



Rtn. Francesco Arezzo
RI President

Rtn. K Palaksha
District Governor

Rtn. Amit Aravind
Assistant Governor

Rtn. Smitha Kamath
Zonal Lieutenant

Rtn. Shashikala Rajavarma
Club President

Rtn. Vanishree Rao
Club Secretary

Rtn. Rathnakar Udyavar
Club Treasurer

Rtn. Divyashree M S
Rtn. Sajani Shirali
Concord Editors

Avenue Directors

Rtn. Dr Shubha H S
Club Service

Rtn. Nagaraj Shetty
Vocational Service

Rtn. B Karunakar
Shetty

Community Service

Rtn. Subhas Bangera
International Service

Rtn. Rtn. Dr Girija A
New Generation Service

District Projects

Clean Environment for Good
Health
Awareness to Road Safety
Education with Legal Awareness
Go Green and Save Water

THE 4-WAY TEST

Of the things we think, say or do
- Is it the TRUTH ?
- Is it FAIR to all concerned ?
- Will it build GOODWILL and
BETTER FRIENDSHIPS ?
- Will it be BENEFICIAL to all
concerned ?

Club Service

Rotary Club Manipal

Tuesday 9th September 2025 | 6:45 pm

Rotary Bhavan, Manipal

Theme: CPR Training – World First Aid Day

Speaker: Dr. Prithvishree Ravindra

Meeting Co-ordinator: Rtn. Indira Rao

No. of Participants: 50



Overview

The weekly Rotary Club meeting at Rotary Bhavan, Manipal, focused on CPR training in observance of World First Aid Day. Led by Dr. Prithvishree Ravindra and her team from KMC Manipal, the session highlighted the difference between heart attack and cardiac arrest and demonstrated proper CPR techniques using mannequins. Rotarians and Rotaractors actively participated, gaining valuable life-saving skills, and Dr. Prithvishree's team was honored with a Certificate of Appreciation. The meeting, coordinated by Rtn. Indira Rao and emceed by Rtn. Neetha Shetty, also featured contributions from club members.

On the occasion of World First Aid Day, CPR training was given by a group of doctors led by Dr. Prithvishree Ravindra. CPR is the most important aspect of First Aid to Save lives. The team came well equipped for the training and was very beneficial.

The meeting was preceded by President Rtn. Shashikala Rajavarma. Thought for the day was presented by the new member Rtn. Prema Patil. Rotary Information was presented by Rtn. Subhash Bangera. Club Service Director Rtn. Shubha HS introduced the Guest Speaker Dr. Prithvishree Ravindra.

Dr. Prithvishree Ravindra explained the difference between Heart Attack & Cardiac Arrest. She explained how lives can be saved using the right technique of CPR. She along with the team demonstrated the technique with the help of mannequin. Rotarians actively participated in the session and learned the technique with the help of volunteers. Certificate of Appreciation was awarded to Dr. Prithvishree & Team for the useful training provided. It was indeed a life skill learning & enlightening session.

Rotaractors from Muniyal, Manipal & Manipal Central joined the session.



The meeting was concluded with announcement & vote of thanks by Secretary Rtn. Vanishree Rao and National Anthem & Group Photo.

Club Service



11.09.2025: 2nd Zonal Review Meeting & IT Training was held at MIT Skill Development Centre. RC Manipal Hills hosted the meeting. AG Amit Aravind preceded the meeting. All the ZLs, Presidents & Secretaries of Zone 4 attended the meeting. Secretary Rtn. Vanshree Rao presented the August Month Activity Report. District Chairman Rtn. Prashanth Hegde conducted IT Training on Goal Setting.



Thought for the day by
Rtn Prema Patil

ಇತರರ ಒಳಿತನ್ನು ಮುಲಾಜಿಲ್ಲದೆ
ಗುಣಗಾನ ಮಾಡು...!!
ಆದರೆ ಬೇರೆಯವರ ಕೆಡುಕಿನ ಬಗ್ಗೆ
ಮಾತನಾಡುವಾಗ...!!
ನೂರು ಬಾರಿ-ಸಾವಿರ ಬಾರಿ
ಯೋಚಿಸು...!!

