



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

# ROTANORE



Rotary North Email ID : [northrotary@yahoo.com](mailto:northrotary@yahoo.com) Club No.: 15736

**President:**

Rtn. Mohan Nair  
9538086111

**Imm. Past President:**

Rtn. Ganesh Krishna Bhat  
709174332

**Vice President:**

Rtn. Dr. Sudarshan C. M.  
9449082908

**Secretary:**

Rtn. Sudarshan Nayak  
953231671

**Joint Secretary:**

Rtn. PDG Krishna Shetty  
9880066488

**Treasurer:**

Rtn. J. V. Shetty  
9480949867

**Joint Treasurer:**

Rtn. Vishwanath Shetty M  
7829471641

**President Elect 2025-26 &**

**Director :Club Service I**  
Rtn. Dr. Arunkumar Shetty  
9591339900

**Director: Club Service II:**

Rtn. Dr. Prakash K. E.  
9448123071

**Director: Vocational Service :**

Rtn. Dr. Shivaprasad  
9343561455

**Director: Community Service :**

Rtn. Prasanna Mallya  
9980073447

**Director: International Service**

Rtn. Shambhavi Prabhu  
9845233972

**Director: Youth Service :**

Rtn. Radhakrishna Rai  
9632092369

**Sergeant At Arms:**

Rtn. Dinesh Kunar A. B.  
9449830899

**Rotary Bal Bhavan Chairman:**

Rtn. S. K. Shetty  
9481443376

**Bulletin Editor :**

Rtn. Ajith Rao  
8404945262

**Asst. Bulletin Editor**

Rtn. Dr. Satish Kumar Shetty  
7259836645

**VOL. XLVII**

**Issue No. 40**

**Date: 15.04.2025**

## A Hearty Welcome to Our Today's Chief Guest

### MS. PREETHAM KAMATH

Chief Trainer at The World Konkani Centre.



She is a Facilitator, Behavioral Trainer and Counsellor whose journey is both inspiring and impactful. Ms. Kamath holds a B.A in Psychology, an LL.B, and a M.Sc in Counselling Psychology. She brings with her a wealth of experience from the corporate world, having worked with Infosys and several other organizations as a Corporate Trainer for over a decade. As the Chief Trainer at the World Konkani Centre, she leads the transformative "Kshamatha" and "U GET IN" programmes, training over 20,000 students to date.

Ms. Kamath has been associated with the Institute of Chartered Accountants of India (ICAI) for over 12 years, imparting training across various centers including Mangalore, Manipal, Kannur, Calicut, and Thrissur. She has also played a significant role in conducting placement training sessions at various colleges and worked closely with AICTE, delivering Faculty Development Programmes.

Her contribution to the field of psychology and education extends to medical and academic institutions. She has worked with Kshema Medical College to train departmental personnel in mentoring and counselling skills, and serves as a Part-time Faculty at St. Aloysius College and Roshni Nilaya, nurturing minds in Corporate Psychology and Postgraduate Counselling.

Ms. Kamath is a Certified POSH( Prevention of Sexual Harassment) and Gender Sensitivity Trainer, a Life Member and the current Secretary of the Mangaluru-Udupi Chapter of ISTD, and a Charter Member of both the Winners Club and Port Town Advanced Toastmasters International in Mangalore. She is also one of our own-a fellow Rotarian and member of the Rotary Club of Mangalore Metro.

When not busy empowering others, she enjoys reading and travelling, constantly seeking growth and new perspectives.

**PROGRAMME**

**TODAY AT 07.30 PM**

Chief Guest: **Rtn Preetham Kamath**

Chief Trainer-World Konkani Centre.

Topic: **Social Quotient-Understanding the Dynamics**

Ann & Annets invited

Dinner Meeting

Next meeting. 22.04.2025 AT 07.30 PM

Chief Guest: **Mrs. Suma R. Nayak**

Advocate

Topic: **Animal Rights and ACT**

Ann & Annets invited

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

**Prof Shrihari S.Dept. of Civil Engineering, NITK Surathkal talked about the environment sustainability in the next 25 years in the weekly meeting held on 08.04 2025.** He said that unprecedented climate changes is taking place world over increasing the heat leading to heart diseases especially people above 65 years of age as per a Harvard study.

