



ROTANORE

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



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A Hearty Welcome to Our Today's Chief Guest

DR. SANJITH S. ANCHAN

Asst. Professor, NIE Mysore



He was born on 22nd August 1991 in Mangalore to Mr. Shridhar K., retired Superintendent of Mangalore University, Mrs. Jayanthi J. S., a bank employee. He began his academic journey at Vishwa Mangala English Medium School, Konaje, continued his pre-university studies at St. Aloysius P.U. College, Mangalore, and went on to earn his Bachelor's degree in Civil Engineering from BIT, Mangalore, graduating with distinction.

With an early career stint as a Site Engineer at Bearys Group in Bengaluru, Dr. Sanjith soon realized his calling in academics. He served as an Assistant Professor at Mangalore Marine College and later pursued his M.Tech. in Environmental Engineering from MIT, Manipal – again with distinction. His academic excellence earned him a research opportunity at Universidad Pontificia Bolivariana University in Colombia, Latin America. His drive for research and innovation led him to clear the GATE examination and join NITK Surathkal for a Ph.D. in Chemical Engineering, where he worked on wastewater treatment plant modeling and optimization.

Dr. Sanjith's project achievements are noteworthy including a World Bank–WHO–funded strategic assessment of solid waste management in Karnataka's coastal belt. He has completed 6 major research projects, is working on 2 more, and has authored 14 international journal papers, presented at 11 national and international conferences, and earned over 100 academic citations.

An accomplished trainer, he was one of just 125 educators selected for a prestigious month-long faculty development program at IIT Bombay under the Pandit Madan Mohan Malviya National Mission. He has also delivered guest lectures at several engineering colleges across the region.

Beyond academics, Dr. Sanjith is a certified classical dancer in Bharatanatyam, recipient of the Rashtrapati Scout Award, a trained Manipuri and Yakshagana performer, a volleyball and cricket player, and a passionate adventurer – from bungee jumping to deep sea diving.

In short, Dr. Sanjith S. Anchan is a rare blend of academic brilliance, creative expression, and athletic spirit – a true role model for the next generation.

PROGRAMME

TODAY AT 07.30 PM

Chief Guest: **Dr Sanjith S Anchan**

Asst Professor, NIE Mysore

Topic: **Biomimicry**

Ann & Annets invited

Dinner Meeting

Next meeting

13.05.2025 AT 07.30 PM

Young Achievers Awards

Ann & Annets invited

Dinner Meeting

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

“MEETING OF COUNCIL OF LEGISLATION (COL)-2025”

The 2025 Council on Legislation (COL) was held from 14th to 17th April, 2025 at Chicago, Illinois, USA and it has brought forth several visionary and empowering decisions that will strengthen Rotary’s foundation and future.

These decisions are aimed at making our organization more inclusive, flexible, and impactful in the years to come. *Here are the key approvals:*

1. Increase in Membership Dues

• US\$ 3.50 in 2026-27 • US\$ 3.75 in both 2027-28 and 2028-29

This increase is essential to maintain the quality of Rotary’s global services and sustainable growth.

2. Minimum Membership for New Clubs Reduced

The required number of members to charter a new Rotary Club has been reduced from 20 to 15, making expansion easier and more accessible.

3. Proposal for Age Limit in Rotaract Rejected

Rotaract remains open to all age groups, allowing continuous youth leadership and engagement without limitations.

4. Proposal to Limit Honorary Members Rejected

Clubs will retain flexibility in granting honorary memberships to distinguished individuals.

5. Flexible Club Meetings

Clubs can now hold meetings in physical, virtual, or hybrid formats, enhancing convenience and participation.

6. Diverse Membership Types Approved

Clubs may now offer varied membership categories such as Associate, Corporate, or Family memberships to cater to evolving needs.

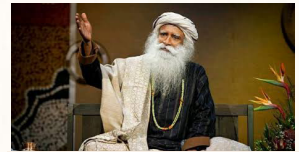
These progressive changes reaffirm that Rotary is a dynamic organization that adapts with time while staying rooted in its values. Let us embrace these transformations with enthusiasm and continue to serve with purpose.

“Those who cannot change their minds cannot change anything.”

-George Bernard Shaw.



Congratulations to Jone Likhit, S/o Rtn. Dr. Shivaprasad for winning the Fastest Indians (Team Event) in Men’s open category of HYROX International competition held at Mumbai on 3.5.2025 along with partner Pranav.



ಆಲೋಚನೆಗಳು ದಾರಿಯಂತೆ - ಅವು ನಿಮ್ಮನ್ನು ಎಲ್ಲಿಗೂ ಕರೆದೊಯ್ಯುವುದಿಲ್ಲ, ಆದರೆ ಅವು ನಿಮ್ಮ ಬದುಕಿನ ದಿಕ್ಕನ್ನು ನಿರ್ದೇಶಿಸಬಲ್ಲವು. ಆದರೆ ಪಯಣವನ್ನು ಮಾಡಬೇಕಾಗಿರುವುದು ನೀವೇ.

