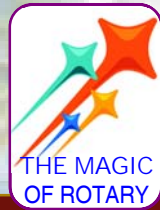




WEEKLY BULLETIN of Rotary Mangalore North (R.I. 3181)

ROTANORE



Rotary North Email ID : northrotary@yahoo.com

Club No.: 15736

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9538086111

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Joint Treasurer:

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9591339900

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Director: Community Service :

Rtn. Prasanna Mallya
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Director: International Service

Rtn. Shambhavi Prabhu
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9449830899

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9481443376

Bulletin Editor :

Rtn. Ajith Rao
8404945262

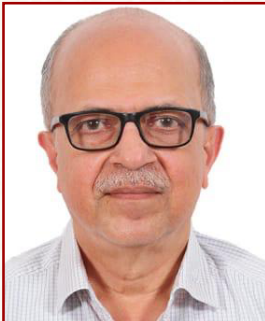
Asst. Bulletin Editor

Rtn. Dr. Satish Kumar Shetty
7259836645

VOL. XLVII

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Date: 11.02.2025



A Hearty Welcome to our Today's Chief Guest

MR. M. VAMAN KAMATH
Chartered Accountant, Mangalore

He is a highly accomplished Chartered Accountant who qualified in 1984 and has been practicing for the last 40 years. A proud alumnus of Canara Institutions, he demonstrated academic excellence early on, securing the 6th rank in B.Com. from Mysore University. He further pursued legal studies at SDM Law College and completed his M.Com. from Madurai Kamaraj University.

His commitment to continuous learning is evident from his post-qualification academic studies in Information Systems Audit and Concurrent Audit of Banks. Additionally, he is a member of the Institute of Directors and has earned a Quality Audit Certification from Moody's, London.

Beyond his professional achievements, Mr. Kamath has been actively involved in social and educational initiatives. He served as the Past President of Mata Amritanandamayi Seva Samiti from 2012 to 2014 and has been a dedicated member of the Governing Body of Canara Institutions since 2006, currently serving as Treasurer.

On the personal front, he is happily married to Shubha, and they are blessed with a son, Varun.

With such an illustrious career and immense contributions to society, we are honored to have Mr. M. Vaman Kamath with us today.

'Do not believe in a thing because you have read about it in a book, Do not believe in a thing because another man has said it was true. Do not believe in words because they are hallowed by tradition. Find out the truth for yourself. Reason it out. That is realization.'

- Swami Vivekananda

PROGRAMME

TODAY AT 07.30 PM

Chief Guest: **Mr. M. Vaman Kamath CA**

Topic : **Over view of Budget 2025**

Ann & Annets invited

Dinner Meeting

Next meeting. 18.02.2025 AT 07.30 PM

Vocational Excellence Award to :
MR. SHEENA SHETTY, Director

Janashikshana Trust & Sanitation Ambassador D. K. Dist.
Ann & Annets invited

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

RI President's Message for February 2025

RIPPLES OF HOPE AND CHANGE

This month, as we come together for the T International Assembly and the Presidential Peace Conference, we celebrate The Magic of Rotary...a unique blend of global connection, vision, and action that empowers us to create lasting change.

One of the most inspiring examples is our Rotary Peace Fellowship programme, a cornerstone of Rotary's mission to build a more peaceful and just world. For more than 23 years, Rotary Peace Foundation have been transforming communities. Rotary Peace Centers, hosted at leading universities around the globe have educated over 1,800 fellows who now work in more than 140 countries. These centres cultivate expertise in fields like conflict resolution, sustainable development and peacebuilding, preparing fellows to tackle some of the world's most pressing challenges. This programme exemplifies how Rotary turns vision into action, creating a ripple effect of hope and change.

This month during the Presidential Peace Conference, we celebrate a significant milestone with the opening of our newest peace centre in Istanbul. This centre will focus on training leaders to address peacebuilding challenges in the Middle East and North Africa, further extending Rotary's impact.

Peace fellows are dedicated champions of transformation, addressing critical issues such as refugee resettlement, youth and women's empowerment, and reconciliation in conflict zones. Many founded vital organisations or hold leadership roles in governments, nongovernmental organisations, and international institutions like the United Nations and World Bank.

One inspiring story is that of Ntang Julius Meleng a 2024 Rotary Peace Fellow at Makerere Uganda. Through his Social Change Initiative, Julius has worked to empower young people in Cameroon to take active roles in peacebuilding and leadership.

His project provided training in conflict prevention civic engagement, and leadership to youth and community officials in areas affected by conflict equipping people to drive sustainable peace efforts. Julius harnessed Rotary's global network to overcome obstacles, including limited funding and security risks, and make a meaningful impact.

The Rotary Peace Fellowship gave Julius the tool and support to turn his vision into reality. His world embodies The Magic of Rotary-- the transformative power of connecting people, sharing resources and uniting for a common purpose.

As we reflect on the achievements of our peace fellows and celebrate Rotary's enduring commitment to peace, let us also recognise the role that everyone in our network of 1.2 million members plays in creating magic through service. Together, we can amplify our impact, inspire new generations of leaders, and build a brighter more peaceful future.

