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9591339900

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Rtn. PDG Krishna Shetty

9880066488

Treasurer:

Rtn. J. V. Shetty

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Joint Treasurer:

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8494945262

President Elect 2026-27 &

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9353231671

Director: Club Service II:

Rtn. Subraya Prabhu

9880622952

Director: Vocational Service :

Rtn. Dr. Prakash K. E.

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Director: Community Service :

Rtn. Dr. Shivaprasad

9343561455

Director: International Service

Rtn. Vishwanath Shetty M

7829471641

Director: Youth Service :

Rtn. Rajesh Baliga

9844736531

Sergeant At Arms:

Rtn. Dr. Sukesh Rao

9844005122

Rotary Bal Bhavan Chairman:

Rtn. PDG Krishna Shetty

9880066488

Bulletin Editor :

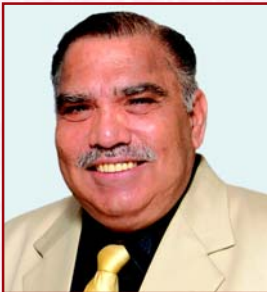
Rtn. Dr. Satish Kumar Shetty

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Hearty Welcome to our Today's Chief Guest

Rtn MPHF K KRISHNA SHETTY

Born on 15 August, 1951, Rtn K Krishna Shetty has steadily climbed the pinnacle of success by sheer dint of hard work and determination right from his formative years to being a veteran Rotarian. He has demonstrated a high caliber

of leadership consistently both in his chosen profession and in Rotary. He has been a vibrant and inspirational member of the Rotary Club of Mangalore North for the past 34 years. He joined Rotary with a wealth of diverse experiences as a leader in the Jaycee movement for five years. Considering his significant contribution and promotion of the ideals and core values of Rotary, he was recognized with the "SERVICE ABOVE SELF - 2012" Award, the highest award of Rotary International. Further, The Rotary Foundation, in recognition of his outstanding service to The Rotary Foundation, conferred the "CITATION FOR MERITORIOUS SERVICE" award in the Rotary year 2022-23.

At the club level, Rtn Shetty has served as the president (1998-99). His acumen for leadership and service was recognized when he was elected the District Governor of the erstwhile RID 3180 for the year 2008-09. His leadership skills and grit were put to the test during the year, and he came out trumps, and his year of governorship witnessed tremendous growth in all avenues of service. He has shouldered the responsibilities in the district by assuming assignments like the DRFC for the terms 2012-14, 2016-17 & 2018-21. He was the District Trainer during 2010-11 and 2012-13, District COL Representative for 2017-2020, District Counselor for 2018-19, Dist. Chief Advisor (Conference) for 2022-23, and Dist. Advisor for 2020-21, 2023-24 & 2024-25. He has been Rotary District Coordinator for Routine Immunization and MR for the years 2018-19, 2019-20 & 2020-21 & Dist. Coordinator for the Rotary Leadership Institute (RLI). He was twice the RI President's Representative in the Dist. Conference of RI Dist. 3020 in February 2019 and for District 2982 in December 2022. He was an RI Director Nominating Committee Member in 2011. He has the unique experience of attending three Rotary International Conventions: New Orleans, USA, in 2011; Bangkok in 2012; and Sydney, Australia, in 2014. He has attended 19 consecutive Rotary Institutes from 2007 till date. He is at present ARRFC of Zone 7 for the Rotary Years 2023-24 to 2025-26.

Rtn Shetty has been an active life member of several organizations and clubs, like the Chamber of Commerce and Industries, Mangalore; the Dakshina Kannada Cricket Association; the Association of Engineers of Kodagu, Dakshina Kannada, and Udupi; the Pilikula Golf Club, Mangalore; and, at present, the Governing Council Member of the Mangalore Management Association. He is also the trustee of "Children's AIDS Research Trust," Mangalore.

Academically a civil engineer, Rtn Krishna Shetty owns and runs his own business enterprise. His spouse, Shakunthala Shetty, has been the president of the Inner Wheel Club of Mangalore North. This couple is blessed with two children: daughter Mrs. Sahana Alva, an engineer, and son Mr. Prajwal Shetty, also an engineer, working in the US.

