



ROTANORE

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



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**A Warm Welcome to
Our Today's Chief Guest**

RTN. DR. RANJAN R. K.

Professor Anaesthesiology KMC Mangalore.



He was born in 1964 in Kavalkatte, Bantwal, Dr. Ranjan began his academic journey at Milagres High School and St. Aloysius College in Mangalore. He earned his MBBS from Kasturba Medical College, Mangalore in 1988 and went on to complete his MD in Anaesthesiology from the same institution in 1995.

Currently, Dr. Ranjan serves as a Professor in Anaesthesiology at Kasturba Medical College, Mangalore. His academic leadership includes serving as the Dean of Srinivas Institute of Medical Sciences and Research Centre in 2012–13, and as Professor and Head of Department at SIMS from 2010 to 2015.

Dr. Ranjan's journey with Rotary began in 1996. He served as President of Rotary Club Mangalore Sunrise in 1998–99 and later as the Charter President of Rotary Club Mangalore City from 2017 to 2020. His dedication to service saw him take on responsibilities like District Pulse Polio Chairman for Rotary District 3181 in 2015–16. Currently, he is the Assistant Governor Elect for Zone 3, District 3181 for the year 2024–25. His generosity is also reflected in his contributions to The Rotary Foundation, recognized as a Major Donor Level 1.

Outside of medicine and Rotary, Dr. Ranjan is a man of diverse interests. A qualified cricket umpire with KSCA, he was actively involved in the game from 2000 to 2017. He is also a licensed radio amateur with the call sign VU2AXB, a philatelist, and a passionate photographer.

On the personal front, Dr. Ranjan is married to Mrs. Prathiba, a practicing lawyer and fellow Rotarian. Their daughter, Mythili Ranjan, is a Biomedical Engineering graduate from MIT, Manipal, and served as a Research and Technology Engineer at Siemens Healthineers from 2021 to 2024. She is also a national-level chess player and a state-level badminton player.

PROGRAMME

TODAY AT 07.30 PM

Young Achievers Awards

Chief Guest: AG Rtn Dr Ranjan R K,

Professor of Anaesthesiology, KMC Mangalore

Ann & Annets invited

Dinner Meeting

Next meeting

20.05.2025 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



Avniel Saveo D' Souza : International Sub- Junior Power lifter

He is selected to represent India (53kg Sub- Junior Category) at the World Sure Junior, Junior, Open & Masters Bench Press Championship, Drammen, Norway. His other achievements at National & State Level Competitions are:

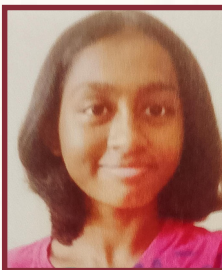
He got first place in Karnataka State Sab Junior Classic Powerlifting Championship, KGS Club, Bengaluru in April 2025.

In October 2024: 2nd place (Equipped) & 8th place Classic in the National Classic Bench Press Championship, Goa.

In September 2024 :1st place Classic and 1st place (Equipped) in the Karnataka State Bench Press Championship, Saligrama.

Sept 2023: 3rd Place Karnataka State Sub - Junior Bench Press Championship Mangalore
He has been awarded Outstanding Sports person Award by the St. Aloysius College Mangalore

He also got Best Lifter - Sub Junior Category from the Karnataka Powerlifting Association. He has also participated in various sports like race, jumping etc. at school level.



Diya Dinesh : High Jump Champion

She Has got one gold medal and 3 silver medal in High Jump at the District Level in Mangala Stadium.

In AICS she has got 2 gold medals and one silver medal in high jump

At State level she has got one gold medal in high jump Under 16 girls category. Further she has got 3 bronze medals at the state level.

In South Zone level she got one gold medal in high jump

At National Level she got Gold Medal in High Jump at Andhra Pradesh and also at Madhya Pradesh.

She has also participated in the prestigious School Games Federation of India (SGFI) High Jump (Under 17) Girls at Lucknow.

She has also won first place in YOGA at District level.



Likhith Shivaprasad : HYROX Race

B.Tech . Industrial Production Engineering

Represented Mangalore zone as wicket keeper/ batsman in Under 19 cricket.

Represented MIT /Manipal University in Inter University Cricket Tournaments.

Developed passion for Athletics through Manipal Runners Club. Race

Coordinator of Manipal Marathon 2 consecutive years in 2018 and 2019.

Fastest runner in Manipal Marathon Alumni category in 2022.

Got trained in ULTRA RUNNING, Has completed 100 kms 3 events, 80 kms one event, 60 kms 4 events. 50 kms 6 events, 42 kms 10 events

He has participated in national level races like Tata Mumbai, Wipro, Bangalore, Malnad, Vagamon, Nilgiris , Rimbik Darjeeling, Mawla Ghati, SRT (Simhagad, Raigad, Thorna) and many more .

