ROTANORE

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IMAGINE ROTARY

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Hearty welcome to Today's Chief Guest

RTN. VINOD KUDVA

Asst. Governor Elect, Zone 2(1) Dist. 3181

N. Vinod Kudva, born on 25th May 1962 S/o N. Sadananda Kudva and Smt. Indira Kudva at Nandalike. Completed his Primary Education at Government School Kallya, got his Bachelors degree in Commerce from Sri Bhuvanendra College, Karkala. Later years he completed CA Intermediate and he is now Tax Practioner at Bejai, Mangalore. Married to Surekha Kudva and blessed with Two children. He was introduced to Rotary club by CA. Shantharam Shetty in the year 2014-15. Since then he is very active member of Rotary club of Mangalore East and has served as Treasurer, Secretary and President. He has also been contributing $500 to TRF each year, since 2015. His sincere service to Rotary has been recognized with the post of Assistant Governor for Zone 2(1) for 2023-24.

INTERNATIONAL YOGA DAY - 21 JUNE

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. On September 27 , 2014 , Prime Minister Narendra Modi proposed the idea of observing the International Day of Yoga. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. The International Day of Yoga 2023 will be celebrated on June 21 under the theme "Yoga For Vasudhaiva Kutumbakam" . This aptly describes our aspiration for - One Earth One Family One Future. Our Club is giving lot of importance to yoga by conducting Free yoga camps and also hosting the District Yoga Seminar this year.

PROGRAMME TODAY 7.30 PM

CLUB ASSEMBLY

Chief Guest : **RTN. VINOD KUDVA**

Asst. Governor 2023-24

Anns & Annets Invited | Dinner Meeting

NEXT WEEK 27.06.2023 7.30 PM

Thanks Giving

Anns & Annets Invited | Dinner Meeting

Take up large, sustainable projects

As I sit down to pen my last piece as a director of Rotary International, the first thought that comes to my mind is that "time flies"! It has been a thoroughly enjoyable journey where I learnt a lot. I had the opportunity to travel the length and breadth of our country, interacting with thousands of Rotarians, listening to them, enthused by their passion and amazed at their commitment. I thank everyone for the warmth and gener- ous hospitality showered on Vinita and me in every part of the country.

There is no doubt that Rotary in our region is robust, healthy and retention. on a positive growth trajectory. The Rotarians in our region rose up to the call given by our president and imagined highly impactful community service activities that made a difference to the community that we live in, and worked tirelessly to make those dreams come true.

The leadership at every level demonstrated a great deal of commitment. Each one trying to do better than the other in a healthy way. However, we cannot rest on our laurels. We need to work on areas that can be done better. There are a few thoughts that come to my mind.

Firstly, we can, at every level, look beyond a year when we plan our projects. Though most offices are only a year long, the community that we serve will benefit a lot more with large projects that are sustainable and highly impactful, but may not be completed in a year.

Next, sustainable membership growth, and not just addition of numbers, has to be our focus. This will keep us healthy in the long run. The efforts in this direction has to be broad-based with the active involvement of every member of the club. This will ensure greater retention.

Lastly, let us create an environment where all Rotarians are knowledgeable about the good work done by The Rotary Foundation, so that they may spread the word and also contribute themselves. Let everyone feel it is their Foundation.

Iam hopeful about the future. My wishes to every Rotarian as you strive in your own way to Create Hope in the World!

Sayonara! Au revoir! Auf wiedersehen! Until we meet again...

AS Venkatesh, RI Director, 2021-23

"We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. "

