

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

Club Service

14.01.2025: Weekly Meeting

Theme: Loneliness – The New Epidemic

Speaker: Dr. Anand Shukla, Associate Professor,
Dept of Oral Surgery, MCODS, Manipal

Venue: Rotary Bhavan, Manipal

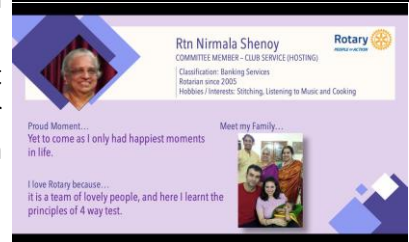
Meeting Co-ordinator: Rtn. Farida Uppin

No. of participants: 30

Meeting called to order by President Rtn. Subhash Bangera. Rtn. Hema Shetty presented the Thought for the day & Rtn. Rathnakar Shetty presented the Rotary Information. Profile of Rtn. Nirmala Shenoy & Rtn. Karunakar Shetty was read in "I'm a Proud Rotarian" series.

It was an enlightening session. "Loneliness" resonates with so many in today's world. It is a growing concern affecting mental & physical health. Speaker Dr. Anand Shukla shed light on this modern epidemic, its impact on individuals & communities & ways to foster meaningful connections. It was an interactive session where all the Rotarians participated enthusiastically. He explained the difference between being alone and loneliness. The reasons for loneliness were discussed.

Calm state of mind, loving oneself, meditation, following passion, socialisation, travel, keeping oneself engaged, hobbies were some of the solutions suggested to keep away loneliness. Dr. Shukla ended the session with a note that we should use social media in a constructive way. Social media should be our slave and we should not be slave of social media. The meeting was concluded with announcements & Vote of Thanks by Secretary Rtn. Farida Uppin, National Anthem & Group Photo.



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 ?



Rotary Information
Rtn. Karunakar Shetty

12.01.2025: Over 2,000 Rotarians and Rotaractors participated in a 5 kms peace walk that aimed to celebrate Rotary's areas of focus, including maternal and child health, disease prevention and treatment, the environment, among others.



Thought for the Day
Rtn. Hema Shetty

Being alone sometimes gets mistaken for being lonely. We always need to have some time for ourselves. This is very important for mental health & well-being.

The walkers were flagged off by Rotary International President, Staphanie Urchick, at Makerere University in Kampala. The initiative also aimed to celebrate Urchick's week-long visit to Uganda and commemorate five years of the Rotary Peace Center, the only peace centre on the African continent. Rotary has done significant humanitarian work in Uganda, aiming to improve the lives of Ugandans.

Community Service



Department of Udupi District Police, Rotary Club Manipal & Lions Club Udupi jointly conducted **Road Safety Week 2025 from 11.01.2025 to 17.01.2025** on the highway at Santhekatte, Udupi. The Road Safety Awareness Program was unique and a grand success. The Closing Function of this awareness program was held at Lions Bhavan, Brahmagiri, Udupi.



19.01.2025: Members of Rotaract club Manipal under the leadership of Youth Service Director, Rtn. Madhav Shanbhag organized lunch for the inmates of Vishram Dhama, an old age home at Manipal & shared some moments of joy & happiness with them.

Rotarians in Action

13.01.2025: RCC Hebri Installation of the new team of office bearers was held in Shri Ananthapadmanabha Temple, Hebri. President Rtn. Subhash Bangera chaired the program and Rtn. Shyla Rao, Chairperson, RCC Manipal was one of the Chief Guest. This RCC started in 1995. The new President is Mr. Krishnaraja K.



18.01.2025: Annette Archana Jaivittal was felicitated in “Hejje Sambhrama” District Level Talent show conducted for the special abled.



19.01.2024: The Rotaract Club of Manipal Central is organised **Kalakrithi - 2025**, a District-Level Cultural Event at Nutana Ravindra Mantapa, MGM College, Udupi. The program was inaugurated by DG Rtn. CA Dev Anand. Rtn. Rtr. Mahalasa Kini was one of the Guests of Honour. This event showcased the incredible talents of Rotaractors across RID 3182, featuring activities like song, dance, skit, cultural fashion show, photography, and reels. Rtn. Shripathi, Annette Gowri & Annette Amisha were amongst the Jury members for the competition. Rtn. Renu Jayaram was one of the Guests of honour for the valedictory function. RCM supported the organisers financially and encouraged these youngsters who engaged in meaningful, value-added cultural activities.



Public Image



Udayavani Newspaper
dt. 12.01.2025

- Alcohol de-addiction camp in Baliga Hospital, Udupi (Jan 1 to 10)
- Road Safety Week in Highway, Santhekatte, Udupi (Jan 11 to 17)

ಉದಯವಣಿ

4/10



ಮಣಿಪಾಲ ರೋಟರಿ: ಕೃತಕ ಕೈ ಜೋಡಣೆ ತಿಬಿರ

ಮಣಿಪಾಲ, ೩. 11: ರೋಟರಿ ಮಣಿಪಾಲ ಸೆಕ್ಟರ್‌ನಲ್ಲಿ ಮಣಿಪಾಲ ಮಹಿಳಾ ಸಮಾಜ, ರೋಟರಿ ಫೋ ಡೌನ್ ಚಿನ್, ಇನಾಿ ಫೌಂಡೇಶನ್ ಫೋಣಿ, ಐಎಂಎ ಉಡುಪಿ-ಕಿರಾವಳಿ, ಐಎಂಎ ಯು.ಕೆ. ವ್ಯವಸ್ಥಾಪಕ ಡಾಕ್ಟರ್, ಎಂ.ಎ. ಸಹಾಯಕಿಗಳಿದ್ದು, ಎರಡು ದಿನಗಳ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಕೃತಕ ಕೈ ಜೋಡಣೆ ತಿಬಿರದ ಮಣಿಪಾಲ ರೋಟರಿ ಘಟನೆಯಾಯಿತು.



