



Club Service

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 ?

Rotary Club Manipal

Tuesday 23rd September 2025 | 6:45 pm

Rtn. Dr Girija's residence, Manipal

Theme: Shubh Navratri

Speaker: Mrs. Radhika Acharya, Writer

Meeting Co-ordinator: Rtn. Dr Girija A

No. of Participants: 65



Overview

The weekly meeting held on 23rd September 2025 at the residence of Rtn. Dr. Girija was themed *Shubh Navarathri* and attended by 65 members. The celebrations included a beautiful doll arrangement (Golu), Garbha dance, traditional costumes, festive food, and cultural sharing, creating a joyous atmosphere. President Rtn. Shashikala Rajavarma welcomed the gathering, after which Rtn. Subodh Shetty shared the Thought for the Day and Ann Dr. Veena D presented Rotary Information. Guest speaker Mrs. Radhika Acharya, a renowned writer, spoke about her journey from blogger to author, inspiring parents to encourage children to write. The evening also witnessed PDG Rtn. Dr. Gowri presenting a PHF Pin and Certificate to IPP Rtn. Subhash Bangera, along with heartwarming recitations by the three Johns on Navaratri and related themes. The meeting concluded with music and dance that made the event vibrant, inclusive, and memorable for all ages.

Navratri is a major Hindu festival dedicated to the nine forms of the goddess Durga, celebrating the triumph of good over evil. The festival, meaning "nine nights," commemorates Goddess Durga's victory over the demon Mahishasura and signifies the victory of righteousness, inner transformation, and the divine feminine energy (Shakti). Navratri involves fasting, prayers, cultural performances like the garba and dandiya dances, and the worship of the goddess. One such unique celebration we Rotarians had at Rtn. Dr. Girija's residence. Doll Arrangement (Golu), Garbha Dance, Traditional Costumes, Sumptuous Food, Information sharing – all these made the evening very special for the gathering.

President Rtn. Shashikala Rajavarma preceded the meeting. She welcomed the gathering. Thought for the day was presented by Rtn. Subodh Shetty & Rotary Information was presented by Ann Dr. Veena D (W/o Rtn. Virupaksha Devaramane). Ms. Bina Shetty, Friend of Rtn. Dr. Girija introduced the Guest Speaker, Mrs. Radhika Acharya, who is a renowned writer. Mrs. Radhika, spoke about her successful journey as a writer.

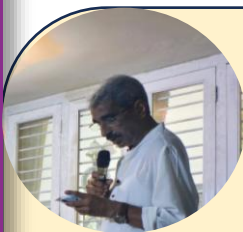


She explained her transformation from a blogger to a writer to an author. She advised parents to encourage children to write.

PDG Rtn. Dr Gowri handed over the PHF Pin & Certificate to IPP Rtn. Subhash Bangera for his contribution to TRF last year. John Aarush spoke about his wonderful experience of Dasara festival in Goa with his family. John Sudhama spoke about the Navaratri Celebrations with Golu. John Chris spoke with regards to the animals in jungle.

The meeting was concluded with Vote of Thanks & Announcements by Secretary Vanishree Rao, National Anthem & Group Photo. Then followed with Dance & Music. It was a wonderful event, lovely program & fantastic time with joyful & relaxing atmosphere. From the little ones to seniors, all enjoyed.

Club Service



Thought for the day by Rtn Subodh Shetty

- The sun himself is weak when he first rises, & gathers strength & courage as the day gets on.
- It always seems impossible until it is done
- The happier we are the better we serve.
- Quality leaders surround themselves with quality people. Quality inspires quality.
- Friendship was the foundation rock on which Rotary was built & tolerance holds it together.

This speaks of the enduring values of connecting people & understanding within the Rotary Community – By Allen D Albert.



Rotary Information by Ann Dr Veena

Rotary and Rotarians in the Guinness Book:

- The Rotary Club of Chicago entered into the Guinness Book as the oldest service club in the world.
- Book donation camp organised by Rotary at Southern California had 242,624 books donated & entered the Guinness Book.
- Rtn Vijayaraman from Chennai clapped at the rate of 100/min for 58 hours to raise funds for polio plus program
- Rtn Subash Chandra wrote maximum letters to editor on matters of public interest & entered Guinness Book.
- Rotarians measured the BP of 127,573 people from 1000 sites around UK & got entry to Guinness Book & also saved several lives from fatalities.
- Swimathon arranged to raise funds for Rotary's end polio program had 4546 people who swam 100 meters at 64 locations.
- Photo Campaign was organised for polio eradication had more than 100,000 people who uploaded photos from 171 countries.

New Generation Service



19.09.2025: Rotaract Club of SDMCAU conducted Walkathon organized by in association with NSS on the occasion of National Ayurveda Day 2025. The walkathon, starting from SDM college premises and culminating at the Shree Durgaparameshwari Temple, Kanarpady, was a wonderful initiative to spread awareness about the timeless wisdom of Ayurveda and its relevance in today's world. There were about 100 participants.

Rotaract Club of SDMCAU presented COMPASSION CARNIVAL 2025 - A week-long celebration of kindness, joy & togetherness from 22nd September – 28th September 2025. Other Rotaract Clubs were invited to join this unique initiative, where each day will brought a new kindness challenge. Response was received from 3 RI Districts, connecting 4 states – Karnataka, Andhra Pradesh, Rajasthan & Maharashtra. RAC Aarunya of Aditya, RI 3020, Andhra Pradesh completed the Compassion Carnival & submitted a video, thus marking this as an International Event



23.09.2025: Rotaract Club of SDMCAU conducted Play on Ayurveda as a part of National Ayurveda Day 2025, in association with NSS, at Shree Durgaparameshwari Temple, Kanarpady. The performance conveyed the relevance of Ayurveda in daily life, preventive healthcare, and holistic well-being, leaving a strong impact on the audience. With enthusiastic participation and lively response, the event turned into a memorable success.



