



Doctors Day Celebration: Our Chief Guest



Dr. K. R. Dakshayini is an accomplished academican and seasoned anatomist with over three decades of dedicated service in medical education. She currently serves as the Director and Dean, as well as Professor and Head of the Department of Anatomy at MMC&RI, Mysuru. A graduate of AIMS, Bellur (1992), she completed her postgraduation in Anatomy from GMC, Mysore in 1999.

Her illustrious teaching career began in 1994, and she has been a guiding force for undergraduate and postgraduate students alike. She has served as a PG guide since 2004 and has been an examiner for MBBS and MD examinations for nearly two decades. Prior to joining MMC&RI in 2000, she worked at JSS Medical

College, Mysore.

Dr. Dakshayini has significantly contributed to academic bodies, having held positions such as Board of Studies (BOS) Chairperson and Member, and Academic Council and Senate Member at RGUHS, Bangalore. Her research contributions include two awarded ICMR projects and over 75 publications in national and international journals.

Her commitment and excellence have been recognized through numerous awards, including the Best Teacher Award at MMC&RI, the Mahila Sadaki Award, and the prestigious Vaidhyashree Award. She has also received accolades for her role in promoting body donation and her contributions during the COVID-19 pandemic.

Dr. Dakshayini is widely respected for her academic leadership, mentoring, and pioneering contributions to the field of anatomy.

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Celebrating Academic Brilliance - 2025 Awards



Rotary Midtown Celebrates Young Achievers at Trinity Academic Excellence Awards 2025.

On 16th July 2025, Rotary Mysore Midtown came together to celebrate academic brilliance at the Trinity Academic Excellence Awards, held at the RCL Hall. Sponsored by Trinity College, this annual event is a flagship initiative aimed at recognising and motivating top-performing students from the city of Mysuru. The 2025 edition was a proud and heartwarming occasion for all present, as two outstanding students were felicitated for their remarkable achievements in the SSLC and PUC board examinations.

The Chief guest of the day Shri Marithibbegowda,

former Deputy Chairman of the Karnataka Legislative Council. A respected statesman and passionate advocate of education, he applauded the hard work and perseverance of the awardees, their families, and the educators who played a key role in their success.

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Our Doctors : Pride of Midtown



Dr. Prahlad K. A. is a seasoned Consultant Physician at Apollo BGS Hospitals, Mysore, with a career spanning over 22 years. Born on March 8, 1966, in Malnad, he holds an MBBS from Karnataka Medical College, Hubli, an MD in Pharmacology from PGIMER, Chandigarh, and a DNB in General Medicine from Jubilee Mission Hospitals, Kerala. His areas of expertise include Infectious Diseases, HIV/AIDS, poisoning, and lifestyle-related ailments. A committed academician, he has mentored numerous postgraduate students and remains active in research and training. During the COVID-19 pandemic, Dr. Prahlad served on the frontlines, contributing not just through treatment, but also

by spreading awareness and sharing medical insights with the public.

Dr. Prahlad is a life member of the Association of Physicians of India and the Indian Society of Critical Care Medicine. A dedicated Rotarian since 2003 with Rotary Mysore Midtown, he has served in several roles, including Secretary, Editor, and Club President (2018-19), during which he received the RI President's Citation. He is also a PHF+1 contributor to The Rotary Foundation. He served as Assistant Governor for Zone 7 in 2024-25 and currently chairs the District Conference "Sneha Saurabha" for 2025-26.

Outside his professional and Rotary life, Dr. Prahlad is passionate about sports and stage activities. He is married to Mrs. Prabha and is a proud father to Prerana and Pranav.

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Dr. Karthik Udupa N is a seasoned physician and intensivist with over two decades of dedicated service in the field of internal medicine and critical care. A graduate of Mysore Medical College with an MBBS degree, he further pursued DNB in General Medicine from the prestigious Malabar Institute of Medical Sciences, Calicut. His commitment to critical care is further demonstrated by his fellowship with Indo-Australian Critical Care and his credentials as an instructor for Basic and Advanced Cardiac Life Support (BLS, ACLS) certified by the American Heart Association. Dr. Udupa runs the well-regarded "Udupa Clinic," a specialty medical and diabetic care



center near Siddapa Square. He is currently associated with KVC Super Speciality Hospital, serving as a Consultant Physician and Intensivist for the past two years. Prior to this, he held a similar role for 15 years at Setharanga-Vatsalya-Secure Hospital, where he was known for his clinical expertise and compassionate care. His dedication to patient wellbeing, teaching, and advancement in critical care medicine has earned him respect among peers and patients alike.