He said the major Environmental Problems are Greenhouse gas (GHG) emissions, Increase in earth temperature, Global warming, and Different types of pollutions associated with use of fossil fuels. Regarding next 25 years he said that there will be increase in drought, wildfires, floods, extreme weather conditions, Icecap melting and rising sea levels, Collapsing agriculture and fisheries, Pandemics and increased spread of disease and Ecosystem disruption and species extinction. He further explained that the World Population is expected to increase exponentially from 7 billion today to over 9 billion in 2050. Availability of fresh water become less. Food shortage increases resulting in poor population increasing by manifold. A world economy four times larger than today is projected to need 80% more energy.

Air pollution is set to become the world's top environmental cause of premature mortality, he said. The number of premature deaths from exposure to particulate matter (PM) (which leads to respiratory failures) is projected to more than double worldwide, from just over 1 million today to nearly 3.6 million per year in 2050, with most deaths occurring in China and India.

Consumption of resources will also increase and it is expected that total global material consumption will reach approximately 90 billion tons by 2050. Municipal solid waste generation is expected to reach 3.4 billion tonnes by 2050.

Water, Air, Food and Energy form a nexus in the circular manner. Unfortunately demand is increasing exponentially, whereas the resources are diminishing exponentially he said. But there will be countless technologies designed to reduce water use, recycle greywater, and eliminate waste. Urban planning and architectural design are also evolving to emphasize sustainability and potentially to turn megacities into hubs of green innovation.

In addition to reducing our emissions, there are also strategies for reducing the amount of CO2 in the form of carbon capture technology, genetically engineered trees, artificial trees, smog-eating surfaces, carbon upcycling, and geological engineering. Sustainability and climate change are inextricably linked.

As the saying goes, "every problem has a solution." Investing in renewable energy sources and green technologies Innovation for Plastic free world. Circular Economy (CE) is a sustainable development strategy wherein economic benefits are increased while reducing the burden on natural resources. The alternative technology that allows shifting of focus from non-renewable natural resources to recovery of resources from the waste thereby generating economic, social, and environmental benefits is the basic idea behind the CE concept. Setting targets for reducing carbon emissions, investing in renewable energy sources, such as solar and wind power etc. will reduce environmental problems in future. **Change is the only thing Permanent in this World. CHANGE YOURSELF NOT NATURE he concluded.**

As our President Rtn. Mohan Nair was away for an online discussion with our Global grant project President elect Rtn. Arunkumar Shetty presided and welcomed all. Rtn. Dr. Raghuveer rendered the invocation. Rtn. Rajesh Baliga introduced the chief guest. Secretary Rtn. Sudarshan Nayak proposed the vote of thanks.

**Prof. Dr Shivaprasad K<sup>MD</sup> (Hom)**  
**Prof. Dr Jyoshna S<sup>MD</sup> (Hom)**  
Consultant Homoeopaths

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

*Dr Shivaprasad's*

**Swathi Homoeopathic Clinic**  
**Alake, Mangaluru - 575003**

Established in 1991





Our Club in association with the Dept. of Geriatric Medicine Yenepoya Medical College, Dementia India Alliance, People's Association For Geriatric Empowerment, Mangalore (PAGE), Shree Gokarnanatheshwara College & A J Institute of Hospital Management conducted a program "From Silver Innings to Golden Innings".



"Overcoming Mental Health Challenges" for Senior Citizens at Rotary Balbhavan on 12th April 2025. This is A WELLNESS PROGRAMME for ELDERS supported by "Geriatric Care" and to Educate on how to be happy, healthy and to be free from DD i.e. Depression & Dementia. Free BP, Sugar and Memory Tests were also conducted on the occasion. More than 150 people participated. Our Members Rtn. Dr. Prabha Adhikari HOD Dept. Of Geriatric Medicine Yenepoya Medical College, Rtn. Dr. Raghuvver President Page, Rtn. Mohan Nair President RCMN and PDG Rtn. Krishna Shetty K were chief guests.



