr Alwyn D'Sa & Ann Dr Kusum D'Sa, 10th

Dec



Rtn. Dr. K.E. Prakash & Ann. Dr. Bharathi Prakash presented papers at the International Conference ACECON 2025 at Hotel Taj Deccan, Hyderabad, held on 8th-10th December 2025.



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