

**UNITE
FOR
GOOD**

Rotary One

**The Voice of Unity from Zone 4****Rtn K Palaksha**
District Governor
RI Dist 3182**Rtn Amit Aravind**
Assistant Governor
Zone IV, RID 3182**Rtn Dr Ganesha A**
Zonal Learning
Facilitator**Rtn Dr Srikanth
Prabhu**
Zonal Secretary**Rtn Janardhan
Bhat**
Zonal Lieutenant**Rtn Dr D Sridhar**
Zonal Lieutenant**Rtn Smitha
Kamath**
Zonal Lieutenant**Rtn Prashanth
Hegde**
Zonal Editor

Rotary December Address by AG Arn Amit Aravind

Dear Rotarians,

Hello everyone, a very hearty welcome to you all to the month of December in Rotary International, where the focus is on **Disease Prevention and Treatment**.

As you all know, we had a truly power-packed month of November 2025.

The month began with a wonderful **Zonal Cultural Event on 2nd November 2025** hosted by the Rotary Club of Udupi.



It was excellently organized, and my special thanks to Rotary Club Udupi, led by President Rtn. Suraj Hegde, Secretary Rtn. Ashok Kotian, and Zonal Cultural Coordinator Rtn. Deepa Bhandary. Hearty congratulations to the **champions, Rotary Club Udupi, and the runners-up, Rotary Club Aisiri Parkala**. It was indeed a memorable and vibrant event.

Following this, we had the **official Governor's Visit of the Rotary Club of Katapady on 4th November 2025**. It was a well-organized and crisp program, highlighted by the Polio Walk-a-thon and various impactful service activities. Congratulations to President Rtn. Asha Anchan and Secretary Rtn. Chandrasekhar for a commendable effort.

We then moved on to the 8th and 9th November **District TRF Seminar held at Shimoga**, where the importance of contributing to The Rotary Foundation was beautifully showcased, highlighting how TRF supports noble causes and enables us to serve communities across the world.

After this came one of the rarest and most memorable moments of my Rotary journey. I had the opportunity to attend the **Rotary Institute at New Delhi from 13th Nov to 16th Nov 2025**, held at the Yashobhoomi Convention Centre and the Manekshaw Centre. It featured a galaxy of speakers from Rotary International, with the presence of many Past District Governors. It was truly a rare privilege to meet our **Rotary International President, Rtn. Francisco Arezzo**, and also capture a photograph with him. This experience will remain etched in my memory and stands out as **one of the most unique events** I have attended, apart from Rotary International Conventions.

I would also like to add that during the **District Cultural Event on 23rd Nov at Sringeri**, many clubs actively participated, and it was a moment of great pride that **Rotary Club Parkala, Rotary Club Aisiri Parkala, and Rotary Club Udupi won several prizes**—bringing accolades not only to their respective clubs but also to our entire zone. Hearty congratulations to all the participants and winners.

The star highlight of the month was the **Zonal Sports Meet on 29th and 30th Nov 2025**, ably hosted by the Rotary Club of Manipal Town at the Manipal End Point Grounds and Sharada Ground. The event was wonderfully organized, and we witnessed a record number of participants in cricket. It truly felt like watching a **Rotary Premier League**, filled with thrilling, nail-biting moments and showcasing the true spirit of friendship and fellowship.

My heartfelt thanks to Rtn. Deepak Ram Bairy, Rtn. Mohan Naik, and our Zonal Coordinator, Rtn. Dr. Sridhar, for hosting this grand event so efficiently. **Congratulations to the new champions, Rotary Club Manipal Town, and the runners-up, Rotary Club Manipal**.

Let us continue this wonderful spirit and work together to promote Rotary's main motto—Unite for Good. You have yet another opportunity this month to participate in the District Sports and once again bring accolades to your club and our zone.

Finally, heartfelt congratulations to our Zonal Editor, Rtn. Prashanth Hegde, for bringing out the colourful and vibrant Rota-1 magazine on time for our zone. Thank you.

