

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



**13.05.2025:** Weekly Meeting

**Theme:** Health & Lifestyle

**Speaker:** Dr. Preeti Santhosh Kamath, Medical Officer, MPi Solutions Ltd., Manipal

**Meeting Co-ordinator:** Rtn. Vanishree Rao

**Venue:** Rotary Bhavan, Manipal

**No. of participants:** 35

Meeting was called to order by President Rtn. Subhash Bangera. Thought for the day was presented by Ann Primcy, W/o Rtn. Roshan Denzil Sumithra. Rotary Information was presented by Rtn. Sucharitha Shetty.

Rtr. Darryl D'Souza, President for South Asian Rotaract Club, who attended the meeting as Guest addressed the gathering & invited Rotarians to the Rotaract Assembly on June 7<sup>th</sup> that would be organised in Mangalore.



Mrs. Shankunthala Nayak, a Yoga Teacher introduced herself and is identified as prospective Rotarian. President Elect Rtn. Shashikala Rajavarma presented report on "Manikya" – District Assembly & DTTS that was held at Thekkatte on May 10<sup>th</sup> & 11<sup>th</sup>.

## 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 ?

"Health & Lifestyle" is a subject that resonates with so many in today's world. Lifestyle is a growing concern affecting mental and physical health, but is unescapable.



**Thought for the Day**  
Ann Primcy Melisha Sumithra

"Today's actions shape tomorrow's outcomes. Let's work together, support each other, and strive for excellence in all we do."

This thought encourages teamwork, accountability, and a commitment to achieving shared goals.



**Rotary Information**  
Rtn. Sucharitha Shetty

## PEACE AND CONFLICT RESOLUTION

**"The way to war is a well-paved highway and the way to peace is still a wilderness."**

**Paul P. Harris From a recorded interview in Tuskegee, Alabama, USA in 1945**

The Rotary Foundation enables Rotarians to promote the practice of peace and conflict prevention/ resolution by:

1. Training leaders, including potential youth leaders, to prevent and mediate conflict
2. Supporting peace-building in communities and regions affected by conflict
3. Supporting studies for career-minded professionals related to peace and conflict prevention/resolution

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

Rtn. Shubha H S introduced the Guest Speaker Dr. Preeti Santhosh Kamath, who has an extensive experience of 30 years in general medical practice; she has demonstrated a profound commitment to healthcare. Her most recent engagement involved volunteering at Community Medical Health Camps. Dr. Preeti shed light on the lifestyle related health issues, its impact on individuals and communities, and ways to deal with it. She explained that lifestyle in most of us is causing acute stress, which in turn cause physiological cascade of reactions in body. It can sometimes be beneficial. Stress can produce adrenaline, which fights or flight response. Whereas, chronic stress produces adverse effect on body. It can produce cortisol, which causes fluctuation in heart rate & may vary the glucose level. Chronic stress can cause decline in health, feeling of loss, fatigue, exhaustion, headache & giddiness. It can also cause muscle tension, grinding teeth, increase in heart rate, asthma, acidity, constipation, diarrhoea, acne, auto immune disorder, prolonged increase in sugar level- type 2 diabetes.



Psychological symptoms are irritation, restlessness, depression, lack of motivation, behavioural problems, substance abuse, memory lapse & lack of concentration. Chronic stress can be managed by healthy lifestyle like physical activity, healthy nutritious food, adequate sleep, avoiding screen time before bed, avoid caffeine. This produces endorphin, which keeps us healthy. Relaxation techniques like deep breaths, yoga, meditation, guided visualisation, progressive muscle relaxation calms nervous system. Social support, social activities & hobbies are stress bursters.

The meeting was concluded with announcements & Vote of Thanks rendered by Secretary Rtn. Farida Uppin, National Anthem & Group Photo.

## Rotarians in Action



19.05.2025: 15 Rotarians contributed to support Mrs. Geetha Harish, a 42-year lady admitted to Mission Hospital, Udupi. Due to severe bleeding & had to go through Hysterectomy on an emergency basis. Geetha is mother of two school going children and is the only bread winner of the family. Her husband Harish is a bed ridden patient due to massive stroke. Rtn. Jaivittal K S personally visited the patient & met the hospital admin. Major part of the expense was waived off by the admin as per his recommendation. Rotarians displayed empathy by responding to the appeal for help.

## Rotarians in Action



13.05.2025: AGE Rtn. Amit Aravind had a interactive meeting with RC Aisiri Parkala.

Congratulations on successful completion of 10<sup>th</sup> Std. CBSE Board with colourful grade!! 🎉🎊🎈🎉🎊


- ❖ John Sudhanva (S/o Rtn. Divyashree)
- ❖ John Vamshikrishna (S/o Rtn. Dr Virupaksha Devaramane)

Congratulations on successful completion of 12<sup>th</sup> Std. CBSE Board with colourful grade!! 🎉🎊🎈🎉🎊


- ❖ John Vihar (S/o Rtn. Sripathy)
- ❖ Annette Prerana Rao (D/o Rtn. Vanishree Rao)



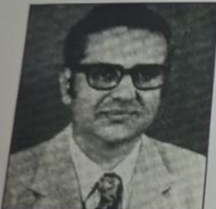
**Pancharathnas of the Club**  
PDG's from our club




**PADMASHREE DR. T.M.A. PAI**  
Charter President 1958-59  
District Governor 1964-65




**T. RAMESH U PAI**  
RI Director 1992-94  
District Governor 1970-71



**PROF. V. CHANDRASHEKAR**  
District Governor 1978-79




**DR. H. SHANTHARAM**  
District Governor 1984-85




**PROF. I. NARAYANA**  
District Governor 2002-03

**Major Donors of the Club**



**DR. H. SHANTHARAM**  
District Governor 1984-85



**Rtn. DR. H.J. GOWRI**  
President (2005-2006)

MAY IS



YOUTH  
SERVICE  
MONTH

"We cannot talk about the future without talking about children. They are our future." - PRIP James L. Lutz 1988-99

Rotary  **YOUTH** SERVICE

www.rotary.org

### Celebrations



#### **Birthdays:**

- 15-May - Rtn Jayaraj Shetty
- 17-May - Rtn Sajani Shirali
- 20-May - Ann Sapna Dinesh Bhandary w/o Rtn Dinesh Bhandary
- 20-May - Annette Manasvi P Hegde d/o Rtn Prashanth Hegde

**The youth of today are leaders of tomorrow!!**