



WEEKLY BULLETIN of Rotary Mangalore North (R.I. 3181)

ROTANORE



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

DR. SUDHIR PRABHU

**Professor & Head of the Dept. Community Medicine
Father Muller Medical College, Mangalore.**

He is a well-respected figure in the medical community and a leading expert in public health and community medicine.

Dr Sudhir Prabhu has made significant contributions to both medical education and public health practice. He is an active member of the District Surveillance Committee and the District Death Audit Committee for Dakshina Kannada district, where his expertise has been invaluable in shaping local health policies and responses.

Dr Prabhu has also played a key role in the management and prevention of COVID-19, working as a member of various district, state, and national committees dedicated to the prevention of the pandemic. His involvement in the Vaidyara Nade Halli Kade initiative in Belthangady Taluk, which aimed at strengthening rural health systems, is a testament to his commitment to improving healthcare access in underserved areas.

A prolific communicator, Dr Prabhu has shared his knowledge and insights through health talks, articles, and media appearances-on platforms such as radio, television, and newspapers. His ability to simplify complex health topics has made him a well-recognized figure in diverse public forums.

In addition to his academic and advisory roles, Dr Prabhu is also deeply committed to community empowerment. As a JeevaRaksha Senior Instructor, he has personally trained over 2500 individuals in life-saving techniques such as Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR). His trainees include police officers, NSS volunteers, gym trainers, and the general public-empowering communities to act effectively in emergency situations.

Dr Sudhir Prabhu has collaborated with numerous national and international agencies as a health consultant and advisor, further amplifying his impact in the field of healthcare.

PROGRAMME TODAY AT 07.30 PM
Chief Guest: **Dr. Sudhir Prabhu H.**
Topic : **Disease Prevention and Treatment**
Ann & Annets invited Dinner Meeting

Next meeting. 31.12.2024. AT 07.30 PM
General Body meeting
Election of Office bearers for 2025-26
Anns & Annets Invited

The Spirit of Christmas: A Season of Joy and Giving

Christmas, celebrated on December 25th, is one of the most cherished holidays worldwide. It commemorates the birth of Jesus Christ and embodies values of love, hope, and generosity.



At its core, Christmas is a time to reflect on the values of compassion, gratitude, and selflessness. For Christians, it signifies the arrival of Jesus who is believed to be the savior of humanity. The nativity story, featuring Mary, Joseph, and the infant Jesus in a humble manger, symbolizes humility and the importance of faith.

For others, Christmas is a cultural celebration marked by traditions, family gatherings, and acts of kindness. It serves as a reminder of the shared human values that bring people closer.

Christmas Traditions : Christmas traditions vary across cultures, yet certain elements are universally recognized. Decorating homes with lights, ornaments, and Christmas trees is a beloved practice that creates a festive atmosphere. The exchange of gifts symbolizes love and appreciation, while the iconic figure of Santa Claus brings joy to children, embodying the spirit of giving.

The Spirit of Giving : Christmas is often called the "**season of giving**" because it encourages acts of kindness and sharing. People give gifts to loved ones, contribute to charities, and help those in need. These actions reflect the essence of Christmas, reminding us that the true joy of the season lies in bringing happiness to others.

Giving is not limited to material gifts. Offering time, love, and support to family, friends, and strangers can create lasting memories and strengthen bonds. The simple acts of kindness during Christmas can have a profound impact on individuals and communities.

Christ's Christmas Message: A Call to Love and Hope : At the heart of Christmas lies the message of Jesus Christ—a message of love, hope, and redemption. His birth in a humble manger over 2,000 years ago symbolizes God's immense love for humanity and the promise of salvation. Through His life and teachings, Christ calls us to love one another as He has loved us, to care for the needy, forgive freely, and live with humility and compassion.

This Christmas, let us reflect on Christ's timeless message: to be a light in the lives of others, to seek peace and reconciliation, and to trust in the hope that His presence brings.

"Glory to God in the highest, and on earth peace, goodwill toward men." (Luke 2:14)

Let us celebrate His birth with gratitude and carry His message in our hearts, not just during this season, but throughout our lives.

