



# ROTANORE

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



Rotary North Email ID : [northrotary@yahoo.com](mailto:northrotary@yahoo.com)

Club No.: 15736

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## NEW YEAR'S RESOLUTION

A new year's resolution is a tradition most common in the western hemisphere in which a person who resolves to change an undesired trait or behaviour or to accomplish a personal goal or otherwise improve their life. **Popular resolutions are:**



- **Improve physical well being :** Eat healthy food, loose weight, exercise more, eat better, drink less alcohol, quit smoking, get rid of old habits.
- **Improve mental well being:** think positive, laugh more often, enjoy life.
- **Improve finances:** get out of debt, save money, make small Investments.
- **Improve career:** perform better at current job, get a better job, establish own business.
- **Improve education:** improve grades, get a better education, learn something new( such as a foreign language or music), read more books, improve talents.
- **Improve yourself:** become more organised, reduce stress, manage time, become more independent.
- Take a trip.
- Volunteer to help others, practice life skills, give to charity.
- Get along better with people, improve social skills, enhance social intelligence.
- Make new friends,
- Spend quality time with family members. Settle down, get engaged/ get married, have kids.
- Pray more, be more spiritual,
- Be more involved in sports or different activities.
- Spend less time on social media.

**Tip: You need not make all the above resolutions. Make few most required by you.**

**Success Rate:** The most common reason for people failing their New Year's Resolutions was setting themselves unrealistic goals (35%) or not able to keep keep track.

**PROGRAMME**

**TODAY AT 07.30 PM**

**General Body meeting**

**Election of Office bearers for 2025-26**

Ann & Annets invited

Dinner Meeting

**Next meeting. 07.01 2025 AT 07.30 PM**

**Speaker meeting**

Ann & Annets Invited

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

**FAMILY MONTH** - Rotary International has fixed themes for each month of the year for giving focussed attention to the key areas. The month of December is now observed as Disease Prevention and Treatment month. These themes go on changing depending upon the necessity. Few years ago December was observed as Family Month. I reproduce herebelow an informative article published in our Bulletin Issue No. 23 ( Volume XLVI ) Dtd 03.12.2013 of our for information of all our members. - **Editor**

### **December is Family Month.**

**The idea of the family of Rotary is a simple one and one that we celebrate every December during the family month. Every Rotarian is part of the Rotary Family - but our family is much larger than just our 1.2 million members.**

**Who is our Family of Rotary** - The family of Rotary includes - Rotarian's family, spouses, widows and widowers, children, grand children, the neighbours in other clubs districts around the world, the foundation and its alumni, GSE members, Youth Exchange students, Rotaractors, Interactors, RYLarians, Inner wheel and other spouse groups, Rotary Fellowships and Rotarian Action Groups.

**Why does the Family of Rotary matter** - It matters because it is about community. The community we live in, the worldwide community and the community of Rotarians. If we are to live out the Rotary ideal, to create a better world, we must start with the family. We need to care for all the members of our Rotary family, because without each other there is no community.

**How do we care for our Rotary Family** - Share in fun and friendship by involving our own families in Rotary. Be supportive when they are having difficulties. Remember special occasions and celebrate with them. Share their grief. The goal of Family of Rotary is to promote the understanding that Rotary is a family. And the families of Rotarians are important. Encouraging generations of Rotarians is an important part of Rotary's future. Rotary should make time for families - not take time from families!

### **KNOW YOUR ROTARY**

Friendship was the primary reason Rotary was started in 1905, and even today it remains a major attraction. Today, with more than 36600 Rotary clubs in some 165 countries, Rotarians have friends wherever they go. Rotary helps to build a sense of community as well as enduring individual friendships. Members in Rotary make one a better citizen. Weekly club programs keep members informed about what is taking place in the community, nation and world.

Rotary's expansive network of clubs and programs provides extensive opportunities for service and cross-cultural interchange.

Membership in Rotary ensures continuing personal and professional development.

Rotarians have countless opportunities to further enhance their leadership skills, as well as gain experience in public speaking and communication, organisation and planning, team building, fund-raising and teaching.

Rotary members gain an understanding of humanitarian issues and have a significant impact on them through international service projects and exchange programs of RI and its Foundation. Promoting peace is one of Rotary's foremost objectives.