PROGRAMME TODAY

AT 07.00 PM

Chief Guest : Rtn MPHF PDG Krishna Shetty

Topic : Our Traditions & Culture

Anns & Annets Invited

Dinner Meeting

NEXT WEEK 05.08.2025 AT 07.30 PM

Speaker meeting

Anns & Annets Invited

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

Proceedings of the Rotary Club Weekly Meeting

Date: July 22, 2025 Theme: The Contemporary Relevance of Aati Celebration

Welcome: At the beginning of the program, President of the club Rtn. Dr. M. S. Arun Kumar Shetty welcomed the chief guest, Rotarians, Anns, Annettes, and the guests.

Presentation Summary: The chief guest, Prof. Akshaya R. Shetty, delivered a thought-provoking address on the significance of Aati celebrations in today's world. She highlighted the logic behind the tradition, which centers around finding solutions to community challenges and preserving the ancient culture of Tulu Nadu.

Key insights included:

- **Seasonal Wellness:** Traditional practices emphasize health preservation during the rainy season, such as drinking Pale kashaya—a medicinal herbal concoction made from Pale tree bark.
- **Self-Reliance:** In earlier times, people faced limited mobility due to rain, poor infrastructure, and financial hardship. Despite this, they led contented lives using locally grown produce.
- **Symbolic Cleaning:** The ritual of Aati Pidaye Paduni involves discarding unwanted household items—promoting simplicity and renewal.
- **Cultural Legacy:** Practices like Aati kalenja encourage communal care and environmental worship—values often overshadowed by urban expansion and neglect of nature.
- **Intergenerational Teaching:** Prof. Shetty emphasized passing on these values and traditions to the younger generation to ensure the celebration retains its essence.

Announcements:

- Dr. M. S. Arun Kumar Shetty, Club President, announced the installation of the Interact Club at Karnataka Public School, Muttur on July 26, 2025.
Rtn. PDG K. Krishna Shetty will serve as the installation officer.
- The Interact Club Bokkapattana installation, previously scheduled for July 19, 2025, has been postponed due to a rain holiday declared by the district administration.
- Rtn. Dr. Shivprasad shared the good news of the arrival of Gynecologic Oncology instruments to District Lady Goschen Hospital from the Global grant of Rs.36 lakhs

House recognized the presence of:

- Sri Manjunath Pai, retired DGM of Goa Shipyard Ltd., Ministry of Defence, GOI, a potential Rotary member
- A special invitee Sri. M.P. Amin, father-in-law of Rtn. Dr. Shivprasad K
- Jone Nikhil, son of Rtn. Dr. Shivprasad K and Rtn. Jyoshna Shivprasad

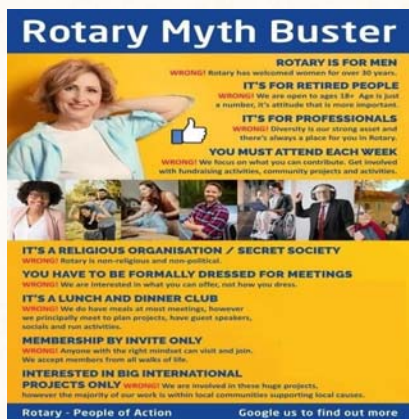
Birthday Honors:

Greetings and honors were presented to:

- Rtn. Walter D'Cunha
- Ann Shahnaz, wife of Rtn. RM Gogeri
- Jone Gaurav Nayak, son of Rtn. Sudharshan Nayak
- Ann Pavithra Mallya, wife of Rtn. Prasanna Mallya
- Jone Shashank D'Sa, son of Rtn. Dr. Alwyn D'Sa

Acknowledgements:

- Invocation: Ann. Geetha V Shetty
- Guest Introduction: Rtn. J.V. Shetty
- Vote of Thanks: Secretary Rtn. Shambhavi Prabhu



Rotary Myth Buster

ROTARY IS FOR MEN
WRONG! Rotary has welcomed women for over 50 years.

IT'S FOR RETIRED PEOPLE
WRONG! We are open to ages 18+. Age is just a number, it's attitude that is more important.

IT'S FOR PROFESSIONALS
WRONG! Diversity is our strong asset and there's always a place for you in Rotary.

YOU MUST ATTEND EACH WEEK
WRONG! We focus on what you can contribute. Get involved with fundraising activities, community projects and activities.

IT'S A RELIGIOUS ORGANISATION / SECRET SOCIETY
WRONG! Rotary is non-religious and non-political.