ಹಣವು ಒಂದು ಸಣ್ಣ ನಾಣ್ಯ
ಆರೋಗ್ಯ ಒಂದು ದೊಡ್ಡ ನಾಣ್ಯ
ಪ್ರೀತಿ ಒಂದು ಅದೃಷ್ಟದ ನಾಣ್ಯ
ಸಂಬಂಧವು ಸಿಹಿ ನಾಣ್ಯ ಆದರೆ
ಸ್ನೇಹವು ಚಿನ್ನದ ನಾಣ್ಯ



Rotary Information by
Rtn Subhash Bangera

In **Mumbai**, a member of the Rotary Club of Bombay Airport witnessed a collapse on Carter Road. Thanks to precise training that bystander performed CPR And used an AED or Automated External Defibrillator- making history as the **first layperson in the city to revive someone like that**. The impact didn't stop there. The club went on to install 64 AEDs across local railway stations and trained staff- saving yet another life shortly after.

Across India, the **Rotaract Club's "Heartbeats" initiative** trained more than **10,000 people** in CPR, in cities and rural areas alike.

They aren't just stats – they are stories of ordinary citizens empowered by Rotary to meet emergencies with confidence. And since we like acronyms in Rotary, here's a fun way to remember CPR:

C for Courage – to step forward when someone needs help.

P for preparedness – a little training can make all the difference

R for Rotary Spirit – Service above self, even in emergencies.

Community Service



Road Safety Awareness Program on 09.09.2025 (District Project): RC Manipal conducted a Road Safety Awareness Program at Tiger Circle Manipal. Police Sub Inspector Vijay from Manipal Police Station was the Chief Guest of the program & spoke on Road Safety. Road Safety Stickers were released. 15 Rotarians participated in the event.



09.09.2025: An appeal for supporting Sahil Shetty for education was put forward by Rtn. Nagaraj Shetty in the 2nd BOD meeting Dt 02.09.2025. He had met with an accident while returning from his part time job in a milk dairy and had incurred substantial amount of medical treatment. Voluntary contributions were made by RC Manipal Members and an amount of Rs. 30,000/- was donated to his mother in the Club Service Meeting.

New Generation Service



13.09.2025: Successful Letterhead Exchange between Rtr. Siri (Past President,) and Rotaract Club of SIES, Nerul during the IDY Pune Event. This exchange marks the strengthening of friendship, collaboration and the true spirit of Rotaract Fellowship Through Service.



09.09.2025: Rotaract Club of SDMCAU, in collaboration with Rotaract Club of Ambarnath, successfully conducted a Sanitary Pad Donation Drive at Jhila Parishad School, Badlapur. A total of 120 packets of sanitary pads were donated, along with a Menstrual Awareness Session. This initiative aimed to empower young girls, promote menstrual hygiene, and break the stigma around menstruation.



10.09.2025: Throw Ball Tournament was organized by Government Girls' PU College Udupi at Ajarkad Ground. RC Manipal sponsored the trophies and medals. President Rtn. Shashikala Rajavarma was one of the Chief Guests

Rotarians in Action



12.09.2025: On the occasion of 70th Birthday of Lord Sanjeeva Suvarna (Yakshagana Guru), H/o Rtn. Veda Suvarna, Yaksha Jeeva Bhava program was organized in Yakshagana Kalaranga Infosys Hall, Udupi. Rtn. Dr Girija A was one of the Chief Guest.



12.09.2025: The inauguration of the Skill Development Centre by Udupi District Parents Association for Mentally Challenged was on Friday, 12th September at 9.30 am. The facility was inaugurated by Smt. Laxmi R Hebbalkar, Minister of Woman & Child Development, Disabled and Senior Citizen empowerment & Shri Yashpal Suvarna, MLA Udupi. PDG Rtn. Dr. Gowri will be one of the Distinguished Guests. 15 Rotarians attended the inauguration ceremony. Rtn. Jaivittal, is the President of the association.

Public Image



05.09.2025: Teachers Day Celebration by Education Dept of Udupi Dist at Shamili Hall, Udupi.. Rs. 5,000 was contributed towards honoring of Teachers as Teachers Support is one of Rotary District Theme. Around 1,000 teachers were recognized. RC Manipal displayed its banner.