STEPHANIE A. URCHICK, President, Rotary International



Prof. Dr Shivaprasad K^{MD (Hem)}
Prof. Dr Jyoshna S^{MD (Hem)}
Consultant Homoeopaths

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

Dr Shivaprasad's

Swathi Homoeopathic Clinic
Alake, Mangaluru - 575003

Established in 1991

Brief report of the meeting held on 04.02.2025 - Chief Guest Sri Vijay

D'Silva Shree Devi College of Hotel Management informed that balanced diet is very important to keep oneself healthy. Generally three meals per day is required - breakfast, lunch and Dinner. Taking dinner late in the night is not a healthy habit. Seasonal eating is necessary. In summer we have to take more liquid foods. Best drink is butter milk. Buttermilk should be prepared by taking out the butter from curds. Butter is fat and it should not be eaten more. Food turns into calories and you have to burn it. Otherwise it gets deposited in the body. While sleeping you burn 0 calories. While working or seeing TV etc. you burn 1 calorie. While walking 2 calories and while running 3 calories. Therefore we require active life to burn the calories. We have to avoid bakery products as they are all made of maida dalda and sugar all of which are not good for health. Next we have to control the portion of food intake. Quantity of food eaten should be controlled. Minimum of 2 litres of water an adult person should drink per day. Hot water is better than cold water. Hot water sometimes reduce the weight also. Water helps in detoxifying the body by taking out all toxins from body. Taking Green vegetables meaning fresh vegetables like cucumber, tomato, carrot etc. very much essential. Uncooked vegetables give more nutrients and vitamins to body. Eating fruits is very important. Seasonal fruits should be eaten. Citrus foods are low in sugar and high in nutrients, but other fruits also should be eaten in small quantities. Milk is very good food having vitamins, calcium fat etc. But adding sugar to milk is not good. To make sugar from sugar cane chemicals are added which make sugar white. These chemicals are not good for health. Comparitively jaggery is better. But best milk is soya milk which does not have any fat and it should be taken regularly. In general fried items and hotel food is not good.

Mr. Hameed Pallakudel Retd. Engineer Ministry of defence UK was inducted as a new member of our club. Our Rotaract club members from St. Aloysius University informed that TEDx St. Aloysius program in St. Aloysius University for "A Twist of Tales," an evening of inspiring talks and engaging conversation will be held on 23rd February and requested every one to attend. President Rtn. Mohan Nair informed that the District grant project would be held on 20th February and requested everybody to attend. In the beginning Ann Bharathi Prakash rendered invocation and in the end Bulletin Editor Rtn. Ajith Rao proposed the vote of thanks.





Lifeline Surgicare

ಹಿರಿಯ ನಾಗರಿಕರಿಗಾಗಿ ಅಂಗಡಿ
A Shop for Senior Citizens and Bed Ridden People

Basement, 'Emkey's Shalimar', Opp Kankanady Bus Stop, Mangaluru - 2
Ph: 9886047949 Email : lifelinesurgicare21@gmail.com
Prop: Walter D'Cunha



Rtn. Yashaswi Somashekher, a Major Donor, from the Rotary Club of Mysore North has been unanimously elected as the District Governor Nominee Designate (DGND) for the Rotary Year 2027-28.



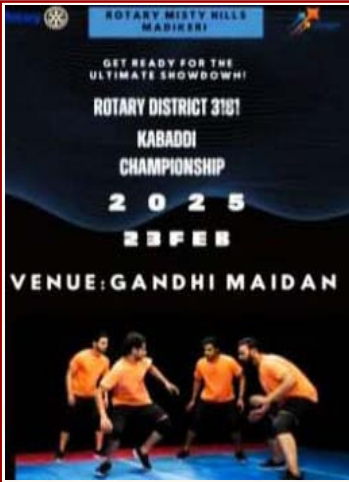
Born in a family of agriculturists on May 18, 1963, he initially studied in Vani Vidya Mandir and completed his Primary and Middle School education from JSS institutions and BA in JSS Degree College.

Yashaswi Somashekhar culture, education, social service and politics. He has identified himself in the fields of Being an ardent fan of thespian Dr. Rajkumar, he has acted in several plays, founded Karnataka Samskruthika Vedike and organised Harikatha, cultural programmes, comedy shows and Kishore Kumar musical nites. He has Chairman of MUDA. In the year 2005, he was inducted into Rotary Mysore North and has served as its President, Asst Governor and President of Dist Rotaract Committee and Dist Sports & Cultural Committees.

Our member Asst. Governor Rtn. Vishwanath M.Shetty was one of the chief guests at the handing over of 75 inch smart TV to Attavara Government School donated by RC Mangalore East on 8th February 2025 in the presence of PDG Rtn. Ranganath Bhat.



Congratulations to our Senior Member Rtn.T G Shenoy for winning in Musical Chairs and Balancing the Plate competitions for Senior citizens held on 8th February 2025 conducted by Mangalore Senior Citizens Association.



FORTHCOMING ROTARY EVENTS

“MUD KABADDI TOURNAMENT”



For the first time in the history of RID 3181, a Mud Kabaddi Tournament is organised for the Rotary Clubs of the district at Gandhi Maidan, Madikeri on 23rd February, 2025. The event is being organised by Rotary Misty Hills, Madikeri.



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S.R. i-needs

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