YOU HAVE TO BE FORMALLY DRESSED FOR MEETINGS
WRONG! We are interested in what you can offer, not how you dress.

IT'S A LUNCH AND DINNER CLUB
WRONG! We do have meals at most meetings, however we principally meet to plan projects, have guest speakers, awards and our activities.

MEMBERSHIP BY INVITE ONLY
WRONG! Anyone with the right mindset can visit and join. We accept members from all walks of life.

INTERESTED IN BIG INTERNATIONAL PROJECTS ONLY
WRONG! We are involved in these huge projects, however the majority of our work is within local communities supporting local causes.

Rotary - People of Action Google us to find out more

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Dr Shivaprasad's
Swathi Homoeopathic Clinic
Alake, Mangaluru - 575003

Established in 1991

Rotary initiative to support the Midwives:-

Midwives play a crucial role in maternity care, providing support and care throughout pregnancy, childbirth, and the postpartum period. Rotary International, through its various initiatives, actively supports midwives and maternal health globally, particularly in underserved communities. Rotary clubs work to improve maternal and child health by providing resources, education, and advocating for better access to quality care.

Role of Midwives in Maternity Care:

Prenatal Care: Midwives provide comprehensive prenatal care, including regular check-ups, monitoring the health of both mother and baby, and offering education on healthy lifestyles and pregnancy-related issues.

Labor and Delivery: Midwives offer continuous support during labor and delivery, using both medical and non-medical techniques to manage pain and ensure a safe and positive birthing experience.

Postpartum Care: Midwives provide essential postpartum care, including monitoring physical recovery, offering breastfeeding support, and screening for postpartum depression.

Advocacy and Empowerment: Midwives advocate for the birthing parent's rights and choices, promoting informed decision-making and respecting cultural beliefs.

Education and Counseling: Midwives provide education and counseling on various aspects of reproductive health, including family planning, sexual health, and overall well-being.

Role of Rotary International:

Supporting Midwives: Rotary International supports midwives through various initiatives, including providing training, resources, and funding for programs that empower midwives and improve maternal health.


To address a maternal health crisis, Rotary members help midwives build leadership skills and professional networks. About 830 women and 7,000 newborns, mainly in low- and middle-income countries, die each day because of complications related to pregnancy and childbirth. These deaths are mostly preventable.

Improving Maternal and Child Health: Rotary clubs work to reduce maternal and child mortality rates by supporting initiatives that improve access to quality healthcare, including providing birth kits and mobile health clinics and promoting immunization programs.

Advocacy and Awareness: Rotary International advocates for policies and practices that support maternal health and actively raises awareness about the importance of midwives in providing quality care.

Global Partnerships: Rotary International collaborates with organizations like the Australian College of Midwives and the Papua New Guinea Midwifery Society to strengthen the midwifery workforce in various regions, particularly in underserved communities.







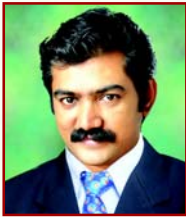


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Prop: Walter D'Cunha





**Congratulations to
Rtn. Ramanand Pai**
for winning the Prize
in the Photography
competition held at
Vijayapura.

Happy Marriage Anniversary



Rtn. Subraya Prabhu & Rtn. Shambhavi Prabhu
24th July

Rotary International Year 2025-26- Monthly Planner

| Sl.No | Month | Areas of Service |
|-------|-----------|---|
| 01. | July | New leadership, Maternal & Child Health |
| 02. | August | Membership & Extension |
| 03. | September | Basic Education & Literacy |
| 04. | October | Economic & Community Development |
| 05. | November | Rotary Foundation |
| 06. | December | Disease Prevention & Treatment |
| 07. | January | Vocational Service |
| 08. | February | Peace Building & Conflict Prevention |
| 09. | March | Water, Sanitation & Hygiene |
| 10. | April | Environment |
| 11. | May | Youth Service |
| 12. | June | Rotary Fellowships |

Happy Birthday Wishes



Rtn. Diviya Rai
23rd July



Rtn. Dr. Shivaprasad
25th July

**Congratulations to
Rtn. Dr. Shivaprasad K.**
← **Recipient of the
Avenues of Service
Award 2024-25**



Rtn. Vishwanath M Shetty
28th July

Annet Akshatha Ajith Rao - 28th July



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