ಪ್ರತಿ ವರ್ಷವೂ ರೋಟರಿ ಮಣಿಪಾಲದ ಮೂಲಕ ಇತರ ಸಂಘ-ಸಂಸ್ಥೆಗಳ ಸಹಭಾಗಿತ್ವದಲ್ಲಿ ಅಭಿವಾಹಿ ಸಂಸ್ಥೆಗಳ ಕಾರ್ಯಗಳಿಂದ ಕೈ ಭಾಗದಲ್ಲಿ ಅಂಗವಿಕಲತೆ ಹೊಂದಿರುವ ವ್ಯಕ್ತಿಗಳಿಗೆ ಅಗತ್ಯವಿರುವ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಕೃತಕ ಕೈ ಜೋಡಣೆ ತಿಬಿರದ ಮಣಿಪಾಲ ರೋಟರಿ ಘಟನೆಯಾಯಿತು. 3182 ರೋಟರಿ ಚಿತ್ರ ಗರ್ವರ್ಸರ್ ದೇಶವನ್ನೂ, ಮಾತನಾಡಿ ಮಣಿಪಾಲ ರೋಟರಿ ಹೃದಯ ಸೇವೆಗಳ ವ್ಯಾಪ್ತಿ ಮತ್ತು ಸ್ವರವನ್ನು ವರ್ಷದಿಂದ ವರ್ಷಕ್ಕೆ

ಮಾನ್ಯ ಸುಪ್ರೀಂ ಕೋರ್ಟ್‌ನಲ್ಲಿ ದೇಶದ ಕೈ ಜೋಡಣೆ ತಿಬಿರದ ಮಣಿಪಾಲ ರೋಟರಿ ಘಟನೆಯಾಯಿತು. 3182 ರೋಟರಿ ಚಿತ್ರ ಗರ್ವರ್ಸರ್ ದೇಶವನ್ನೂ, ಮಾತನಾಡಿ ಮಣಿಪಾಲ ರೋಟರಿ ಹೃದಯ ಸೇವೆಗಳ ವ್ಯಾಪ್ತಿ ಮತ್ತು ಸ್ವರವನ್ನು ವರ್ಷದಿಂದ ವರ್ಷಕ್ಕೆ

ಫೌಂಡೇಶನ್‌ನ ಪರಿಷ್ಕರಣಾ ವ್ಯಾಪ್ತಿ, ರೋಟರಿ ಮಲಯ 4ರ ಉಪ ಗರ್ವರ್ಸರ್ ಜಗದ್ವಾಲ್ ಕೋಟೆ, ವಲಯ ಸೇವಾ ನಿರೀಕ್ಷಾ ತಜ್ಞ ಮಣಿಪಾಲ ರೋಟರಿ ಅಧ್ಯಕ್ಷ ಸುಭಾಷ್ ಬಂಗೇರೆ, ಕಾರ್ಯದರ್ಶಿ ಫರೀದಾ ಉಪ್ಪಿನ, ಸಮುದಾಯ ಸೇವೆಗಳ ನಿರ್ದೇಶಕಿ ರಾಜಾರಾಮ ಅಂಗ ಉಪಸ್ಥಿತರಿದ್ದರು. ಮಣಿಪಾಲ ರೋಟರಿ ಮನೆ ಅಧ್ಯಕ್ಷಿಣಿ ಗಿರಿಜಾ ಪ್ರಸ್ತಾಪಿಸಿದ್ದರು. ಫಲಾನುಭವಿಗಳ ಪರಿಷ್ಕರಣಾ ಹಿರಿಯರೊಡನೆ ಸಮಾಜ ಸೇವೆ ಸಾರಾಯಣ ಶೇಖರಣಾ, ಹಿರಿಯರೊಡನೆ ವಿದ್ಯಾರ್ಥಿನಿ ಸುಖತಾ ಅನುಕೂಲಿಗಳು ಹುಟ್ಟಿಕೊಂಡು. ರೋಟರಿ ಐಎಂಎಎಸ್ ನಿರೂಪಿಸಿದರು.

Udayavani Newspaper
dt. 12.01.2025

Premada Kaigalu Prosthetic Hand donation in Rotary Bhavan, Manipal on Jan 3rd & 4th

January is designated as Vocational Service Month in Rotary. During this month, Rotary clubs worldwide focus on promoting high ethical standards in business and professions, recognizing the value of all vocations, and encouraging Rotarians to use their professional skills to serve their communities. Activities and Focus Areas for Vocational Service Month:

1. Recognition of Excellence
2. Workplace Ethics
3. Service Projects
4. Career Guidance
5. Encouraging Fellowship
6. The Four-Way Test in Action

This month is a reminder of Rotary's commitment to advancing professionalism, integrity, and service through vocations, which is a cornerstone of Rotary's values.



Celebrations

Birthdays:

- ❖ 14th Jan - Annette Jayta M Kotian, D/o Rtn. Bharathi Kotian
- ❖ 17th Jan - John Deepak Kini, S/o Rtn. Divakar Kini
- ❖ 18th Jan - Annette Namratha, D/o Rtn. B Karunakar Shetty

