

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

06.05.2025: Joint Meeting with RC Parkala

Theme: Cognitive Health & Mental Wellbeing in Elderly –
Early Detection & Management

Speaker: Dr. Rajeshkrishna Bhandary P, Associate Professor Psychiatry, KMC Manipal

Meeting Co-ordinator: Rtn. Amit Aravind

Venue: Rotary Bhavan, Manipal

No. of participants: 35

Meeting was called to order by President Rtn. Subhash Bangera (RCM) & President Rtn. Sathyananda Nayak (RC Parkala). Thought for the day was presented by Rtn. Nagaraj Shetty. Rotary Information was presented by Rtn. Prashanth Hegde.

The joint meeting between Rotary Club Manipal & Rotary Club Parkala was exchange of acquaintance & symbol of unity. 15 members from RC Parkala attended the meeting including President Rtn. Sathyanada Nayak, Secretary Rtn. Ravindranath, President Elect & Secretary Elect. President Rtn. Subhash Bangera congratulated RC Parkala for successfully accomplishing projects like Yakshagana on Child Labour, Eyecare checkup camp, awareness on menstrual care and so on. President Rtn. Sathyanand Nayak spoke on friendship & fellowship in Rotary. He highlighted that Parkala Club was a sponsor Club RC Udupi and RC Manipal is the sponsor Club of RC Udupi. The theme of the meeting was something that touched everybody's life.



Thought for the Day
Rtn. Nagaraj Shetty

Life is 3 Exp+Exp+Exp. Yesterday was Experience. Today is Experiment. Tomorrow is Expectation. Let's use our Experience in our Experiment to achieve our Expectation



Rotary Information
Rtn. Prashanth Hegde

The 2025 Rotary Council on Legislation convened from April 13 to 17, 2025, in Chicago, Illinois, bringing together representatives from Rotary districts worldwide to discuss and vote on proposed legislative changes. Key Points on this Change:

Flexibility: Districts now have the option to organize a conference at their discretion, instead of being mandated to hold one every year.

Focus on Member Needs: The change allows districts to better cater to the specific needs of their members, whether through other events or methods of engagement.

Cost Efficiency: This decision could help districts save on resources and costs associated with organizing a large annual conference if it's not deemed necessary.

This change is part of a broader move to streamline Rotary's operations and ensure that the organization's resources are used effectively.

Club Service ... (Cont'd)

Secretary Rtn. Ravindranath introduced Dr. Rajendra Bhandary, the Guest Speaker as an accomplished Psychiatrist, dedicated academican & respected mental health advocate. Dr. Rajeshkrishna Bhandary said 60 years of age is a transition age. Retirement is not an end. It is the beginning of a new era in one's life. Then starts the life where one can start inspiring others. After 60, one need not follow a fixed pattern of life and free to pursue the dreams or passion.



This lookout would keep one healthy and happy & not get depressed with age. Dr. Bhandary then spoke about the symptoms & cause of Dementia, difference between the normal forgetfulness and dementia, early detection & management and remedies. He informed that September 21st each year is celebrated as World Alzheimer's day to raise awareness about Alzheimer & dementia. The factors that lead to dementia is sedentary life, drugs, alcohol, smoking, air pollution, head injury, hypertension, diabetes, depression, staying alone, no stimulation, obesity & hearing problem. Dr. Bhandary advised that it is important to have post-retirement plans. Keeping oneself active with brain & physical exercises, social contacts, routine check-up, good sleep are the steps to be followed for good mental & physical health.

After the informative session, Rtn. Kusuma Pai presented the last laugh, which changed the atmosphere to jovial. Secretary Rtn. Farida Uppin made announcements & rendered vote of thanks. The session was concluded with National Anthem & Group Photo.

10.05.2025 & 11.05.2025: "Manikya" - District Assembly & District Team Learning Seminar 2025-26

DTLS was hosted by RC Kota-Saligrama (Zone 2) at President Convention Hall, Thekkatte, Udupi. It was an occasion for Club Officers, Committee Chairs & Emerging Leaders to further develop leadership skills & refine strategies to achieve their service goals. Breakout sessions were held for various cadre. There were good speakers who spoke on leadership skills and membership growth. There were 21 registrations from RCM.



Rotarians in Action

06.05.2025: Rtn. Shashikala Rajavarma was one of the Chief Guests in the valedictory of "Kamanabillu", a 10 days Summer Camp for school children conducted by Sangama Kalavidaru. The Children were given training in Theatre Arts. The camp is held in Manipal Pre-University College, Manipal. Children performed dance & drama. Rtn. Sripathi P is one of the active members in the organising committee of this program. Rtn. Rajavarma Ariga, Rtn. Shyla Rao, Rtn. Aravind Rao, Ann Ushakanthi & others attended the program.



09.05.2025: Annette Archana, D/o Rtn. Jaivittal K S and Rtn. Vijayalaxmi performed dance at Mahalingeshwara Temple, Parkala on the occasion of Brahma Kalashotsava.



09.05.2025: Congratulations to Rtn. Indira Rao on the occasion of wedding of her Granddaughter Vinathi & Jayaram.



Rotarians in Action ... (Cont'd)

10.05.2025: Around 10 RCM Members attended the Holy Communion Celebration of Annette Anora Fernandes, D/o Rtn. Vijay Fernandes at Athrady and wished Anora a bright future.



How to Propose a New Member to the Rotary Club?

Proposing a new member is the principal duty of every Rotarian. There are two steps involved in this process.

Step 1: Engage with your community:

- Always wear a Rotary pin while conversing with any person in the society.
- Talk about exciting stories of Club projects with your colleagues and friends.
- Distribute one of the books related to the basics of Rotary.
- Invite your friends and colleagues to join you at your weekly Rotary meeting.
- You can handover the information brochure that tells the Club's history and highlights recent service projects and events.
- Ask potential members to become involved with a Club activity or service project.
- If you find a prospective member ask him to tour the RI website and to know more about Rotary.

Step 2: Complete your paperwork:

- Once a prospective member demonstrates an interest in membership, Complete part A of the Membership Proposal Form and return the form to your Club Secretary for submission to the Club's Board of Directors. But do not inform the prospective member of the proposal until after the Board approves it.
- Within 30 days of submission to the Board the Board will take decision and inform it to the Club Secretary who in turn communicates to you.
- If the Board does not approve the candidate, you can talk to your Club Secretary or the Board for next steps.
- If your Club Board approves the candidate, then arrange an information session for the proposed member.
- Ask the proposed member to complete and sign part B of the proposal form.
- Return the form to the Club Secretary. The Secretary will publish the proposed member's name and classification to the Club.
- The recommended Rotary Club bylaw allows seven days for Club members to consider and file objections, if any.
- If no objections are received the proposed member pays the admission fee and becomes a Rotarian.
- The Club Secretary or President immediately reports the new member to Rotary International via Member Access at www.rotary.org



Celebrations



Birthdays:

06-May - Rtn. Indira Rao

07-May - John Vikram Vatsalan, S/o Rtn. Nalini V Nair

11-May - Annette Radhika Shetty, D/o Rtn. Kusuma Pai

Anniversary:

10-May - Rtn. Sripathy P & Ann Ushakanti

10-May - Rtn. P Ravi Karanth & Ann Saroja R Karanth