



Rtn. Francesco Arezzo  
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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. Vanishree Rao  
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:** 28.04.2026

**Venue:** Rotary Hall, Manipal

**Theme:** The Confidence Makeover

**Speaker:** Ms. Reema D'Almeida,  
Founder – La Beauté

**Meeting Coordinator:** Rtn. Shreesha Hegde

**No. of Participants:** 30



### **Overview**

The weekly meeting of the Rotary Club of Manipal held on 28th April 2026 was an engaging and informative session centered on the theme “The Confidence Makeover.” The highlight of the evening was an insightful talk by Ms. Reema D’Almeida, who shared her entrepreneurial journey and introduced advanced aesthetic technologies that promote self-confidence and wellness. The meeting also featured meaningful reflections, Rotary insights, and a spirit of fellowship through inter-club interaction, making it a well-rounded and enriching experience that reinforced both personal development and Rotary values.

The weekly meeting of the Rotary Club of Manipal was conducted with great enthusiasm and active participation from members. The session commenced with a warm welcome by the President, Rtn. Shashikala Rajavarma, who greeted the gathering and set a vibrant tone for the evening.

The “Thought for the Day” was thoughtfully presented by Nayonika and Rivkah, granddaughters of Rtn. Col. Madhav Shanbhag, offering simple yet meaningful life reflections that encouraged positivity, resilience, and fearless living. Rotary information was shared by Rtn. Sripathy P., highlighting the evolution of Rotary from a small professional network into a global humanitarian organization.

The guest speaker, Ms. Reema D’Almeida, Founder of La Beauté, was introduced as a passionate entrepreneur dedicated to redefining aesthetic care through quality, trust, and innovation. In her engaging presentation, she spoke about her journey of establishing an internationally benchmarked aesthetic service brand that emphasizes personalized care, client satisfaction, and continuous technological advancement. She provided insights into modern aesthetic and skincare treatments,

explaining various advanced procedures, including:

- Laser-based hair reduction
- HydraFacial and Vortex Fusion technologies
- OxyGeneo (exfoliation, oxygenation, and infusion)
- Treatments based on the Bohr effect
- Microneedling for skin rejuvenation
- Mesotherapy for hair growth and pigmentation reduction
- Chemical peels for skin renewal
- Platelet-Rich Plasma (PRP) therapy for skin and hair restoration

Her session was highly informative and interactive, offering practical tips on skincare, self-care, and building confidence through aesthetic wellness.

The program also featured a flag exchange with Rtn. Sunkara Nagendra Kishore, Past President and Assistant Governor of RC Rajahmundry River City (RI District 3120), fostering inter-club fellowship and Rotary spirit.

The meeting was well coordinated by Rtn. Shreesha Hegde. The evening concluded with announcements and a vote of thanks by Secretary Rtn. Vanishree Rao, followed by the National Anthem and a group photograph. The fellowship continued over refreshments, adding warmth to the gathering.

## Club Service



## Rotary Information By Rtn Sripathy P



The session highlighted the remarkable evolution of Rotary International from its founding in 1905 by Paul Harris in Chicago to its present status as a global humanitarian organization with over 1.4 million members across 200+ countries. While Rotary began as a small network of professionals focused on fellowship and ethical practices, it has grown into a dynamic service organization driving large-scale initiatives such as polio eradication, community development, and global peacebuilding. Despite this transformation, Rotary continues to uphold its core values of service, integrity, fellowship, diversity, and leadership. The transition from local networking to global impact, and from exclusive membership to inclusive participation, reflects Rotary's adaptability and enduring relevance in addressing modern societal challenges.

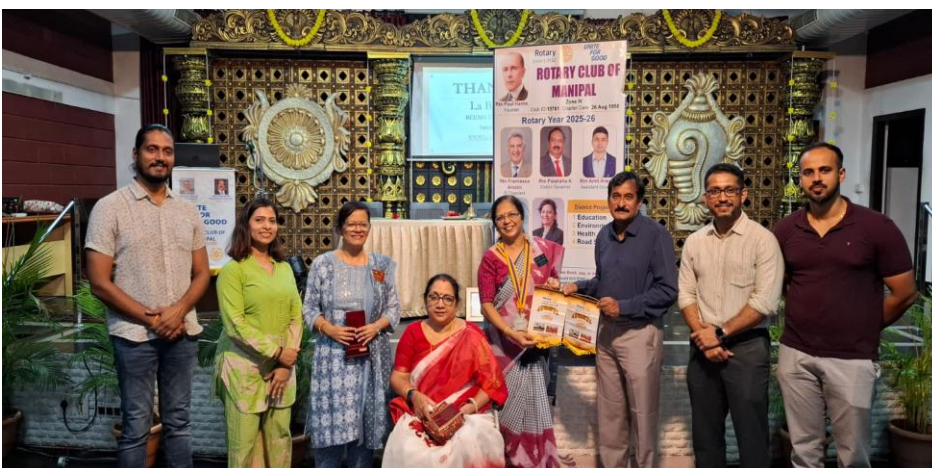


## Thought for the Day By Nayonika and Rivkah



The Sparrow sits in its nest with unwavering faith despite the storm outside.  
The falcon thinks & calculates before diving for its prey.  
The stork flies miles and miles across countries to reach its home.  
Think like a bird & live a happy life without any fear & doubt.  
--Nayonika.  
When life gives you a lemon, take it and squeeze it back into a life size.  
--Rivkah.

## International Service



28.04.2026: Flag Exchange with Rtn Sunkara Nagendra Kishore, Past President & Assistant Governor of RC Rajahmundry River City, Andhra Pradesh, RI Dist 3120.

## Rotarians in Action



29.04.2026: Some of our Rotarians including Rtn Dr Girija A participated in the cultural program of Manipal Mahila Samaj.



Congratulations Vivek (Grandson of Rtn Nalini Nair)!! Vivek won the best presentation at AI Conference in Japan.



## Theme



May is designated as Rotary Youth Service Month, dedicated to celebrating the impact, leadership, and potential of young people. Rotary clubs worldwide focus on empowering youth through mentorship and service, highlighting programs like Interact, Rotaract, Rotary Youth Leadership Awards (RYLA), and Youth Exchange.

## Celebrations



28-Apr	Rtn Balaraj M H and Ann Renuka Balaraj	Anniversary
28-Apr	Rtn Madhava Shanbhag and Rtn Dr Lavanya	Anniversary
02-May	Rtn Jayaraj Shetty and Rtn Sucharitha Shetty	Anniversary
03-May	Annette Samraksha Balaraj d/o Rtn Balaraj M H	Birthday
03-May	Rtn Roshan Denzil Sumithra and Ann Primcy Melisha Sumithra	Anniversary
03-May	Annette Dr Shalini Shenoy d/o Rtn Dr H S Shantharam	Birthday