Dr. Raghu R G is a distinguished dentist with over two decades of experience in dental care. A graduate of Hasanamba Dental College, Hassan (2002), he has further enhanced his skills through various fellowship programs from reputed institutions like Manipal and Calicut universities. Specializing in family dentistry, Dr. Raghu is well-versed in treating cavities, gum issues, and a wide range of oral health problems, with a firm grasp of advanced dental technologies. He began his private practice in 2005 and now successfully runs dental clinics in JP Nagar, Mysuru, and in Krishna Raja Sagar, Mandya district. He is also associated as a

consultant with GC Hospital, bringing his expertise to a broader patient base.

Beyond dentistry, Dr. Raghu is a man of many passions—he enjoys music, gardening, reading, and maintaining a striking, celebrity-like persona. He is married to Ann. Sumalatha and is a proud father to Rishika and Ronit Raghu. Widely admired for his dedication and charisma, he is fittingly known as The Smile Sculptor and Guardian of Gleaming Smiles.

Dr. Manu Prasad S is a renowned craniofacial, cleft, and aesthetic surgeon with over two decades of experience and more than 10,000 successful surgeries to his credit. Known for his unique blend of surgical precision and philosophical insight, Dr. Manu is widely respected in both national and international medical circles.

He specializes in craniofacial surgery, cleft lip and palate procedures, facial cosmetic surgery, and hair transplantation. He has received guidance from eminent global surgeons and continually contributes to the advancement of his field through research, training, and scholarly publications.



Currently, Dr. Manu serves as the Head of the Centre for Cleft Services at St. Joseph's Hospital, Mysore, and is also the Centre Director for the DCKH (Germany) project. Previously, he led the Centre for Craniofacial Anomalies at Yenepoya University, Mangalore. He is also a Professor and Head of the Department of Oral and Maxillofacial Surgery at Farooqia Dental College under RGUHS.

A passionate advocate for quality healthcare, Dr. Manu is an NABH Internal Assessor and ISO Lead Auditor. He also holds postgraduate qualifications in healthcare management, medico-legal systems, and health insurance. He is the Treasurer of the Karnataka State Chapter of AOMSI and was recognized as one of the “Leading Health Professionals of the World – 2013” by the International Biographical Centre, UK.

Through his NGO, Swasthya Foundation, Dr. Manu provides free surgeries and care for underprivileged cleft patients, helping them reintegrate into society with dignity.



Dr. Chaitra Suhas is an accomplished Ayurvedic physician specializing in Kayachikitsa (internal medicine), with over a decade of experience in holistic healthcare. A graduate of the renowned JSS and SDM Ayurveda Colleges, she has practiced in multiple cities including Bangalore, Mysore, Tumkur, Doddaballapura, and Udupi.

Her clinical expertise spans a wide range of chronic and complex conditions such as paralysis, arthritis, spondylitis, psoriasis, migraine, PCOD, and infertility. Over the past five years, Dr. Chaitra has passionately focused on integrative pediatric care, particularly in supporting children with autism spectrum disorder through Ayurvedic

and holistic methods.

A dedicated community health advocate, she has participated in numerous health camps and awareness seminars, including those organized by SDM and JSS Ayurveda Hospitals and Rotary Club initiatives in Bangalore. Her efforts aim to bring Ayurvedic care to underserved communities and spread awareness about preventive healthcare.

Beyond medicine, Dr. Chaitra finds joy and mindfulness in painting. Her personal mission is to build a support system for underprivileged autistic children, fostering awareness, financial independence, and meaningful societal inclusion. Her vision is to create a compassionate community that empowers every special soul to thrive independently.

Dr. Chandan K.R is a skilled Vascular and Endovascular Surgeon with over seven years of experience dedicated to the motto “Save limbs & save lives.” Proficient in both open and endovascular procedures, he brings a committed and compassionate approach to patient care.

Dr. Chandan earned his MCh in Vascular & Endovascular Surgery from Madras Medical College, Chennai, and holds an MS in General Surgery from SDUMC, Kolar, along with an MBBS from KVG Medical College, Sullia. He currently serves as a Consultant at Sri Jayadeva Institute of Cardiovascular Sciences and Research, Mysuru, and has



previously worked with Apollo Hospitals, Chennai. He has also contributed as an Assistant Professor at institutions like Kannur Medical College and Adichunchanagiri Institute of Medical Sciences. Coming from an academic family, Dr. Chandan is the son of retired lecturers M. Ramachandra and B.R. Prameela Devi. He is married to Dr. Ramya D.N., a specialist in internal medicine, and they have a daughter, Naksha. Outside his medical career, Dr. Chandan enjoys shuttle badminton, reading newspapers, and travelling. He is fluent in Kannada and English and converses comfortably in Hindi and Tamil.