Yours in Rotary,**Rtn. Amit Aravind**

Assistant Governor – Zone 4

Rotary District 3182

Zonal Learning Facilitator's Message

Dear Friends in Rotary,

As you know, the Rotary Monthly theme help to plan for monthly activities to the clubs. In Rotary one need not worry to plan for program/project. Any community program/projects can be planned from Rotary's **Seven Areas of Focus** - Peace Building and Conflict Prevention, Disease Prevention and Treatment, Water Sanitation and Hygiene, Maternal and Child Health, Basic Education and Literacy, Economic and Community Development, and Environment. Moreover, note that December's theme, **Disease Prevention and Treatment**, aligns with one of our District's key focus areas—Health. Clubs are encouraged to plan programs and projects addressing both the prevention and treatment of diseases.



Plan to visit along with your club's RCC (if any) to educate people about **hygiene and healthy lifestyle**.

Awareness talk can be arranged through the clubs'/locally available resource persons on **non-communicable diseases** like diabetes, cardiac problems, obesity & associated risk factors.

Think of helping the needy group of people to procure Health cards and Medicare facilities. We can organize Medical camps.

Plan to provide equipment to the physically challenged/needy people. Awareness program to club members like "**Know your counts**" for common parameters of health.

Thank you and wish you all a **Happy new calendar year 2026**

Thank you

Rtn Dr Ganesh A

Zonal Learning Facilitator – Zone 4

Rotary District 3182

4th Zonal Review Meeting



Rotary International District 3182, Zone IV, successfully conducted its **Zonal Review Meeting**, hosted by **Rotary Club Aisiri Parkala**, fostering collaboration, review, and forward planning among the clubs of the zone.

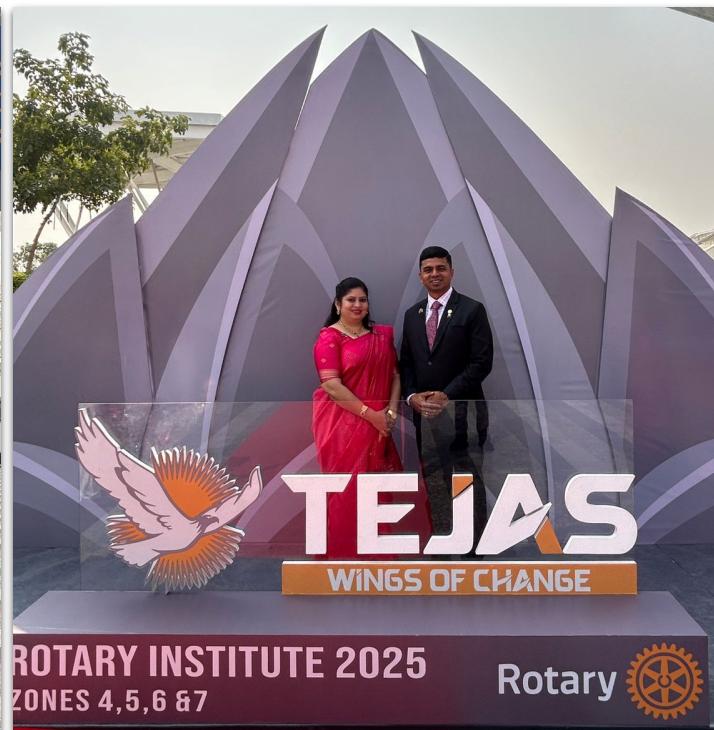
The meeting was held on **Monday, 10th November 2025, at 6:30 PM** at **Aisiri Parkala Meeting Hall**, near 80 Badagabettu Panchayat, Parkala. The event was graced by the presence of **Rtn Amit Aravind, Assistant Governor**, who provided valuable insights and guidance to the clubs.

