

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



**15.04.2025:** Weekly Meeting – International Service Talk

**Theme:** Quiet Rooms in Times of Crisis

**Guest Speaker:** Mrs. Shimona Lev-On, Paediatric Occupational Therapy Coordinator, Israel

**Meeting Co-ordinator:** Rtn. Dr Virupaksha Devaramane

**Venue:** Rotary Bhavan, Manipal

**No. of participants:** 35

Meeting was presided over by IPP Rtn. Sripathi P in the absence of President Rtn. Subhash Bangera. Thought for the day was presented by Rtn. Dr A P Achar. Rotary Information was presented by Rtn. Renu Jayaram.



Rtn. Shubha H S introduced the Guest Speaker Mrs. Shimona Lev-On, Paediatric Occupational Therapy Coordinator, Israel.



Shimona Lev is wife of Prof. Azi Lev-On, School of Communication, Ariel University, Israel, who had spoken on the surprise attack by the Hamas on Israel in the weekly meeting on 17<sup>th</sup> Dec 2024.

Shimona explained the concept of Quiet Rooms that was introduced in Israel during the time of crisis. Quiet Rooms were initially implemented in hotels housing evacuees from conflict zones. The success of these rooms has led to their adoption in other settings, including hospitals and community centers. Some evacuees have even established similar calming spaces upon returning to their homes.



**Thought for the Day**  
Rtn. Dr A P Achar

Every individual has three components in his personality - animal, human and divine. Purpose of life is to move from animal components to divine components.

## 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. Renu Jayaram

RI bans use of term 'Rotary India' as it has no RI licence:

With effect from March 31, 2025, Rotary India Literacy with Mission will be known as India Literacy Mission. This follows a decision adopted by the RI Board, in its February 2025 meeting. In a letter addressed to the District Governors of Zones 4, 5, 6 and 7, RI General Secretary John Hewko said, "The Board notes that Rotary International has not granted a licence to any person or entity to use Rotary India as its name." Following a Board resolution and the directives of RI Directors Aniruddha Roy Chowdhury and Raju Subramanian, the former Rotary India website and mobile app are renamed RIZones4567.org, encompassing all districts of RI Zones 4, 5, 6, and 7.

## Club Service ... (Cont'd)

By providing a dedicated space for relaxation and emotional regulation, Quiet Rooms play a crucial role in supporting mental health and fostering resilience among individuals affected by trauma.

In Israel, Quiet Rooms have been established as part of a mental health initiative aimed at providing safe, calming spaces for individuals coping with trauma, anxiety, and stress, particularly in the aftermath of conflict and displacement. These rooms are designed to offer a peaceful environment where people can decompress and regain a sense of balance.

After the interesting session, memento was given to the Guest Speaker by the International Service Director, Rtn. Amit Aravind. Rtn. Vijayalaxmi Jaivittal & Annette Archana Jaivittal were congratulated for the Swarna Awards 2025 received from Swarna Foundation & RC Kolar for their achievement and contributions to the society. Secretary Rtn. Farida Uppin made the announcements & rendered the Vote of Thanks followed by National Anthem & Group Photo.



## District Event

**18.04.2025:** The District Secretariat and Conference Committee meeting for the Rotary year 2026-27 was held at Sastana, hosted by DGN Rtn. B.M. Bhat. Rtn. Jaivittal & Rtn. Prashanth Hegde attended the event.

## Youth Service



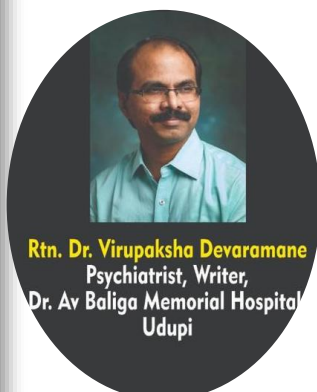
All our Interact Clubs have been activated by Rotary International.

## International Service



15.04.2024: Mrs. Shimona Lev-On, Paediatric Occupational Therapy Coordinator from Israel spoke about Quiet Rooms, an initiative to deal with the post traumatic syndrome during the times of Crisis during war.

## Rotarians in Action



16.04.2025: RC Karkala Rockcity organised Awareness Session on Substance Abuse & Adolescent Mental Health at AV Hall, Bhuvanendra College, Karkala. Rtn. Dr. Virupaksha Devaramane was one of the speakers. This was the 2nd program in the month of April.



Congratulations Rtn. Abhijit Ballal, for achieving Chief Closer – 2025 award by MPi Leadership Team at the event MPi Elevate 26, Annual Meet Conference held at Goa.!!



## Rotarians in Action



Rtn. Sunny Jain @Mandeep Marbles, Udupi was awarded Excellence Award by Mangalore Tiles Ltd., Kundapur, as a token of appreciation for the outstanding service, exceptional care rendered, professionalism, dedication & commitment to customer satisfaction. Congratulations!!



20.04.2025: RCM Members attended the Baby Shower Ceremony of Kavishma, Daughter of Rtn. Nagaraj Shetty at Hotel Central Park, Manipal.



Paul Harris and members of the Rotary Club of Tallinn, Estonia, at a tree planting in 1932.

## Celebrations



### **Birthdays:**

- ❖ 16<sup>th</sup> Apr - Ann Primcy Melisha Sumithra, W/o Rtn. Roshan Denzil Sumithra
- ❖ 18<sup>th</sup> Apr - John Aneesh Gurumadhava, S/o Rtn. Padma G M Rao

### **Anniversary:**

- ❖ 18<sup>th</sup> Apr – Rtn. Rohit Kumar Shetty and Ann Vipula Shetty
- ❖ 20<sup>th</sup> Apr – Rtn. Renu Jayaram and Lord Jayaram