Rotary Midtown Timbertales Golf Tournament



Probably our president Rtn Rakesh had envisioned this event years back, now it was time to put thoughts into action- what an event it was , driven to perfection just like the tee off in golfing terms. Five months of planning and running around to get sponsors Rakesh ,Bhaskar & Babanna, hats off to the successful 2 day event , our chief guest DG nominee Rtn Yashaswi Somashekar fondly called Somanna by Rotarians inaugurated the event on Friday as early as 8 am.The natural beautiful backdrop of Chamundi hills added to the festivities.

180 golfers participated in the tournament and each one of them enjoyed the Midtown hospitality.

For most of the non golfers the technicalities of the game were Greek & Latin although quite a few of them tried to understand how the game is played the midtown golfers had a hard time explaining the scoring pattern and how the winners are chosen.

There were four sessions stretching over 2 days of festive atmosphere culminating on Saturday night with the customary golf club prize distribution followed by a gala dinner.

Pdg Rtn Keshav was the chief guest for the valedictory function- He was very brief in his address and had the audience in splits with his witty jokes .It was a nice fusion of Rotary & Golf which will be



remembered for years to come.

A nice video showcasing the Midtown projects was there for everyone to watch, our flagship event Bandhavya, our special school Manasa kuteera and the Rotary Midtown academy were showcased beautifully in the video besides the various other projects. Golfers also contributed generously to community service.

Golf club president Dr Abraham Thomas who was also an ex Rotarian still remembered the customary rotary protocols allowing the rotary president to be collared and start the meeting.

He was all praise to Rotary Midtown for conducting such a successful tournament and asked us to make it an annual affair.

Finally a big thank you to all the sponsors-Timbertales (premium resorts in Coorg) who were the title sponsors, Marqland (Range Rover & Jaguar cars) the platinum sponsors, our own Rtn Narendra for helping us in a big way with CSR funds, our own event chairman Rtn Narendra babu & Rtn Rakesh for their generous contributions. Rtn Deepu for sponsoring the beautiful trophies & all the Midtown Rotarians who helped us with their generosity.

I must also mention the services of

Event Vice-Chairman Rtn.Dr.Kumar, Rtn.Gopinath who was there for all the four sessions to collect contributions from golfers & Rtn.Nagaraj for being a pillar of support with his presence.

I'm sure this will be remembered for years to come, thanks Rtn Rakesh for conceptualising and making the event a grand success.

- Rtn Sait

Celebrating Academic Brilliance - 2025 Awards

In his keynote address, he spoke about the transformative power of quality education and urged students to remain lifelong learners, critical thinkers, and responsible contributors to society.

The Rotary Mysore Midtown Trinity Academic Excellence Awards 2025 were conferred upon Ms. Namanashree M S, who scored an exceptional 623 out of 625 in the SSLC examination and Master Kruthik C Urs, who secured an impressive 582 out of 600 in the PUC board exams.

Both students were honoured with mementoes and certificates of excellence, receiving warm applause and appreciation from Rotarians, faculty members, guests, and proud families. Their achievements are shining examples of discipline, dedication, and the spirit of academic excellence that defines Mysuru.

Rtn Elizar Milton, Chairman of Trinity Group of Institutions and an active member of Rotary Mysore Midtown played a central role in the event. He was joined on stage by Principal Dr Shama Milton, whose leadership has been vital in shaping Trinity's academic ethos. The dedicated faculty and staff of

Trinity College were instrumental in the successful execution of the event—handling everything from compering and stage coordination to hospitality and logistics. Their efforts ensured the event was smooth, impactful, and memorable for all.

President Rtn Rakesh Babu, Secretary Rtn Bhaskar Sainik, and senior Rotarians reiterated Rotary's enduring commitment to education and youth empowerment. They emphasized that such recognition not only celebrates personal achievement but also inspires a broader culture of learning and ambition in the community.

As the evening drew to a close with a heartfelt vote of thanks, the spirit of celebration and purpose lingered in the air. Events like these affirm the power of partnerships between educational institutions and service organisations.

Rotary Mysore Midtown takes great pride in its association with Trinity College and looks forward to many more opportunities to spotlight and support the bright young minds of Mysuru.

Rtn Padmaja Muralidhar

The Rising Burden of Heart Attacks in India: A Holistic Approach to Prevention

A Silent Epidemic: Young Hearts Under Siege

India is witnessing an unprecedented crisis in cardiovascular health, with heart attacks now striking alarmingly young populations. Recent data paints a grim picture:

- A 40% surge in heart attacks among those under 40 post-pandemic (Times of India, 2023)
 - Fit individuals, including marathon runners, collapsing from cardiac events weeks after COVID recovery (The Hindu, 2022)
 - Hospitals reporting tripled cases of blocked arteries in 25-35 year olds (Hindustan Times, 2024)
- Cardiovascular diseases (CVDs) now account for 28% of deaths in India (GBD 2023).

