



Rtn. Francesco Arezzo  
RI President

Rtn. K Palaksha  
District Governor

Rtn. Amit Aravind  
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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 :

Weekly Meeting

**Date:** 10.03.2026

**Theme:** Why I left America for Japan

**Speaker:** Timothy W Pollock,  
Osaka Kyoiku, Japan

**Meeting Coordinator:** Rtn Abhijith Ballal

**Venue:** Rotary Hall, Manipal

**No. of Participants:** 25



### Overview

The meeting on 10 March 2026 featured an insightful international talk by Timothy W. Pollock, offering a comparative perspective on cultural values in America and Japan. The session encouraged reflection on identity, tradition, and community, while also celebrating International Women's Day. Overall, it was an engaging and meaningful meeting that combined learning, interaction, and recognition.

The weekly meeting of the Rotary Club Manipal was held on 10 March 2026 at Rotary Hall, Manipal, on the theme "Why I Left America for Japan." The meeting was called to order by President Rtn. Shashikala Rajavarma, who warmly welcomed the gathering. The session began with a Thought for the Day presented by Rtn. Sarala H. S., followed by Rotary Information shared by Rtn. Dr. Girija.



The guest speaker, Mr. Timothy W. Pollock from Osaka Kyoiku, Japan, delivered a unique and thought-provoking talk based on his personal journey and experiences across cultures. Born and raised in America to Japanese parents, he reflected on the cultural, social, and value-based differences between the two countries. He emphasized Japan's strong family-oriented culture, discipline, respect for elders, and deep-rooted traditions qualities he found deeply meaningful and somewhat lacking in his experience of American society, despite its advanced systems and processes.

The session was highly interactive, with members engaging in discussions on topics such as Japan's ageing population and social behaviour. The speaker addressed all queries with clarity and patience, making the session both informative and engaging.

Following the talk, the women members of the club were recognized in celebration of International Women's Day (8 March), adding a special touch of appreciation and inclusivity to the meeting.

The programme concluded with announcements and a Vote of Thanks by Secretary Rtn. Vanishree Rao, followed by the National Anthem and a group photo.

### Thought for the day: Rtn Sarala H S



krodhāḍ bhavati sammohaḥ  
sammohāt smṛti-vibhramaḥ  
smṛti-bhraṁśād buddhi-nāśo  
buddhi-nāśāt praṇaśyati

From anger comes delusion  
From delusion, the loss of memory  
From loss of memory, the destruction of discrimination  
From the destruction of discrimination, he perishes.

**Rotary Information:**

**Rtn Dr Girija**

Satellite Rotary Club are group of Rotarians, who find it difficult to attend fixed time meetings in person. They can have their meetings off line or hybrid. Minimum of 8 members needed. They belong to a Parent Club. They are members of parent club. Since they don't spend on food only rotary dues need be paid and so annual fees are reduced. A senior rotary member acts as mentor. When the membership reaches 20, they can form a new Rotary Club. There is no account of satellite clubs present they have been functioning since 2013. Satellite Clubs have their Chairman, Secretary and Treasurer accountable to Parent Club President



**New Generation Service**

**Inauguration of New Interact Club by RC Manipal:**



11.03.2026: It was a moment of pride when the New Interact Club was inaugurated at Alevoor Poornaprajna Public School, Alevoor. This was the 10<sup>th</sup> Interact Club of RC Manipal. Installation officer was Assistant Governor Rtn Amit Aravind. Zonal Coordinator Interact Rtn Jagadish Kamath, Youth Service Director Rtn Dr Girija, School Principal Ms Sandhya were the Guests of Honor. The program was presided by President Rtn Shashhikala Rajavarma. 10 Members from RC Manipal attended the program and was executed with the support of school staffs.



04.03.2026: RAC Muniyal Rotaract Club organized a Pediatric Medical Camp and CPR & BLS training session at Government Higher Primary School, Karkala, Mundli. A general health check-up was conducted for the students, and necessary medical advice was provided. The CPR and BLS session included practical demonstrations on managing emergency situations. The event was successfully conducted and helped create awareness about child health and life-saving skills among students and staffs.



## New Generation Service ... (Cont'd)



06.03.2026: On the occasion of International Women's Day, a Women's Day celebration program was organized at Muniyal Institute of Ayurveda Medical Sciences, Manipal. A general health check-up camp was conducted for the female non-teaching and hospital staff. Following this, an awareness talk on the topic "The Importance of Early Detection of Breast Cancer and Cervical Cancer" was delivered. The program was informative and beneficial for all the participants.



06.03.2026: On the occasion of International Women's Day, an outreach program on menstrual hygiene awareness was conducted in collaboration with Girl Up MAHE, for the students of Planet Mars Foundation School. The session aimed to educate adolescent girls about menstruation, hygienic practices, and breaking common myths surrounding menstrual health. Activities included an interactive session where volunteers explained menstrual hygiene, proper usage and disposal of sanitary pads, and the importance of maintaining personal hygiene during menstruation. Following the session, sanitary pads, biscuits, and Paper Boat drinks were distributed to the girl students. A total of 16 volunteers participated in the project.