### ROTARY IN NEWS: Formation of New Club.

The Charter presentation for the New Rotary Club "**ROTARY CLUB OF MANGALORE COASTAL**" in Zone-2 of RID 3181 was held on 4th April, 2025 at Surathkal, Mangalore. The Charter was presented by DG Rtn Vikaram Datta to the Club's Charter President Rtn Subodh Das. Our member AG Rtn. Vishwanath Shetty was one of the Chief Guests.



# 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



**Attendance is not for Attendance sake** - The world has changed. Members, especially youngsters want to spend more time on their career development. Strict attendance rules have led to the resignation of a large number of members. Rotary should make sure that Rotarians are attending the meetings not because of strict attendance rules, but because the club meetings and activities are enriching & rewarding.

**Rotary Knowledge** - The surveys have revealed that majority of resigning members are in their early years of membership. A Rotarian who imbibed the spirit of Rotary and who knows the might, strength and nobleness of Rotary will never leave the Club.

## “Health is Wealth”

### Why is fitness more important than weight loss?

Fitness is more important than weight loss simply because optimal weight does not always mean optimal health. Often, the weight loss and fitness move in unison; as you become fitter, you lose weight, as you gain weight you are likely less fit. However, you can be fit and be classified as overweight. In addition, you can have the appearance of being an appropriate weight and be unfit.

Fitness is described as having good health or physical condition secondary to exercise or nutrition. Optimal weight, however, does not mean you are in good health or in good physical condition; in fact, it is quite possible to be in poor health and poor physical condition even at an optimal weight.

The best bet is to maintain a healthy diet and participate in regular physical activity. If you do, you will become physically fit and potentially obtain an optimal weight.

**Remember your body is '70%' what you eat and '30%' how much you exercise.**

ದಿನಾಂಕ 12-4-25 ರಂದು ಉಡುಪಿಯಲ್ಲಿ ಜರಗಿದ ಉಡುಪಿ ಜಿಲ್ಲಾ ಅಬಕಾರಿ ಇಲಾಖಾ ನಿವೃತ್ತ ಅಧಿಕಾರಿಗಳ ಸಂಘದ ವಾರ್ಷಿಕ ಮಹಾ ಸಭೆಯಲ್ಲಿ ನಮ್ಮ ಸದಸ್ಯರಾದ ಅಸಿಸ್ಟೆಂಟ್ ಗವರ್ನರ್ ನಿವೃತ್ತ ಅಬಕಾರಿ ಇನ್ಸ್ಪೆಕ್ಟರ್ ರೋವಿಶ್ವನಾಥ್ ಎಂ ಶೆಟ್ಟಿ ಇವರು ಇಲಾಖೆಯಲ್ಲಿ ಸಲ್ಲಿಸಿದ ಶ್ಲಾಘನೀಯ ಸೇವೆಯನ್ನು ಪುರಸ್ಕರಿಸಿ, ಸನ್ಮಾನಿಸಿ ಗೌರವಿಸಲಾಯಿತು.

## HAPPY BIRTHDAY



Rtn Dr Sudarshan M.

15<sup>th</sup> April



ಐ-ನೀಡ್ಸ್  
**S.R.I. needs**

**MULTI BRAND OPTICAL STORE** - Prevent Digital Eye Strain  
For PC, Tab, Smart Phone Users and Kids. **Blue Protect Lenses Available**  
1st Floor, Prema Plaza, Opp, Mangalore Health Care Centre Temple Square, Mangaluru-1  
raghuessar@yahoo.co.in. [www.ineedsopticals.com](http://www.ineedsopticals.com)  
0824-2427018, 9148744474, 9844274675  
Rtn. H. Raghuvver Nayak



Authorised Distributors

Energy-efficient Pumping Solutions for Industrial Applications

# Premier Traders



ETERNA CW



SP MONOBLOC



SP COUPLED SET

Enriching Lives

KIRLOSKAR BROTHERS LIMITED

PH : 2458599, 9449836899, 9449830899