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Hearty Welcome to Our This Week' s Chief Guest

DR. MALINI N. HEBBAR

Principal Educator Leader Distinguished Toastmaster

Dr. Malini is an accomplished academican, dynamic leader, and celebrated communicator. Formerly an associate professor and head of the Dept. of English at St. Agnes College, she now serves as the principal of Swastika National Business School and continues to inspire as guest faculty at St. Agnes Centre.

Leadership & Service

- Member of the Research Ethics Committee, Kasturba Medical College; Former Vice Chairman & Secretary, IST Mangalore-Udupi Chapter; Former President, Roshni Alumni Association; Former President, Port Town Advanced Toastmasters Club & Winners Toastmasters Club; Past District Chair, Inner Wheel; Trainer & Resource Person with unmatched expertise in communication and leadership, Dr. Hebbar has conducted faculty development programs and workshops on:
- Public Speaking & Personality Development, Creativity, Time Management & Leadership, English Grammar, Spoken English & Communicative English. She has trained over 50,000 staff and students across institutions.

Awards & Recognitions : *Her excellence has been honored with numerous accolades:*

- Teacher Who Moved Beyond Academics, Kala Ratna - Mangalore Musical & Cultural Association, Service to Mankind - Rotaract & UNESCO, Most Talented Teacher - Rotaract, Best Actor - Rotary Zonal Level Competition, Best MC - Lions Inter-club Competitions, Woman of Substance - Rotary Dist. 3181
- She has been celebrated as a Woman Achiever by Daiji World, Golden Mangoes Real Stories, News Karnataka, and Mangalorean.com. Several organizations, including Inner Wheel Clubs of Mangalore, St. Agnes College, KVG Group of Institutions, and Rotary Club B.C. Road, have honored her contributions.

Toastmasters Achievements : A stalwart in Toastmasters International, Dr. Hebbar has earned the prestigious title of Distinguished Toastmaster (DTM) four times, along with Speaker Citation, Mentor, and Club Coach Awards. She has sponsored and mentored six clubs and was once crowned District Champion of Evaluation.

Academic & Creative Contributions

- Co-author of the textbook Vista
- Associate Editor of four volumes of the St. Agnes College Research Journal
- Passionate about the arts, she has choreographed and organized cultural programs.
- Creator of a YouTube promoting "Taste from Waste," advocating against food wastage.
- Judge of the popular Dance Mummy Dance competition in Mangalore.

Dr. Malini Hebbar embodies the spirit of education, creativity, and service. Her journey reflects a rare blend of academic brilliance, cultural artistry, and humanitarian commitment, making her a true inspiration and a woman of substance.

PROGRAMME 23.12.2025 AT 07.00 PM

CHIEF GUEST : DR. MALINI N. HEBBAR

Topic: Symbiotic relationship

Ann & Annets invited

Dinner Meeting

Next meeting. 30. 12. 2025 AT 07.00 PM

**General Body meeting
Election of Office bearers for 2026-27**

Ann & Annets invited

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



Rtn. Dr. Shiva Prasad K at Kids Athletes Champions at Mysore



Rtn. Dr. Shiva Prasad K. was felicitated in the Kids Athletes Champions at Mysore



Rtn. J.V. Shetty was felicitated in the valedictory program of Tulu Tala Maddale Saptaha recently



Rtn. Shambhavi Prabhu, secretary of the club, was the guest at the foundation stone laying ceremony of Vaghevi Towers near C.V. Nayak Hall, Mangalore.

Prof. Dr Shivaprasad K MD (Hom)
Prof. Dr Jyoshna S MD (Hom)
 Consultant Homoeopaths

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Swathi Homoeopathic Clinic
 Alake, Mangaluru - 575003

Established in 1991

Rotary Club Weekly Meeting Proceedings - December 16, 2025

Topic: Mind and Meditation

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

Presentation Summary : Mrs. Rajani T. Rai, the chief guest and resource person, delivered an insightful presentation on Mind and Meditation. Key points included:

- Meditation is a journey from sound to silence. It is a skill to calm the mind and tap into our inner energy.
- Meditation is the art of doing nothing-not even thinking. It involves de-concentration rather than concentration.
- According to Art of Living (AoL), meditation calms the mind, reduces stress, and fosters present-moment awareness. Techniques like Sudarshan Kriya™ use breathwork to achieve mental clarity, emotional stability, and deep relaxation. Meditation generates positive, harmonious energy. It enhances relationships with others.
- Meditation is the missing pill for well-being. It provides deep rest and high energy.
- It transforms distraction into concentration. It offers freedom in the present moment.
- It makes one sensitive yet unshakable.

Special Guest : Dr. Navitha Shetty

Announcements : A yoga camp, organized jointly with Pathanjali Yoga Samithi, was inaugurated on December 14 and will continue until December 28 at Balabhavan under the guidance of Dr. Jnaneshwar Nayak.

The second half-yearly due of Rs. 9,750 is payable by December 31, 2025.

Member Recognition :

Rtn. Dr. K. E. Prakash presented a paper at the ACECON 2025 international conference in Hyderabad.

Rtn. Dr. Shivaprasad K visited the Treasure Hunt venue, and Rtn. Mohan Attavar participated in the competition.

Marriage Anniversary : Rtn. Dr. Alwyn D'Sa and Ann. Dr. Kusum D'Sa

Acknowledgments : *Invocation:* Ann. Dr. Bharathi Prakash, *Introduction of Chief Guest:* Rtn. J.V. Shetty, *Vote of Thanks:* Ann. Dr. Sukanya Prakash Shetty

Closing : The meeting concluded with the National Anthem, followed by a fellowship dinner sponsored by the club.



Inauguration of the yoga camp at Rotary Balbhavan on 14th December 2025



Participants of the Yoga Camp in action.



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President Rtn. Dr. Arun Kumar Shetty, Rtn. Ajith Rao, Rtn. Mohan Nair and Rtn. J. V. Shetty administering polio drops on the occasion of PulsePolio immunization day

Happy Birthday



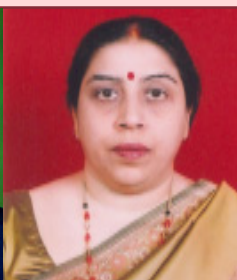
Rtn Bharathi Rao, 22nd Dec

Annet Arpitha Arunkumar Shetty, 18th Dec
Annet Disha D/o Kanchana Devi, 18th Dec
Jone Abhishek Rao s/o Ajith Rao, 19th Dec

Happy Wedding Anniversary



Rtn Dinesh Kamath & Ann. Geetha Kamath
17th Dec.



Rtn Madhava Nayak & Ann Asha Nayak
17th Dec



Rtn Dr K E Prakash & Ann Dr Bharathi
21st Dec



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