

Club Service

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 ?

28.01.2025: Family Picnic

Venue: Namasthe Home Stay & Resort, Polipu, Kaup

Meeting Co-ordinator: Rtn. Venu G & Rtn. Farida Uppin

No. of participants: 45

Rotarians with family went for a family picnic to Namasthe Beach Resort, Polipu, Kaup. It was a leisure, enjoyable, wonderful evening. The fun, sea breeze, sea water, games, swimming pool, rain dance, fellowship made it all so special. It was a joyful week-end team outing. Team games conducted by the new member Rtn. Venu G & Cake Cutting on the occasion of Marriage Anniversary of Rtn. Farida Uppin added spice to the occasion.



Community Service

**09.02.2025 to 15.02.2025: COA Awareness Week**

Dr. A V Baliga Memorial Hospital & Kaml A Baliga Charitable Trust in association with Rotary Club Manipal, Indian Medical Association – Karavali Udupi & One Good Step, organised Children of Addiction Awareness Week – 2025 from Feb 9 to 15. The theme was “Shine a Light”. The program highlighted on the hidden struggles of children with alcoholic parents, that is, the emotional instability, trust issues, low self-esteem, anxiety & depression because of chaotic home environment. Various activities like public talks, workshop for teachers, drawing competition, skits, webinars were conducted. The impact of addiction of parents on childhood development like emotional growth, social skills, academics & health was discussed. Helping these children by spreading awareness, counselling & donation to reclaim their childhood was the motive behind the program. Our club has been part of this impactful project.



09.02.2025: Rotary Club Manipal in association with Dr. Lalpath Labs & Abbot Pharmacy conducted blood camp at Sonia Clinic, Manipal. TSH & Haemoglobin tests were given free to the patients.

Youth Service



The Rotaract and Rotary Clubs of Manipal, with Dr. AV Baliga Memorial Hospital, held the seminar "Youth and Substance Use" on February 10, 2025, at MV Seminar Hall, MIT Manipal, as part of Children of Addiction Awareness Week. Dr. Virupaksha Devaramane and Dr. PV Bhandary discussed substance use, its impact on youth, and preventive measures. They highlighted challenges faced by children of addiction and the importance of mental health support. An interactive session deepened understanding, urging Rotaractors to promote awareness. The seminar reinforced Rotaract's commitment to youth empowerment and social responsibility.



09.02.2025: 9th Rotaract District Conference – Anubandha 2025 was hosted by Rotary Club, Karkala. Rtn. Venu G, Rtn. Jaivittal K S, Rtn. Vijayalaxmi Jaivittal visited the conference. Members of Rotract Club of Manipal, MAHE, Manipal Central were also present for the event.

Rotarians in Action



09.02.2025: Rotarians & Family participated in the Manipal Marathon organised by MAHE, Manipal.

Rotarians in Action... (Contd)



Power Parba 2025 – Marketing Fair to promote Woman was organised by POWER Team in Christan PU College Ground, Mission Compound Udupi on Feb 7th, 8th & 9th 2025. Rtn. Renu Jayram was one of the active members of the organising committee & it was a well organised event. PDG Rtn. Dr. Jayagowri was honoured with the prestigious POWER Star Award acknowledging her inspiring journey as paediatrician & advocate for social service. Congratulations to Dr. Gowri on this well-deserved recognition!



08.02.2025: RC Manipal Town organised an awareness program on organ donation at Bharath Cinema, Canara Mall, Manipal. DG Rtn. CA Dev Anand, AG Rtn. Jagannath Kote was the Guests of Honour. "Light House" a movie on Eye Donation was shown free of cost to the School Children of Patla School. Rtn. Shashikala Rajavarma from RCM participated in the event.

Public Image



Navotsava Rotary District Conference 2025 - Udayavani Newspaper dt 04.02.2025



A Proud Moment for RI District 3182! 🚀 The District Rotaract Council 2024-25 of RI District 3182 takes great pride in celebrating a remarkable achievement as PDRR Rtn Rtr Mahalasa Kini (RC Manipal) represents R I Zone 7 at the prestigious Rotary International Assembly, taking place in Florida - USA from February 9-13, 2025. Wishing you a successful and enriching journey filled with learning, leadership and boundless opportunities! 🌍



Peace is not the absence of conflict. It is the ability to handle conflict by peaceful means !!

Celebrations

Birthdays:

- ❖ 8th Feb – Rtn. Dr Pradeep S
- ❖ 10th Feb – Rtn. Amit Aravind
- ❖ 10th Feb – Rtn. Subhash Bangera

Anniverseries:

- ❖ 8th Feb – Rtn. Farida Uppin & Lord Fatehali Uppin