- Swami Vivekananda

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

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ತಾರೀಕು 13.06.2023ರಂದು ಜರುಗಿದ ಸಭೆಯ ಸಂಕ್ಷಿಪ್ತ ವರದಿ. ಬಳಕೆದಾರರ ವೇದಿಕೆಯ ಸಂಚಾಲಕ ಸಾವವಯ ಕೃಷಿ ಲೇಖಕ ಶ್ರೀ ಅಡ್ಡೂರು ಕೃಷ್ಣರಾಯರು ಈಗ ನಾವು ತೆಗೆದು ಕೊಳ್ಳುತ್ತಿರುವ ಆಹಾರ ವಿಷದಿಂದ ಕೂಡಿದ್ದು ನಾವು ಜಾಗ್ರತೆಯಿಂದ ಆಹಾರ ಸೇವನೆ ಮಾಡ ಬೇಕೆಂದರು.ಇಂದು ಜಗತ್ತಿನ್ನೆಲ್ಲಡೆ ಮಾರಕ ಕ್ಯಾನ್ಸರ್ ರೋಗ ತನ್ನ ಕಬಂಧ ಬಾಹುಗಳನ್ನು ಚಾಚಿದೆ. ಇದಕ್ಕೆ ಮುಖ್ಯ ಕಾರಣ ನಾವು ತಿನ್ನುವ ಕೀಟ ನಾಶಕ ಗಳನ್ನು ಉಪಯೋಗಿಸಿ ಉತ್ಪಾದಿಸಿದ ಆಹಾರ ಎಂದರು. ಈಗ ಬರುವ ಅಕ್ಕಿ, ಗೋಧಿ ಇತ್ಯಾದಿ ಆಹಾರ ಧಾನ್ಯಗಳು 6 ತಿಂಗಳು ಇಟ್ಟರೂ ಹಾಳಾಗುವುದಿಲ್ಲ. ಹಾಳಾಗದೆ ಇರದಂತೆ ರಾಸಾಯನಿಕಗಳನ್ನು ಬೆರಸುತ್ತಾರೆ. ಇದನ್ನು ತೊಳೆದರೂ ಸಂಪೂರ್ಣ ಹೋಗುವುದಿಲ್ಲ.ಇದು ನಮ್ಮ ಹೊಟ್ಟೆಗೆ ಹೋದಾಗ ಅದರಿಂದ ಉಂಟಾಗುವ ಅಡ್ಡ ಪರಿಣಾಮಗಳಿಂದ ನಮ್ಮ ಆರೋಗ್ಯ ಕೆಡುತ್ತದೆ ಮತ್ತು ನಮ್ಮ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಕುಸಿಯುತ್ತದೆ. ಕೆಲವು ವರ್ಷಗಳ ಹಿಂದೆ 2 ಮಿನಿಟ್ ನೂಡಲ್ಸ್ ಎಂಬ ಆಹಾರದಲ್ಲಿ ಸೀಸದ ಅಂಶ ಜಾಸ್ತಿಯಾಗಿದ್ದ ಕಾರಣ ಅದನ್ನು ಛಿಚಿಟಿ ಮಾಡಿದ್ದರು. ಆ ಮೇಲೆ ಆಹಾರದಲ್ಲಿರಬೇಕಾದ ಸೀಸದ ಅಂಶದ ಪ್ರಮಾಣವನ್ನು ಜ್ಯಾಸ್ತಿ ಮಾಡಿ ಅದನ್ನು ಬಳಸಲು ರಾಜಾರೋಷವಾಗಿ ಅನುವು ಮಾಡಿಕೊಟ್ಟರು. ನೀವು ಹಳ್ಳಿಗಳಿಗೆ ಹೋದರೆ ತರಕಾರಿಗಳನ್ನು ಬೆಳೆಯುವ ರೈತರು ತಮ್ಮ ತಮ್ಮ ಮನೆಗಳಿಗೆ ರಾಸಾಯನಿಕ ಹಾಕದ ತರಕಾರಿಗಳನ್ನು ಬೆಳೆಯುವುದನ್ನು ನೋಡ ಬಹುದು. ಹಾಗಾಗಿ ನಾವು ರಾಸಾಯನಿಕ ಹಾಕದ ಸಾವಯವ ಪದ್ಧತಿಯಲ್ಲಿ ಬೆಳೆಯುವ ತರಕಾರಿ ಧಾನ್ಯಗಳನ್ನು ತಿನ್ನುವುದರಿಂದ ಆರೋಗ್ಯ ಕಾಪಾಡಿ ಕೊಳ್ಳಬಹುದೆಂದರು.ನಾವು ಹಸಿವಾದಾಗ ಮಾತ್ರ ಊಟ ಮಾಡಬೇಕು.30 –35 ವರ್ಷ ಪ್ರಾಯಕ್ಕೆ ಬಂದ ನಂತರ ತಿನ್ನುವ ಆಹಾರದಲ್ಲಿ 25ರಿಂದ 30% ಕಡಿಮೆ ಮಾಡಬೇಕು ಹಾಗೂ ದೇಹದ ತೂಕ ಜ್ಯಾಸ್ತಿ ಆಗದ ಹಾಗೆ ನೋಡಿಕೊಳ್ಳಬೇಕು ಎಂದರು. ಈಗ ಆಹಾರದಲ್ಲಿ ಉಪಯೋಗಿಸುವ colouring, taste makers, preservatives ಇತ್ಯಾದಿ ದೇಹದಲ್ಲಿ ಕಾನ್ಸರ್ ಕಾರಕವಾಗುವ ಸಾಧ್ಯತೆ ಜ್ಯಾಸ್ತಿ. ಬ್ರೋಯ್ಲರ್ ಕೋಳಿ, ಮೈದಾ, ಎಣ್ಣೆಯಲ್ಲಿ ಕರಿದ ತಿಂಡಿಗಳು ಇತ್ಯಾದಿ ನಮ್ಮ ದೇಹದ ಆರೋಗ್ಯವನ್ನು ಹಾಳು ಮಾಡುತ್ತದೆ ಎಂದರು.

