

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

25.03.2025: Weekly Meeting

Topic: Conscious Living

Speaker / Host / Meeting Co-ordinator: Rtn. Dr Usharani

Venue: Rotary Bhavan, Manipal

No. of participants: 25

Rtn. Dr. Usharani gave a meaningful talk on Conscious Living and few tips on meditation & its importance. More over, the whole family was involved and exhibited that Rotarian Family is always an integral part of Rotary. Soothing talk with a smiling face, home made snacks served with love by the family made the club meeting commendable. Dr. Usharani told about the importance of having positive attitude and how our thinking effects our behaviour. The stories on our thoughts and actions made the session an interesting one.

Dr. Usharani stated that having a journal and writing down all the good things, and also being grateful for all the good things that we have, makes life more meaningful. The meeting was beautifully handcrafted by the Nahas. Every detail from the refreshments to the talks reflected their warmth & teamwork. The meeting was full of self-reflection and self-discovery.



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 ?



Thought for the Day
Annette Darpan Naha

One day Akbar's minister told Akbar, "Anger can spoil us. So, let's try this experiment. You can see that man coming. Think angry thoughts about him." Akbar started thinking that this man should be punished. When the man came, Akbar asked him, "What did you think when you saw me?" The man said, "I wanted to beat you up and break your head." No action was done. No words were spoken. But the voice of Akbar and man was heard in their mind. This story tells us that angry thoughts can be heard without telling a single word.



Rotary Information
Lord Dr. Anup Naha

It was at the Rotary International Assembly held in Nashville in 1986 that the idea of an exchange of parties of cricket-playing Rotarians between districts in the United Kingdom and India was discussed. For several years, exchanges between India, South Africa and the West Indies took place, but it became clear that a new Rotary Vocational Fellowship would succeed. On 25th May 1993, the formal launching of the International Fellowship of Cricket Loving Rotarians took place in the Long Room of the Melbourne Cricket Club, courtesy of the Australian Cricket Board. Rotary cricket is played at a more sedate pace.

Rotary Information by Lord Dr. Anup Naha ... (Cont'd)

Regular World Festivals have also been established with the first being held in Fordingbridge, England in 1997 followed by series of events in different countries. But IFCR is not just about playing cricket. It is just the excuse for bringing together the fellowship that Rotary and cricket combines so uniquely. The fellowship has continued to grow in enjoyment and sport and worldwide fellowship now into the 2020's. India contributed enormously in IFCR movement going strong in Rotary International Fellowship groups.

25.03.2025: Eighth Board of Directors Meeting was held at Rotary Bhavan, Manipal. 15 BOD Members attended the meeting.



Rotarians in Action

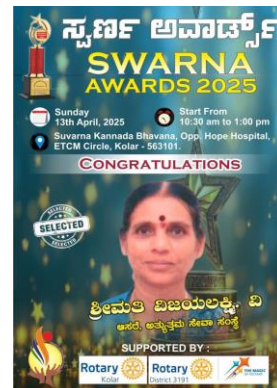
30.03.2025: Manipal Mahila Samaj celebrated Annual Day at TMA Pai Auditorium, KMC, Manipal. Rtn. Sarala HS and Rtn. Shyla Rao participated in a skit. Rtn. Shashikala Rajavarma participated in the Past Presidents' Fashion parade. Dr. Girija, Chairman of the Board felicitated the outgoing team and introduced the incoming President. Rtn. Premleela Bhat's daughter-in-law Mrs. Shashikala Bhat gave a Veena Recital. Nandini Bhat was the President.



27.03.2025: Rtn. Nausha Shetty & Ann Aathmika Shetty were blessed with baby boy. On this occasion RCM congratulated the couple and wished good health to the new born.



26.03.2025: Rtn. Amit Aravind spoke on journey of the Association of Consulting Civil Engineers and Architects Association (ACCEA) at a function in Udupi.



Congratulations Rtn. Vijayalaxmi Jaivittal & Annette Archana!!

Celebrations

Birthdays:

- ❖ 25-Mar - John A Anirudh Prabhu, S/o Rtn Suman R Prabhu
- ❖ 25-Mar - Annette Aahana Amit Nayak, D/o Rtn Amit Aravind
- ❖ 28-Mar - Annette Sangeetha Karanth, D/o Rtn P Ravi Karanth
- ❖ 29-Mar - Ann Dr Athmika Shetty, W/o Rtn Nausha Shetty
- ❖ 30-Mar - John Harish Pai, S/o Rtn Kusuma Pai
- ❖ 01-Apr - John Aarush Amit Nayak, S/o Rtn Amit Aravind
- ❖ 01-Apr - John Chris Jordan Sumithra, S/o Rtn Roshan Denzil Sumithra

Anniversary:

- ❖ 26-Mar - Rtn Dr R S Phaneendra Rao and Ann Dr Lakshmi Rao
- ❖ 28-Mar - Rtn Divakar Kini and Ann Dhiksha D Kini