The session focused on reviewing club activities, discussing best practices, addressing challenges, and aligning future initiatives with Rotary's goals and district priorities.

The host club, **Rotary Club Aisiri Parkala**, under the leadership of **Rtn Anil Kumar, President**, and **Rtn Krishnappa, Secretary**, ensured smooth coordination and warm hospitality, making the meeting both productive

Special Events

Assistant Governor Rtn Amit Aravind at TEJAS – Rotary Institute 2025



District Events

District Cultural Meet 2025-26



Winners at the district level

- ❖ **Duet Song: Second prize - Rotary Udupi** (Rtn Prakash Kamath & Rtn Vidya Shenoy)
- ❖ **Group song: First place - Rotary Udupi**
- ❖ **Film Song: First place - Rotary Udupi** (Rtn Prakash Kamath)
- ❖ **Janapada Geete: Third place - RC Parkala** (Rtn Vani Patil)
- ❖ **Skit: Third place - RC Aisiri Parkala**

Zonal Events

Kala Manjusha 2025 - Zonal Cultural Meet



Kala Manjusha 2025, the Zonal Cultural Meet of Zone 4 was successfully hosted by **Rotary Udupi** on 02nd November 2025 at Mathura Comforts, Udupi.. **Rotary Udupi** and **RC Aisiri Parkala** emerged as the Overall Champion and Runner Up respectively.



Zonal Events

Rotacrown - Zonal Sports Meet



ROTACROWN 2025, the Zonal Sports Event of Zone 4, RID 3182, was successfully hosted by Rotary Club of Manipal Town on 29th and 30th November 2025 at the MAHE Ground, MIT Indoor Stadium, and KMC Sharada Courts, Manipal. **RC Manipal Town** and **RC Manipal** emerged as the **Overall Champion** and **Runner Up** respectively.

Club Activities

RC Aisiri Parkala



Felicitated drama directors Mr Panduranga Prabhu and Mr Nithin Badagubettu



Felicitated postal staff



Pratibha Siri- Best Outgoing Student Award and cash prize was given to 2 students of Govt composite high school settibettu



Distributed sweets and toys to 11 anganwadi schools on 14th November on the occasion of children's day

RC Katpady



Rotary District Governor Rtn K. Palaksha made his official visit to the Rotary Club of Katpady on [date]. During the visit, he officially released *Spandana* and was felicitated by the club in recognition of his leadership and service. A club assembly was conducted where the District Governor reviewed club activities and offered valuable guidance. The club also carried out various service projects on the day of DG's official visit.

Club Activities

RC Katpady



Honoured the cleaning staff for their dedicated service



Inauguration of road safety sign board by District Governor



Inauguration of polio walkathon by DG and District Polio Coordinator



Donated Toilet block of worth Rs 12 Lakhs.

RC Manipal



Hosted the IFMR India riders in Joint meeting with IFMR Udupi chapter and Rotary Club Manipal Town and exchanged flag in the presence of AG Rtn. Amit Aravind and D G Rtn. Palaksha K



Participated in ZONAL SPORTS EVENT Zone 4 -ROTACROWN, held at Manipal and emerged as the Runner-up in Overall Championship

Club Activities

RC Manipal



A session on Cyber Safety and a session on Road Safety was conducted by the resource persons Hussain Saab and Mr Nilesh for 120 students of Christ High school, Manipal

Planted saplings in Sagri Nole school premises in memory of Saalu Marada Timmakka after a talk on her life and after the celebration of Children's day



Arranged a Dance Drama, by Prajnanam Trust to promote Art & culture and support the young female artist Vidushi Samsrithi Prabhakar and honoured her

Dr.Girija gave an awareness talk to the students of Interactors of Madhava Kripa School about Polio.

