



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

# ROTANORE



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

### MRS. SUMA R. NAYAK

Advocate



Mrs. Nayak is a practicing advocate since 2002 and she has made her mark across varied areas of law, including civil litigation, consumer law, motor vehicle claims, workmen's compensation, matrimonial disputes, criminal law, and notably, environmental protection.

Mrs Nayak graduated first in her class in Law from SDM Law College with two prestigious gold medals-the Dr TMA Pai Medal and the Sri Jayaraj Ballal Memorial Medal. Prior to that, she was named Outstanding Student both at St Agnes College and Cluny Convent School, setting the tone early for a life of excellence.

Beyond the courtroom, Mrs Suma R Nayak is a tireless animal welfare advocate and environmental champion. Her journey of compassion began in the year 2000 when she co-founded Animal Care Trust (ACT) in Shaktinagar, Mangalore. What began as a dream has grown into a powerful movement. Today, ACT is the only NGO in Dakshina Kannada and Udupi districts to run a full-fledged charitable hospital for stray animals and birds. Under her stewardship: Over 2,000 animals are rescued annually. More than 600 animals are rehomed every year. Over 500 animals find shelter, safety, and care at the ACT facility at any given time. She has personally fostered over 50 kittens, and was instrumental during the COVID-19 lockdown in feeding over 70 street dogs daily for nearly 3 months- an act of silent heroism that reflects her enormous heart.

*Mrs Nayak has been honoured with several prestigious awards including:*

The PETA Animal Welfare Activist Award

The Best Animal Shelter Award 2017-18 by FIAPO

The Vocational Excellence Award by the Rotary Club of Mangalore & The Environment Protection Award by NECF.

*She has also served in several key roles:*

Member of the SPCA of Dakshina Kannada

Member of the Welfare Committee for Captive Elephants

Honorary Animal Welfare Officer by the Animal Welfare Board of India

Member of the Animal Ethics Committee appointed by CPCSEA

Her fight for justice has extended to the natural world-she has appeared before the National Green Tribunal, High Court of Karnataka, and local civil courts in defence of trees, forests, and illegally transported cattle. She has worked closely with goshalas and even completed specialized training in animal laws at a workshop by Humane Society International at NALSAR University. She is also a talented Hindustani vocalist, having performed on many stages and won several awards in music competitions. She has represented Mangalore University in volleyball at a national level and has consistently distinguished herself in debates and extempore competitions.

PROGRAMME TODAY AT 07.30 PM

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

Advocate

Topic: **Animal Rights & ACT**

Ann & Annets invited

Dinner Meeting

Next meeting.

29.04.2025

**Picnic on Rani Abbakka Cruise**  
at 7.00 pm.

**Rs. 1200 per Member**

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 APRIL 2025. A SEASON OF RENEWAL

As the chill of winter gives way to the warmth of spring, we have an opportunity to rejuvenate our commitments to each other and to the communities we serve.

A shining example is the Rotary Club of Windsor-Roseland in Ontario, whose members support a program providing hot meals to people facing homelessness and food insecurity. On any given evening, the Soup Shack run by Feed Windsor-Essex serves up to 130 people, offering nourishment and a sense of community and care.

Club member and past district governor Aruna Koushik got the club involved after seeing a news segment about the Soup Shack. Koushik collaborated with club members to quickly approve the purchase of a stove, pots and pans for its new permanent space. Soon after, club members met with the Soup Shack team, toured the new location, and presented a cheque for 3,000 Canadian dollars (about \$2,000) to support its efforts. They also committed to volunteering their time to prepare and serve meals once the facility is operational.

This exemplifies how Rotary members can come together to address community needs, foster engagement, and make a tangible impact. By identifying opportunities for service and mobilising resources, we not only support those in need but also strengthen our bonds with each other and with the communities we serve.

As we embrace the renewal that spring offers, let's take inspiration from the Windsor-Roseland club. Consider these ways to reinvigorate engagement within your club:

- Identify emerging needs: Stay attuned to the evolving challenges in your communities. Engage with local organisations to understand where your club's support can make the most difference.
- Mobilise resources quickly: When opportunities arise, act swiftly. Leverage the skills and networks within your club to gather resources, from financial contributions to equipment to volunteer time.
- Foster collaboration: Encourage members to take initiative and collaborate on projects. Empowering individuals to lead and contribute their unique talents enhance engagement and drive success.
- Commit to ongoing involvement: Beyond initial contributions, pledge continued support. Regular service keeps members connected and reinforces the club's commitment to sustained impact.