One of the youngest Ultra Marathon runners in India with three 100 km runs under 26 yrs of age.

Winner of the HYROX men's doubles (open) under 29 category. Currently, the fastest all Indian men's doubles open pair in HYROX, an International Competition held in Mumbai along with fellow runner, Dr Pranav.

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

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Dr Shivaprasad's

Established in 1991

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Alake, Mangaluru - 575003



Shreya M. : Running Champion

District Level sports meet: 3000m 2019-20 First

State Level half marathon :5kms 2019 Second

Niveus Marathon: 21kms 2024 Third

Freedom Run 2024:10kms First

Law Marathon: 5kms 2024 Second

TalukLevel Dasara meet : 1500m & 3000m 2024-25 First

District Level Dasara meet :1500m 2024-25 Third

VTU state level cross country :10kms 2024 Second

Red ribbon run : 5km 2024 First

VTU State Level inter collegiate athletic meet:10km & 5km 2023-2024 First

VTU State Level inter collegiate athletic meet:10km & 5km 2024-25 First

Revel's Cup : 800m, 1500m, 3000m 2025 First



Grahith G. Prabhu : Swimming Champion

10th standard, St Aloysius High School

Grahith G. Prabhu is an outstanding young swimmer. He has participated in over 175 Dist -level meets and more than 15 state-level championships.

At the CBSE Nationals in Bhopal (2019), he won a Gold Medal, marking his emergence on the national stage. That same year, at the KSA Open Nationals in Pune, he secured 2 Gold Medals and 1 Silver.

He also earned a Silver Medal in the National Finswimming Competition conducted by KUSFA (Karnataka Underwater Sports Federation Association).

He secured 5th place at the SFI Nationals in Rajkot and proudly participated in the SGFI Nationals 2024, also held in Rajkot.

Following his 10th examinations, Grahith has taken his passion a step further by mentoring aspiring swimmers during summer camps-sharing his expertise and inspiring the next generation with the same discipline and energy that define his own athletic journey.



Rishal Melba Crasta : Outstanding Singer

Presently Studying 2nd PUC, St Aloysius PU College. Swardhara &

Play Back Singers Association 1st Place Open to All

Ganarathna Punith Rajkumar State Level Runners

Konkani Natak Sabha Inter State Level First Place

Super Singer Season -5 Title Award In Bangalore on 26/01/25 with 1 lakh cash prize

Ska London – 1st Place.

Drasper Studio – Winner.

Sangeetha Thare – Finalist

Jigi Bigi Thare – Finalist

Infant Jesus Hymn Singing Competition Mysore – 1st Place

Honoured by St Aloysius College Student of The Month Dec. 2024 .

Honoured By Bandhuthuva Charitable Trust Thokkotu.

Honoured By Lions Club Smart City , Dist 317 D

Honoured By Kannada Samskrithika Elakhe & Nandikeshwara Nataka Sangha Bangalore.



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Brief Report of the meeting held on 06.05.2025. Dr. Sanjith Anchan, Asst. Professor NIE Mysore informed that in civil engineering generally everything is lesson from nature. Either it is pure copy of nature then it is Biomimicry or slightly modified when it will be known as Biomimetic.

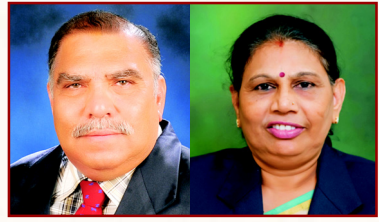
He explained the same through various examples in a very lucid manner through slide presentation. President Mohan Nair presided. District Secretary past AG Rtn. Dr. Shivaprasad informed that the global grant project of providing Cancer Ward to the District Lady Goschen Hospital has been approved and sanctioned with a sum of US\$35990.Rtn. Secretary Sudarshan Nayak introduced the Chief Guest. In the beginning Rtn. Kanchana Devi rendered the invocation and in the end Asst. Bulletin Editor Rtn. Dr. Satish Kumar Shetty proposed the vote of thanks.



WEDDING ANNIVERSARY



Rtn. Diviya Rai & Sri Sohan Rai, 7th May



Rtn. Krishna Shetty & Rtn. Shakunthala, 12th May

HAPPY BIRTHDAY



Rtn. M. K. S. Prabhu, 7th May



Rtn. Vikas G. Bhat, 8th May



Rtn. Sajith Kottarathe, 12th May



Our PDG Krishna Shetty was one of the Resource Person at the Dist. Learning Seminar held at Kundapur, RID 3182, He took the Session on Grants.



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