ರೋ. ಡಾ. ಪ್ರಕಾಶ್ ಕೆ. ಇ. ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ಆನ್ ಗೀತಾ ಶೆಟ್ಟಿ ಪ್ರಾರ್ಥನೆಗೈದರು. ಬುಲೆಟಿನ್ ಸಂಪಾದಕ ರೋ. ಅಜಿತ್ ರಾವ್ ಮುಖ್ಯ ಅತಿಥಿಗಳ ಪರಿಚಯ ಮಾಡಿ ಕೊಟ್ಟರು. ಕೊನೆಯಲ್ಲಿ ಕಾರ್ಯದರ್ಶಿ ರೋ. ರಾಧಾಕೃಷ್ಣ ರೈ ಅವರು ವಂದನಾರ್ಪಣೆಗೈದರು.

MANGALORE NORTH R.I. DIST. 3181 (ZONE 2).
OFFICE BEARERS FOR THE YEAR 2023-24.

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Vice President	: **Rtn.Dr. Prakash Shetty**
President Elect	: **Rtn. Mohan Nair**
Imm. Past President	: **Rtn. Dr K E Prakash**
Secretary	: **Rtn. Prasanna Mallya**
Joint Secretary	: **Rtn PDG K Krishna Shetty**
Treasurer	: **Rtn. J V Shetty**
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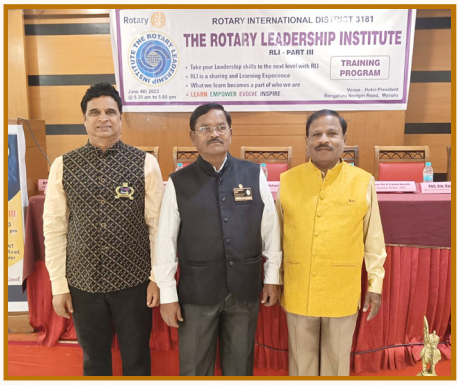
Sergeant At Arms	: **Rtn. Radhakrishna Rai**
Directors - Club Service	: **Rtn. Krishna Prasad Rai**
Community Service	: **Rtn.vishwanath M Shetty**
Vocational Service	: **Rtn. H Sudarshan Nayak**
International Service	: **Rtn.dr. Shivaprasad**
Youth Service	: **Rtn. Dr Arun Kumar Shetty**
Club Trainer	: **Rtn. Dr. Shiva Prasad**
	: **Rtn. Vishwanath M Shetty**

To know yourself, You must first sacrifice the Illusion that you already know

HAPPY BIRTHDAY

Ann Geetha J. V. Shetty
16th June

Jone Eashan Sajith Kottarathe, 16th Jun
Jone Rishab Vasanth Anchan, 17th Jun



Our President Rtn. Dr.Prakash, Secretary Rtn. Radhakrishna & ZL Rtn. Vishwanath Shetty participated in the Rotary Leadership Institute (RLI) Part II & Part III training Program at Mysore on 4th June 2023 hosted by Rotary Mysore Ambari.

WEDDING ANNIVERSARY

Rtn Umesh Rai & Ann Laxmi,18th June

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