19.09.2025: Rotaract Club of Muniyal Institute of Ayurveda Medical Sciences, Manipal conducted Walkathon & Bike Rally along with the NSS Unit as part of the National Ayurveda Day 2025 celebrations. The Walkathon began from the college campus and proceeded till Sigma Bar, creating awareness among the public about the rich heritage of Ayurveda and its importance in present-day health practices. This was followed by a Bike Rally, which moved towards RSB Bhavan. The rally attracted public attention and helped in spreading the message of Ayurveda and a healthy lifestyle in a wider circle. The active involvement of students, NSS volunteers, and faculty members filled the event with great spirit and enthusiasm, making it a remarkable success.

New Generation Service... (Cont'd)



23.09.2025: As part of the National Ayurveda Day 2025 Rotaract Club of Muniyal Institute of Ayurveda Medical Sciences, Manipal with the NSS Unit, organized a Street Play at Sigma Bar. The play was performed by students to create awareness about the importance of Ayurveda in daily life and its role in maintaining health and well-being. Through dialogues, expressions, and impactful scenes, the street play highlighted how Ayurveda continues to be relevant in today's modern lifestyle. The performance drew the attention of the public, who gathered in large numbers and appreciated the message delivered. It was an engaging and effective way to spread awareness about Ayurveda



20.09.2025: Rotaract Club of Muniyal Institute of Ayurveda Medical Sciences, Manipal under the project Kaushalyam, on the occasion of Ayurveda Day, conducted a Yoga programme cum session at Adarsh College of Nursing, Alevoor under the guidance of Mrs. Jyothsna (Yoga Instructor). The session was performed by Dr. Navya and Ms. Akanksha A. Prabhu with the participation of about 80 students. Along with them, 10 Rotaract students also actively took part in the programme. The students enthusiastically participated in the yoga activities and expressed their gratitude for the valuable session. Total cost incurred for the programme was ₹500.



19.09.2025: Rotaract Club of Muniyal Institute of Ayurveda Medical Sciences, Manipal conducted Nutritional Awareness Program on the occasion of Ayurveda Day, at MJC Pre-School, Manipal, under the project "Jagruta". The program aimed at creating awareness among preschool children about healthy and unhealthy foods in a fun and interactive way. The activities included a puzzle game on vegetables and fruits, good food vs. bad food activity, songs on healthy practices, followed by prize distribution to the winners. As a healthy treat, peanut chikki was distributed to all the children.



20.09.2025: Rotaract Club of Muniyal Institute of Ayurveda Medical Sciences, Manipal under the project Jagrutha, conducted an Awareness Programme on Alzheimer's Disease, at Dream Home for Senior Citizens, Udupi. The programme, conducted at a cost of ₹1500, was led by Rashmi Kalkura Ma'am, along with 7 Rotaractors. The event featured an insightful talk, a general health check-up for the residents, and fun, engaging games such as Memory Game, Musical Chair, and Song Chain Game, which brought smiles and joy to everyone present. The programme received heartfelt appreciation from both the residents and the staff of the senior citizens' home.

Community Service



25.09.2025: On the occasion of World Alzheimer's Day & International Older Persons Day, Rotary Club Manipal in association with Manipal College of Health Professions Manipal conducted Care Givers & Seniors Day Out at Horizon Lands End Guest House Mattu Beach. President Rtn. Shashikala Rajavarma was the Chief Guest.



27.09.2025: HASIRE USIRU, A District Project of Rotary International District 3182 was conducted by Rotary Club Manipal, volunteered by NSS Students, at agricultural land, Perampally, Manipal. Saplings were supplied by Isha Foundation. Additional fruit-yielding plants were supplied by Mr. Madhusudhan, President, Giants Club Udupi. 125 plants were planted by NSS students, supervised & coordinated by Rtn. Nagaraj Tantry. President Rtn. Shashikala Rajavarma was the Chief Guest & Mr. Madhusudhan was the Guest of Honor. Rtn. Rajavarma Ariga - Chairman District Projects, Rtn. P Ravi Karanth, Rtn. Rathnakar Udyavar, Rtn. Vanishree Rao attended the event.

International Service



24.09.2025: International Service Director, Rtn. Subhash Bangera attended the weekly meeting of RC Mangalore Hill Side and informed the club president Rtn Peter Anthony Pinto and the club members about the upcoming Jaipur foot project. He also exchanged Flag exchange with RC Mangalore Hillside.

Celebrations

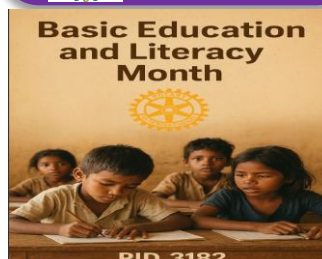


Birthdays

26-Sep	John Ganesh Rao s/o Rtn Dr Nagesh Kumar Rao
27-Sep	John Sudhanva s/o Rtn Divyashree MS
28-Sep	Rtn Shashikala Rajavarma
28-Sep	Ann Vipula Shetty w/o Rtn Rohit Kumar Shetty
29-Oct	Rtn Subhodh Shetty



Theme



R.O.T.A.R.Y.
IT'S WHAT WE STAND FOR

- RESPECT
- OPPORTUNITIES
- TEAMWORK
- ACCOUNTABILITY
- RESPONSIBILITY
- YOUTH ENGAGEMENT

THAT'S HOW WE
UNITE FOR GOOD.
THAT'S HOW WE
BUILD A BETTER WORLD.