The culprits? Sedentary lifestyles, processed foods, air pollution, and post-COVID vascular damage (??)
Modern Medicine's Take:

Key Risk Factors enlists-

1. Metabolic Disorders: Diabetes (101 million cases), hypertension (1 in 3 adults).
2. Lifestyle: Smoking (27% prevalence), vaping, lack of exercise.
3. Post-COVID Effects: Micro clots, chronic inflammation.

COVID-19 Vaccines: Separating Facts from Myths

mRNA vaccines: Rare myocarditis (2-10/100,000 doses in young males)

Adenovirus vectors: Minimal thrombosis risk (1/50,000-250,000)

Consensus: Infection risk >> vaccine risk (WHO/ICMR)

Accolades

The tournament had a truly professional touch - it felt like a major corporate event. Congratulations, Babu, for pulling off such a grand and well-organised affair!

- **Ex Captain Anil**

The fellowship atmosphere was very elegant

- **DV.Sridhar**, Committee member

Well done, Rakesh. Tournament, the function and food. All were excellent.

Best wishes for a successful term as president

- **Rtn. Sudhir Bhat**, RC Panchsheel

Thank you, Rock. Super tournament, wishing you the best

- **Arjun Ranga**, Industrialist, Ace Golfer

We were delighted to have participated in the Rotary Midtown's Event and it was a good Event for our brand, as we catered all creamy layer in and around Mysore where our products are pitched to the right audience. And since it is a social cause event we have done our bit of contribution to the society.

Hope to be a part of such events in near future.

- **Mithun Kumar**, Deputy Manager-Sales, Marqland Jaquar Landrover

The recently concluded GOLF TOURNAMENT had everything to make it a fairytale event. Meticulous planning, systematic

execution, and Grandeur, all boxes ticked signature traits of Midtown. Kudos to team DO GOOD. When intentions are good only good can happen.

- **Rtn. Raghu MS**, Charter Member, Rotary Mysore Midtown

Greetings from Marqland !!!

At the outset we would like to thank you for giving us an opportunity to display our JLR cars and also for supporting us in providing slots for test drive cars during the Rotary Midtown Charity Golf Tournament Event.

The serene place with exquisite arrangements and niche audience provided an awesome engagement of the beau monde society for both approved and new JLR cars.

We thank you for honouring us at the event. Looking forward to working with you again!

- **Mr. Micahel Cain**, Manager-Sales, Marqland Jaquar Landrover

It was an excellent event. Well organized, Kudos to you all

- **DGN Yashaswi Somashekar**

The charity event was a grand success - well-conceptualized, smoothly executed, and truly impactful. Kudos to your leadership ably supported by Hon Sec. Rtn.Bhaskar Sainik. The collective effort of you both along with Event Chairman Rtn.Narendra Babu and Community Service Dir Rtn.Dr.Kumar made it a memorable and a meaningful initiative.

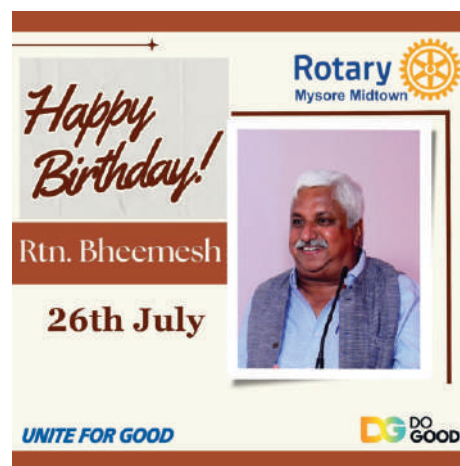
- **Rtn.Abhilash S**, Rotary Mysore Midtown

Project week Dr Bheemesh



Birthday of my sister Smt. Umadevi was celebrated at Chiguru Ashrama, a home for Destitute Women, Koorghalli, Mysore. Cost of project Rs. 3500/-

Birthdays & Anniversaries



Next week in Midtown: Business Meeting

30th July, 2025 RCL Hall, JLB Road, Mysuru



Rtn. Francesco Arezzo
President - Rotary International



Rtn. Ramkrishna P K
District Governor RI-3181



Rtn. Rakesh Babu K L
President 2025-26



Rtn. Bhaskar Sainik
Hon. Secretary 2025-26



Rtn. Sulaiman Sait
Editor 2025-26