

Rtn. Stephanie A. Urchick
RI President

Rtn. CA Dev Anand
District Governor

Rtn. Jagannath Kote
Assistant Governor

Rtn. Nagaraj Shetty
Zonal Lieutenant

Rtn. Subhash Bangera
Club President

Rtn. Farida Uppin
Club Secretary

Rtn. Rathnakar Udyavar
Club Treasurer

Rtn. Vanishree Rao
Rtn. Shashikala Rajavarma
Concord Editors

Avenue Directors

- Rtn. Dr Jayagowri H
Club Service
- Rtn. Prashanth Hegde
Vocational Service
- Rtn. Rajavarma Ariga
Community Service
- Rtn. Amit Aravind
International Service
- Rtn. Dr Pradeep S
Youth 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

Date: 22.10.2024

Topic: Harnessing Inner Peace
Yoga for Happiness & Stress Relief

Speaker: Ms. Swati Chaturvedi, Yoga & Meditation Coach

Venue: Rotary Bhavan, Ananth Nagar, Manipal

Meeting Coordinator: Rtn. Sunny Jain

Master of Ceremony: Rtn. Shreesha Hegde

No. of participants: 30

Vice President Rtn. Shashikala Rajavarma presided the meeting in the absence of the President Rtn. Subhash Bangera. Thought for the day was presented by Rtn. Bharathi Kotian. Rotary Information was presented by Rtn. Sunny Jain. Profile of Rtn. Amit Aravind, International Service Committee Director was read in the session "I'm a Proud Rotarian".

Ann Aayina Jain introduced the speaker Ms. Swati Chaturvedi, who is a Yoga Coach of Oneworld.yoga, a Yoga & Wellness Institute, which is ISO Certified. The meeting was about Yoga & Stress Management. It was a relaxing session with simple yogic exercises. A peaceful mind can think better than an exhausted mind. Allow a few minutes of silence to the mind everyday & see how it shapes your life.

This is what was indicated by Ms. Swati Chaturvedi in the session on Yoga for Happiness. She spoke on healthy living by making meditation & yoga important elements in our daily life. She said, only when body, breathing, our thoughts, intellect, ego & soul are in harmony, we can lead a happy life.

Rtn. Amit Aravind
DIRECTOR - INTERNATIONAL SERVICE
Classification: Builder / General Contractor
Rotarian since Dec. 11, 2011
Hobbies / Interests: Travel, Driving, Cooking, Gym, Cricket, Designing

Proud Moment...
Securing 1st rank and Gold Medal in Masters Degree in Construction Engineering and Management.

Meet my Family...
I love Rotary because... its a nice platform to serve the community, it provides opportunity to connect with new friends and to explore new places.



Thought for the Day
Rtn. Bharathi Kotian

Keep yourself open to learning from others. Every person is a complete book of life.



Rotary Information
Rtn. Sunny Jain

One of Rotary's historic milestones is its involvement in the formation of the United Nations. In 1945, Rotary was one of the few non-governmental organizations invited to participate in the San Francisco Conference, where the UN Charter was drafted. Forty-nine Rotary members from various countries served as delegates, contributing to discussions on peace, international cooperation, and humanitarian efforts.

Rotary's commitment to fostering global understanding and peace was a natural fit for the UN's vision, and Rotary has maintained a strong partnership with the UN ever since. This collaboration continues through joint efforts on peace initiatives, conflict resolution, and sustainable development, reinforcing Rotary's long-standing global reach and influence.

Club Service...(Contd..)

Yoga helps to achieve this. Getting rid of negative feelings like anger, stress, worries, helps us to be one with our own self and experience happiness. The take home point was to keep the mind at rest & to keep the body active. Holistic Lifestyle practicing Yoga, Meditation, Diet & Detox would help in gaining strength, flexibility, weight-loss, focus & inner peace.

The session was beneficial & valuable. The meeting was concluded with announcements & vote of thanks by Secretary Farida Uppin, National Anthem & Group Photo.

22.10.2024: Board of Directors Meeting – 4 was held at Rotary Bhavan, Manipal. 13 Board Members attended the meeting.



**KALASIRI
Zonal Cultural Competition -2024**

27.10.2024: "Kalasiri", Zonal Cultural Competition 2024 was held at Nutana Ravindra Mantapa Hall, MGM College, Udupi. RCM participated and gave commendable performance in Solo Bhavageethe, Solo Film Song, Duet Song, Group Song, Mono-Acting, Solo Dance, Group Dance & Skit Competitions. Congratulations to Team RC Manipal for active participation, preparations & winning **1st Prize in Skit, Mono-act & 2nd Prize in Group Dance, Solo Dance.** The winners put in their heart & soul and put up a fantastic performance. Talent, enthusiasm, energy & great effort were put in by each member which brought success to the team! The winners are now eligible to participate in the District Cultural Competitions that would be held at Kundapura on 10.11.2024.



Community Service

Solar Light was installed at Manish Auto Stand, DC Office Road, Manipal under the leadership of the Community Service Director Rtn. Rajavarma Ariga,



International Service



24.10.2024: On the occasion of World Polio Day, Rtn. K S Jaivittal, Polio Chairman appealed to Rotarians to contribute generously to Polio Fund through TRF, which would be used to eradicate Polio from the world.

Youth Service



Youth Service Committee Director Rtn. Dr. Pradeep S, Secretary Rtn. Farida Uppin conducted orientation program for Interact Club, Madhavakripa School, Manipal. Rtn. Shashikala Rajavarma also was present.



26.10.2024: Rotract Club of Mahe organised a fund-raising event “Dhol Baaje” at Fortune Valley View, Manipal.

Rotarians in Action



27.10.2024: Documentary on achievements of Yakshagana Guru Lord Sanjeeva Suvarna, H/o Rtn. Veda Suvarna Featured in Chandana TV

Rotarians in Action... (Contd)

Upcoming Event



27.10.2024: Manipal Mahila Samaj organised Deepavali Mela at Rotary Bhavan, Manipal. Rotarians from RC Manipal attended the event in large number and participated in the celebration. Rtn. Dr. Girija, Chairperson, MMS Manipal was the Guest of Honour.



28.10.2024: An Article on Fasting & its significance written by Ann Dr. Athmika Shetty was published in Udayavani Newspaper.

➤ "Navotsava", the District Conference will be held on 24th, 25th & 26th of January 2025 at Amrit Garden, Ambagilu Udupi.

➤ "Navanidhi 2024", District Seminar on the Rotary Foundation & Polio Plus, RI Dist. 3182 will be conducted on 23rd & 24th Nov 2024@ Hotel Ashraya, Brahmavara, hosted by RC Royal Brahmavara.



1988

In November, the RI Board of Directors issues a policy statement recognizing the right of Rotary clubs in Canada to admit female members based on a Canadian law similar to that upheld by the U.S. Supreme Court.

1989

At its first meeting after the 1987 U.S. Supreme Court decision, the Council on Legislation votes to eliminate the requirement in the RI Constitution that membership in Rotary clubs be limited to men. Women are welcomed into Rotary clubs around the world.

Theme of October



Celebrations



Birthdays

- ❖ 22-Oct - Rtn Vinod Kumar
- ❖ 23-Oct - Lord Dr K A Ramakrishnan h/o Rtn Dr Girija A
- ❖ 23-Oct - John Sudeep Rao s/o Rtn Indira Rao
- ❖ 25-Oct - Annette Dr Nisha KIR d/o Rtn Dr Girija A
- ❖ 26-Oct - John Akshay M J s/o Rtn K S Jaivittal
- ❖ 27-Oct - Rtn Sunny Jain