**Prof. Dr Shivaprasad K<sup>MD</sup> (Hom)**

**Prof. Dr Jyoshna S<sup>MD</sup> (Hom)**

Consultant Homeopaths

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**Dr Shivaprasad's**

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**Alake, Mangaluru - 575003**


**Brief particulars of the weekly meeting held on 24.12.2024 - Dr. Sudheer Prabhu HOD Community Medicine Dept.Father Muller's Medical College** informed



that common types of diseases could be categorised into Communicable diseases & Non communicable diseases, Nutritional problems, Genetic Diseases, Injuries, Poisoning, Occupational diseases. Main problem nowadays is with regard to the nutritional problems which have become double burden now. Though majority of young children are burdened with malnutrition, since last 20 years Obesity or over weight in younger children in more affluent society is also causing serious problems. In 2008 4% people were diabetic. Now it has shot upto 18%. Scientists say it is because of childhood

obesity. In our body if fat is uniformly distributed it is ok. But unfortunately it is centred around stomach only. Earlier body mass index used to be an index of obesity. Now waist circumference has become more important and the new norms are now waist hip ratio which should be 0.9 for Men and 0.8 for Women. Another ratio is waist to height ratio which should be less than 0.5. Simple thumb rule is Height minus 100 should be your ideal weight. If your height is 170 cms, ideal weight is  $170 - 100 = 70$  kgs is ideal body weight. For reducing weight physical activity is a must consisting of 30-45 minutes of moderate to severe intensity walk, aerobic exercises etc. When you are doing high intensity exercises it is required to monitor the heart beat also, he said.

Regarding healthy diet he said that half of our food intake should be vegetables and fruits. About 30% cereals, meat eggs etc 10% and nuts and fats etc. should be the remainder. He said that sugar is the greatest cause for all diseases and we should have only 5 spoons of sugar intake per day. Salt also should be less. He informed that first 1000 days of the child is very important. 9 months in mother's womb and till about 2 years of age of the child. Proper nutrition is required to be given. And child should be taken care from infections. He said that mosquito is the highest cause for deaths killing more than 10 lakh persons annually. While coughing and sneezing lot of bacteria gets spread into the environment and cause diseases. Removal of mosquito is by interruption of transmission by adding disinfectant in mosquito breeding areas. Air pollution is also cause diseases. There are micro particles in air cause asthma etc. He further advised that children should be restricted to have screen time. Even adults should avoid long screen times. While sitting and working on computer also careful posture is required otherwise musculoskeletal disorders will come. He further stressed the importance of learning CPR procedure. This cardiopulmonary resuscitation procedure doubles or triple a person's chance of survival. Right Time, Right Way, Right Technique saves lot of lives, he said. Rtn. Mohan Nsir presided and welcomed. Rtn. Dr. Sukesh Rao rendered the invocation. Rtn. Sudarshan Nayak introduced the chief guest. In the end Bulletin Editor Rtn. Ajith Rao proposed the vote of thanks.



# Lifeline Surgicare

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Ph: 9886047949 Email : lifelinesurgicare21@gmail.com  
Prop: Walter D'Cunha





Our President Rtn. Mohan Nair handed over **Medicine cupboard / Locker** to Shree Sai Seva Prathishthana, Daigoli. YENEPOYA Homoeopathic Medical College, Rural Health Program is being conducted here every week on Tuesdays. Over 100 beneficiaries attend. The cost of the cupboard is Rs. 10000/- which has been sponsored by Rtn Major Donor Dr. Shivaprasad through Rotary club of Mangalore North.



Our PP Rtn. Dr. Praksh K. E. was honoured during the Charter Nite function of the Rotay club of Sullia on 28th Dec. 2024. He was President of the Rotary Club of Sullia during 2007-08.

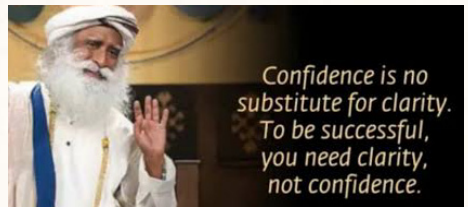


Our Past President Advocate Lohidas was recently honoured by Mangalore Bar Association for his contributions and involvement in organising the State level Advocates Cup Tournament (cricket for Gents and Throw Ball for Women) in Mangalore

**Happy Wedding Anniversary**



Rtn. Walter D Cunha & Ann Lydia 31<sup>st</sup> Dec



**Happy Birthday**



Rtn Krishna Prasad Rai 29<sup>th</sup> Dec



Rtn K Ajith Rao 31<sup>st</sup> Dec



Ann Rekha Mohan 31<sup>st</sup> Dec

Rotary Club of Mangalore

**26th** 9th Annual District Conference of 2024-25

**ನವ ನವಾ ವಾಿಭವಾ**

ನವ ನವಾ ವಾಿಭವಾ

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

**LAST CHANCE!**

Hurry up! December 31st is the last day!

REGISTER NOW @ SPECIAL PRICE

ROTARIAN ₹ 4750/-, ANN ₹ 3750/-, ANNET ₹ 2000/-

FROM JAN 1ST 2025, ROTARIAN ₹ 5000/-, ANN ₹ 4000/-, ANNET ₹ 2000/-

Jone Deepak S/o Rtn. Kanchana Devi, 26 th Dec.  
Annet Shivani D/o Babitha Rohinath, 31st Dec.

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