RC Manipal Hills



Organized Blood donation camp at MIT, Manipal

Celebrated Children's day at EMHS and distributed prizes and snacks to the children and staff



Conducted Dental checkup and Screening at Rajeev Nagar Composite high school. Rajeev Nagar. Manipal. More than 200 participated in this camp

Club Activities

RC Manipal Hills



Organized CPR training at ITI Pragathi Nagar by the team of KMC MANIPAL



Actively participated in the Zonal Cultural and Sports Meets, winning several prizes.

RC Manipal Town



A joint meeting in connection with the Rotary K2K IFMR India Rally was successfully organized by the Rotary Club of Manipal, Rotary Club of Manipal Town, and the IFMR Udupi Subchapter. The rally is a prestigious initiative of the International Fellowship of Motorcycling Rotarians (IFMR) India Chapter, involving 26 Rotarians riding across the country, covering more than 14,000 kilometers over 17 days, passing through 50+ cities, 15 states, 2 Union Territories, and 43 Rotary International districts

An Inter Zone Joint Club Meeting was jointly organized by the Rotary Club of Karkala (Zone 5) and the Rotary Club of Manipal Town (Zone 4) at Rotary Bala Bhavan, Karkala.

The meeting was conducted in collaborative spirit, reflecting Rotary's theme "Unite for Good." Members from both clubs participated enthusiastically, strengthening inter-club fellowship and cooperation.



Club Activities

RC Manipal Town

HOSTING FAMILY MEET

Dr Rajaneesh Giri & Rtn Dr Smitha Rajaneesh

SHREE HOMESTAY



The Rotary Club of Manipal Town successfully organized a warm and engaging Family Meet at Shree Homestay, graciously hosted by Dr. Rajaneesh Giri and Rtn Dr. Smitha Rajaneesh. The event was marked by fellowship, bonding, and joyful interaction among Rotary members and their families.

RC Parkala



Rotary Club Parkala, Bharatiya Vaidyara Sangha Udupi, Gandhi Hospital Udupi, Parkala High School, and Kasturba Hospital Manipal jointly organized a "Madaka Vyasana Jagruti Mahiti Shibira" (Drug Awareness Camp) at the Library Auditorium of Parkala High School. The program was conducted for the students of Parkala High School to create awareness about the harmful effects of drug abuse and to promote a healthy, drug-free lifestyle.

Rotary Parkala organized a Sneha Milana programme for the residents of Hosabelaku Ashram (Old Age Home) at Bailur. Rotary Parkala contributed nearly ₹60,000 to Hosabelaku Ashram and also donated food kits to the residents



Rotary Udupi



A joint meeting with RC Manipal was held and Deepavali celebrations also was carried out. Winners of the Zonal cultural event were honoured. Meeting was closed with dinner served

Rotary Udupi



Rtn PHF Subramanya Basri gave a talk on TRF, the foundation the flow of funds in TRF and various aspects of TRF and Grants that flow back to our country with the TRF donations that we give. Many avenues of the TRF and benefits of donating to TRF

Announcements



Rtn. Francesco Arezzo
RI President - 2025-26

Rtn. K. PALAKSHA
District Governor - 2025-26



10th District Conference RI Dist 3182

Rotary INTERNATIONAL UNITE FOR GOOD RID - 3182



ZONE 9 Presents
10th District Conference of RID 3182
23-24-25 JAN 2026
Venue : UNITED CAMPUS Arasikere Road, Hassan.
HOST : ZONE 9 - RID 3182

23, 24 & 26 Jan 2026

SPANDANA 2026

Voice of Inspiration



Dr. S Somanath
ISRO Former Chairman



Sri Sri Veerasha Nanda Ji Saraswathi Swamiji
of Ramakrishna Vivekananda Ashram Tumkur



Lt. Gen. BS Raju



Sri HN Srinivas
Tata Trust



Sri. Raul John Aju
Founder & CEO, AI Realm Technologies



Prof. Krishne Gowda
Humour ist



Vijayalakshmi Sibroor
Journalist



Mimicry Gopi
Humourist



PDG Rtn Gowri Rajan
Sri Lanka