ಉಡುಪಿಯ ಬಾಲಕಿಯರ ಸರಕಾರಿ ಪದವಿಪೂರ್ವ ಕಾಲೇಜಿನಲ್ಲಿ 'ಕಸದಿಂದ ರಸ' ಕಾ...
ಉಡುಪಿ: ಬಾಲಕಿಯರ ಸರಕಾರಿ ಪದವಿಪೂರ್ವ ಕಾಲೇಜಿನ ಇಂಟರಾಕ್ಟ್ ಕ್ಲಬ್ಬಿನ ಆಶ್ರಯದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗಾಗಿ 'ಕಸದಿಂದ ರಸ' ಸ್ಪರ್ಧೆಯನ್ನು ಆಯೋಜಿಸಲಾಯಿತು. ಹಳೆಯ ಪೇಪರ್ ಮತ್ತು ಪ್ಲಾಸ್ಟಿಕ್ ಬಾ...
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<https://janaprathinidhi.com/?p=45535>

ಜನಪ್ರತಿನಿಧಿ

8:14 pm

ಉಡುಪಿ ಜಿಲ್ಲೆ | ಸುದ್ದಿಸಂ

ಮಣಿಪಾಲ ರೋಟರಿ: ರಸ್ತೆ ಸುರಕ್ಷತಾ ಜಾಗೃತಿ

ಉಡುಪಿ, ಸೆ. 12: ಮಣಿಪಾಲ ರೋಟರಿ ಕ್ಲಬ್ ಮೂಲಕ ರಸ್ತೆ ಸುರಕ್ಷತಾ ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮ ಇತ್ತೀಚೆಗೆ ಟೈಗರ್ ಸರ್ಕಲ್ ವೃತ್ತದಲ್ಲಿ ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಮಣಿಪಾಲ ಕಾರ್ಪೊರೇಷನ್ ಸಹಾಯಕ ಪೊಲೀಸ್ ಸಬ್ ಇನ್ಸ್‌ಪೆಕ್ಟರ್ ವಿಜಯ ಭಾಗವಹಿಸಿ, ರಸ್ತೆ ಸುರಕ್ಷತೆಯ ಪ್ರಾಮುಖ್ಯತೆಯ ಬಗ್ಗೆ ಮಾಹಿತಿ ನೀಡಿದರು. ರಸ್ತೆ ಸುರಕ್ಷತಾ ಸ್ಲೋಗನ್‌ಗಳನ್ನು ಬಿಡುಗಡೆ ಮಾಡಲಾಯಿತು. ಮಣಿಪಾಲ ರೋಟರಿ ಕ್ಲಬ್‌ನ ಗೌರವ, 'ಹೆಚ್ ಗವರ್ನರ್' ಆರ್. ಅಮಿತ್

ಅರವಿಂದ್, ಕ್ಲಬ್ ಜಿಲ್ಲಾ ಸೇವಕ 'ಅಧ್ಯಕ್ಷ ರಾಜವರ್ಮ ಅರಿಗ್, ರಸ್ತೆ ಸುರಕ್ಷತಾ ವಲಯ ಸಂಯೋಜಕ ಶ್ರೀಪತಿ ಪಿ. ಮಣಿಪಾಲ ರೋಟರಿ ಅಧ್ಯಕ್ಷ ಶಶಿಕಲಾ

ರಾಜವರ್ಮ, ಕಾರ್ಯದರ್ಶಿ ವಾಣಿಶ್ರೀ ರಾವ್ ಮತ್ತು ಸದಸ್ಯರು ಉಪಸ್ಥಿತರಿದ್ದರು. ವಾಣಿಶ್ರೀಗೆ ರಸ್ತೆ ಸುರಕ್ಷತಾ ಸ್ಲೋಗನ್‌ಗಳನ್ನು ವಿತರಿಸಲಾಯಿತು.

Udayavani Dt 13.09.2025
Road Safety Awareness Program on 09.09.2025

Celebrations



Birthdays

- 11-Sep Lord Auditya Reddy Ponnayolu h/o Rtn Dr Lakshmi Meghana
- 12-Sep Rtn Nalini V Nair
- 12-Sep Lord Sanjeeva Suvarna h/o Rtn Vedavathi Suvarna
- 12-Sep Annette Anagha Prabhu A d/o Rtn Suman R Prabhu
- 12-Sep John Sidhan Shirali s/o Rtn Sajani Shirali
- 12-Sep Annette Thrishma d/o Rtn Sripathy P
- 13-Sep Ann Mohini Rathnakar w/o Rtn Rathnakar Udyavar
- 13-Sep Rtn Vijaylaxmi Jaivittal
- 15-Sep Ann Ushakanti w/o Rtn Sripathy

Anniversary

- 11-Sep Rtn Padma G M Rao and Lord Dr Gurumadhava Rao