Prof. Dr Shivaprasad K MD (Hom)
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Consultant Homoeopaths

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Dr Shivaprasad's

Swathi Homoeopathic Clinic

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In the weekly meeting on 17.12.2024 Mr.Vivek Natarajan Certified Pranic Healer said that Pranic Healing is an ancient, non-invasive energy healing technique that focuses on the body's natural ability to heal itself. Developed and systematized by Master Choa Kok Sui, a Philippines Engineer & Entrepreneur, Pranic Healing is rooted in the understanding that the human body is surrounded by an invisible energy field, often referred to as the "aura". This energy field plays a crucial role in maintaining physical, emotional, and mental health. Pranic Healing operates on two fundamental principles, the principle of self-recovery which means the body is inherently capable of healing itself. Second is Principle of life force which suggests that energy or "prana," is essential for sustaining life and enabling the healing process. This prana or energy is drawn from the natural resources and is channeled through energy centers, or "chakras," within the body.

Pranic Healing emphasizes that physical ailments often originate from imbalances or blockages in the energy field. Negative emotions, stress, and external influences can disrupt the natural flow of energy, leading to physical and psychological issues. Pranic Healing employs a range of techniques to cleanse and energize the energy field. The process typically involves three steps: scanning, cleansing, and energizing. In Scanning the Healers assess the energy field to identify areas of congestion or depletion. The Cleansing process involves removing of stagnant or diseased energy from the aura. This is done without physical contact, as Healers use specific hand movements to "sweep" away negative energy. During the Energizing process once the aura is cleansed the Healers draw energy from natural sources and channel it to the recipient, replenishing the depleted areas and accelerating the healing process.

Pranic Healing has been used to help the Physical Health: Alleviating pain, boosting immunity, and accelerating recovery from injuries and illnesses. Secondly Emotional Well-being for Managing stress, anxiety, and depression by balancing emotional energy. Thirdly Mental Clarity: Enhancing focus, memory, and decision-making by harmonizing mental energy. And finally Spiritual Growth: Fostering inner peace, self-awareness, and a deeper connection to one's higher self. It complements conventional medical treatments without the need for drugs or physical interventions. It is also accessible to individuals of all ages. Pranic Healing should be viewed as a complementary therapy that works alongside traditional treatments. Practitioners emphasize the importance of seeking medical advice for serious or chronic conditions and using Pranic Healing to support and enhance the healing process.

Rtn. Mohan Nair presided and welcomed all. Rtn. Pundalika Shenoy rendered the invocation. Rtn. Rajesh Baliga introduced the Chief Guest. Rtn. G. K. Udupa proposed the vote of thanks.









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New member Orientation Seminar was held on 21st December 2024 at Rotary Balbhavan Mannagudda jointly organised by Rotary Club of Mangalore North and Roary Club of Surathkal. Our President Rtn. Mohan Nair presided. PDG Rtn. Dr. Devdas Rai, District Advisor Rtn. Shekhar Shetty and Editor GML our PP Rtn. Alwyn D' Sa were the Resource persons. New members of our club Rtns Sajith Kottarathe, MKS Prabhu, Raghavan, Shambhavi Prabhu, Dr. Sukesh Rao and Satishkumar Shetty participated in the Seminar. President elect Rtn. Dr. Arunkumar Shetty, Secretary Rtn. Sudarshan Nayak and Treasurer Rtn. J. V. Shetty were also present in the Seminar.

SOME ROTARY "FIRSTS"

The first Rotary club meeting was in Chicago, Illinois, on February 23, 1905.
 The first regular luncheon meetings were in Oakland, California, chartered in 1909.
 The first Rotary convention was in Chicago in 1910.
 The first Rotary club outside of the United States was chartered in Winnipeg, Manitoba, Canada in 1910.
 The first Rotary club outside of North America was chartered in Dublin, Ireland in 1911.
 The first Rotary club in a non-English speaking country was in Havana, Cuba in 1916.
 The first Rotary club in South America was chartered in Montevideo, Uruguay in 1918.
 The first Rotary club in Asia was chartered in Manila, Philippines in 1919.
 The first Rotary club in Africa was chartered in Johannesburg, South Africa in 1921.
 The first Rotary club in Australia was chartered in Melbourne in 1921.



Happy Wedding Anniversary

Rtn Dr K E Prakash & Dr Bharathi
21st Dec



24, 25, 26 January 2025 @ Mylar Gardens, Mangaluru

PLATINUM DONOR REGISTRATION
RS 75,000/- FOR NAVA VAIBHAVA


Happy Birthday

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

We extend our heartfelt gratitude and sincere appreciation to
Rtn. Major Donor Dr. Shivaprasad & Major Donor Dr. Jyoshna Shivaprasad
 Rotary Club of Mangalore North
 for registering as Platinum Donors for
 Nava Vaidhava – The Rotary District Conference.

Your unwavering support and philanthropic spirit embody the true essence of Rotary's ideals. Your generosity inspires others to join hands in service and community-building. Thank you for your remarkable commitment to making a difference!

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