Prof. Dr Shivaprasad K MD (Hom)
Prof. Dr Jyoshna S MD (Hom)
Consultant Homeopaths

email : shivaprasadk.sk@gmail.com
info@doctorshivaprasad.com
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Dr Shivaprasad's

Swathi Homoeopathic Clinic
Alake, Mangaluru - 575003

Established in 1991

In the meeting held on 29th April 2025 - Dr Guruprasad Bhat, HOD Department of Oncology Kanachur Medical College Mangalore informed that Iron Man Triathlon is one of the most grueling endurance races in the world, testing the limits of physical and mental strength. It consists of a 3.86 km (2.4 mile) swim, followed by a 180.25 km (112 mile) bike ride, and ends with a full marathon run of 42.2 km (26.2 miles)- all completed consecutively and within a strict time limit, typically 17 hours. Originating in Hawaii in 1978, the Ironman has since become a global series attracting elite athletes and amateurs alike. Actually though he is a doctor he had passion for Mountaineering. He had done Mountaineering in Kardungla, Kilimanjaro, Ellbrus (Russia) and other places. However at the age of 40 he realised that something other than mountaineering is required and the idea of becoming a Iron Man Triathlon occurred to him. Iron Man Triathlon requires swimming, cycling and running. He was not knowing swimming. So at the age of 40 he started learning swimming in Aloysius College swimming pool. After becoming experienced swimmer he slowly started swimming in the rivers and finally in the seas. He said that swimming in sea requires lot of concentration and efforts. Sometimes even after swimming for two and half hours he would be in the same place because of the tides and currents. In sea there are difficulties because of the fishing nets and sting by Jelly Fish which is like bite by red ants. After experiencing all these things he became a master swimmer and was able to swim for 5 km without much difficulty. For Cycle training climbing hill is to be done. So he started practicing cycling from Mangalore to Agumbe Hills and back a distance of about 100 KM which gave him very good experience for the Iron Man training. He also practiced Marathon running.

He got Ironman Triathlon Certificate in Italy. The sea was much calmer than our Tannir Bavi waters. Hence his swimming of 3.8 kms finished in 85 minutes. The 180 km cycling consisted of 2 loops consisting of one climb. As he had practiced by climbing Agumbe Hills it was easy and he finished in 6 hr:55 minutes. Run course was 4 loops of 10.6 kms each. Though he had taken only 2hrs 15 minutes for the first 2 loops he had stomach upset and lost 28 minutes to recover and finally finished in 5 hrs 10 minutes. Overall it took 14 hours to finish the project as against the eligible 17 hours.

Every training for ironman, consists of late nights, early morning, always hungry, long hours of training alone, blisters, chafing, saddle sores, horrible tan lines, cramping up, fatigue, tons of preparation, foam rolling, regular meeting the physiotherapist- to relive spasms, missing out on social events, and mental exhaustion. He said that it was worth every second. He is the only Iron Man in Mangalore.

President Rtn. Mohan Nair welcomed. Ann Geetha V Shetty rendered the invocation. Ann Dr. Jyoshna Shivaprasad introduced the Chief Guest. In the end President Elect Rtn. Arunkumar Shetty proposed the vote of thanks.







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Ph: 9886047949 Email : lifelinesurgicare21@gmail.com

Prop: Walter D'Cunha





May is Rotary's Youth Service Month!

Throughout the month, Rotarians,

Rotaractors, and younger members of the Rotary family, including Interactors and RYLA and Rotary Youth Exchange participants, celebrate the service, leadership development, connections, and FUN of Rotary's programs for young leaders.

Rotary's programs are developing the next generation of leaders, providing funding to make the world a better place, and making peace a priority. Youth Service (commonly referred to as New Generations) is Rotary 5th Avenue of Service. Every year, over 350,000 young leaders participate in Rotary's youth programs across Interact, Rotary Youth Leadership Awards (RYLA), and Rotary Youth Exchange. Rotary's Youth Service Month is an opportunity to promote our young leaders' local and global impacts and the Rotary and Rotaract clubs that make these programs possible.

Rotarians have always taken a sincere interest in helping to prepare the next generation-with programs and projects that help with health and education and lead the way to world peace and understanding. Beyond this fact, young people are also the future of our organization if we choose for Rotary to survive and thrive beyond our life time.



*"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

HAPPY BIRTHDAY



**Ann Vidya Harish
Shenoy**
30th April



**Rtn Ramanand
Pai**
1st May



**Ann Shubha
Suresh Kini**
4th May

Jone Rishan S/o Rtn. Vadanth Anchan, 6th May

WEDDING ANNIVERSARY



Dr. Santhosh Soans & Ann Sarita,
30th April



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