14.03.2026: The Rotaract Club of Dr. T.M.A. Pai Polytechnic, Manipal successfully organized a Blood Donation Camp on the college campus in association with Abhayahastha Charitable Trust (R), Udupi, with the medical support of Kasturba Medical College, Manipal. The main objective of the program was to encourage voluntary blood donation and create awareness among students about the importance of saving lives through blood donation. A total of 40 units of blood were successfully collected during the camp. The event reflected the spirit of service among students and highlighted the importance of contributing to society through humanitarian activities like blood donation.

## Zonal Review Meeting



14.03.2026: Zonal Review Meeting & Iftiyar Koota was organized in the residence of Rtn Haji K Aboobacker, President RC Parkala. Secretary Rtn Vanishree Rao presented the project plans for the next three months for RC Manipal



## Rotarians in Action



12.03.2026: 121st Foundation day of Corporation Bank. Tributes to Khan Bahadur Haji Abdulla Haji Kasim Saheb Bahadur, Founder of the Bank. Rtn Nagaraj Shetty, Ex-employee of the bank actively participated in the event.

## Community Service

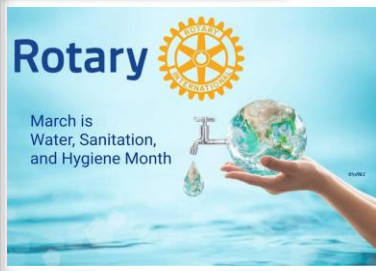


12.03.2026: On the occasion of Birthday of our prospective member Mr Abhay Jain, charity program was organized at old age home Vishranthidhama at Manipal. bedsheets, Towels, adult diapers, soaps, fruits of worth Rs. 10,000 was donated. Rtn Dr Girija, Rtn Rajavarma Ariga, Mr & Mrs Abhay Jain along with President & Secretary visited the old age home and spent quality time with the inmates.

## Public Image

**ಮಂಗಳೂರು ರೋಟರಿಗೆ ಜಿಲ್ಲಾ ಗವರ್ನರ್ ಪಾಲಾಕ್ಷ ಭೇಟಿ**  
 ಮಂಗಳೂರು, 13: ರೋಟರಿ ಕ್ಲಬ್ 3182ರ ವಲಯ 3ರ ಜಿಲ್ಲಾ ಗವರ್ನರ್ ಪಾಲಾಕ್ಷ ಕೆ. ಅವರು ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ಗೆ ಅಧಿಕೃತ ಭೇಟಿ ಕಾರ್ಯಕ್ರಮ ಅನಂತನಗರದ ರೋಟರಿ ಹಾಲ್ ನಲ್ಲಿ ನಡೆಯಿತು. ಕ್ಲಬ್ ಐದನೇ ಸೇವಾ ಚಟುವಟಿಕೆಗಳನ್ನು ವಿಶ್ವ ಮೆಚ್ಚುಗೆ ಪಡೆದವು ಎಂದು, ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ವಲಯದ ಅಧ್ಯಕ್ಷರು ಕ್ಲಬ್ ಗಳಿಗೆ ಒಂಬತ್ತನೇ ಬಹಿಷ್ಕಾರ ಕಾರ್ಯಕ್ರಮದ ವಿಷಯವನ್ನು ತಿಳಿಸಿದರು. ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ನ ಸೇವಾ ಚಟುವಟಿಕೆಗಳನ್ನು ವಿಶ್ವ ಮೆಚ್ಚುಗೆ ಪಡೆದವು ಎಂದು, ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ವಲಯದ ಅಧ್ಯಕ್ಷರು ಕ್ಲಬ್ ಗಳಿಗೆ ಒಂಬತ್ತನೇ ಬಹಿಷ್ಕಾರ ಕಾರ್ಯಕ್ರಮದ ವಿಷಯವನ್ನು ತಿಳಿಸಿದರು. ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ನ ಸೇವಾ ಚಟುವಟಿಕೆಗಳನ್ನು ವಿಶ್ವ ಮೆಚ್ಚುಗೆ ಪಡೆದವು ಎಂದು, ಮಂಗಳೂರು ರೋಟರಿ ಕ್ಲಬ್ ವಲಯದ ಅಧ್ಯಕ್ಷರು ಕ್ಲಬ್ ಗಳಿಗೆ ಒಂಬತ್ತನೇ ಬಹಿಷ್ಕಾರ ಕಾರ್ಯಕ್ರಮದ ವಿಷಯವನ್ನು ತಿಳಿಸಿದರು.

## Theme



## Celebrations



Birthdays	
11-Mar	John Nithish Bhat Kunjar s/o Rtn Surekha Nagaraja
13-Mar	Annette Sahana Subramanian D/o Rtn. Dr Swati Shourie
15-Mar	Rtn Rohit Kumar Shetty
15-Mar	Rtn Dr Komal Smriti
16-Mar	Ann Mamatha Balachandra W/o Rtn. Balachandra