By embracing these approaches, we can harness the energy of spring to renew our dedication to service and engagement. Let's seize this season as an opportunity to revitalise our efforts, strengthen our connections, and continue making a positive difference in the world.

This is The Magic of Rotary.... transforming lives, inspiring hope, and creating lasting change for the communities we serve.

**STEPHANIE A. URCHICK**, President, Rotary International



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*Dr Shivaprasad's*

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

Established in 1991

**Brief Report of the meeting held on 15 th April 2025. Chief Guest Rtn. Preetham Kamath Chief Trainer World Konkani Centre** informed that there are there are 4 types of Quotients fir measurement of intelligence, happiness, capacity if a human being. Rhey are IQ, EQ, SQ, and AQ:. IQ (Intelligence Quotient) measures a person's cognitive abilities or intelligence level. It reflects how well someone can reason, solve problems, and understand complex ideas. It is often tested through logical reasoning, math skills, memory, and language understanding. Second is EQ (Emotional Quotient) which is the ability to recognize, understand, and manage one's own emotions as well as the emotions of others. People with high EQ are empathetic, good at communication, and effective in handling social situations. The third one is SQ (Social Quotient) which refers to the ability to build and maintain positive relationships and interact well in social settings. It includes skills like teamwork, communication, cooperation, and understanding social cues. Last one is AQ (Adversity Quotient) which measures a person's ability to face and overcome challenges or difficulties. It reflects resilience, perseverance, and the ability to stay strong and motivated even in tough situations.

She said that IQ was considered to be the most scientific method of assessing the intelligence of people. Further people with high IQ were academically brilliant also. However higher IQ people some times were not at all happy eventhough they had all the things of life. A study conducted in Harvard revealed that all the people with very high IQ were not not all that happy. Therefore further studies were conducted leading into the emergence of EQ which then became an important measure for identifying the success of people. Later SQ and AQ were also developed as tools for the measurement of successful characteristics of people. In order to give better understanding of the subject she conducted a test on " What is my EQ?" for all the members. The test has four parts **1. Emotional Awareness 2. Emotional Management 3. Social Awareness 4. Relationship Management**. She said that this test will help a person to know what he/ she is and which are the areas require improvement for bettering the EQ so as to perform better in life. She said that by looking at our scores we can improve in the fields where we are showing less abilities. While EQ can be improved by by our efforts IQ can not be improved at all, she said.


President Mohan Nair welcomed. Ann Chitra Rao rendered the invocation. While International Director Rtn. Shambhavi Prabhu introduced the Chief Guest, Rtn. Subraya Prabhu rendered the vote of thanks.



Our Member Asst. Governor Zone 2 Dist. 3181 Rtn. Vishwanath Shetty was the chief guest at the Blood Donation camp organised by the Rotary Club of Baikampady along with Ajay Sports Club Kulai in memory of Late MPHF Usman Kukkady.



Our Past President Rtn. Lohidas.R, Advocate and Patron member and Vice President of University college Alumni Assn, handed over another donation cheque for Rs.50,000/ collected towards the Midday meal project for the poor students of the University college. Rtn.J.V. Shetty and Ann Dr. Bharathi Prakash were also present on the occasion. Hitherto he has collected and contributed up to Rs.3,50,000- towards this noble cause. Congratulations to him.



# Lifeline Surgicare




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**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



Rotarians at Our Asst. Bulletin Editor Rtn. Dr. Satishkumar Shetty's Daughter 's Marriage at Ramana Pai Hall on 18.04.2025.

"The mind is not in one particular place. Every cell in the body has its own intelligence."

**HAPPY BIRTHDAY**



Rtn Prasanna Mallya 22<sup>nd</sup> April



22<sup>nd</sup> April

**Jone Sairaj** S/o Rtn. Mohan A, 19<sup>th</sup> April  
**Annet Laisha** D/o Rtn. Walter, 19<sup>th</sup> April

**WEDDING ANNIVERSARY**



Rtn Yogish Kumar & Ann Jayashree, 17<sup>th</sup> April



Rtn Vasanth Anchan & Ann Sowmya, 17<sup>th</sup> April