

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

15.08.2024: Club Service: - Weekly Meeting

Event: Independence Day Celebration

Venue: Rotary Bhavan, Ananth Nagar, Manipal

Meeting Co-ordinator: Rtn. Shyla Rao

Host: Rtn. Shashikala Rajavarma, Rtn. Farida Uppin

No. of participants: 80

Guest Speakers:

- K Shivaram Manja, Rtd. Squadron Leader
- Ms. Varsha Shirali, Teacher, Spouse of Col. Anand Shirali

Along with Veterans, Play School Kids, School Children and Family, Rotary Club of Manipal celebrated the 78th Independence Day grandly. Flag Hoisting, March Past, Patriotic Songs, Music, Dance, Skit Snacks all were part of the celebration and was very festive.

The celebration began with Vande Matharam. MPUC Manipal students performed March Past. Chief Guest K Shivaram Manja, Veteran hoisted the flag. It was followed by National Anthem and the Flag Song.

After the refreshments, the stage program began. President Subhash Bangera welcomed the gathering. Annette Aisha Uppin presented the thought for the day and Rtn. Col. Madhav Shanbhag presented the Rotary Information.



Thought for the Day Annette Aisha Uppin

Life's greatest reward come from stepping out of your comfort zone and embracing new challenges with determination and an open heart.

If you want something you have never had, you must be willing to do something you have never done. Growth begins when comfort ends.



Rotary Information

- Rtn. Col. Madhav Shanbhag



Rotary provides ample opportunity to face the challenges we face today and plays a significant role in Nation Building through various initiatives aimed at improving public health providing quality education, safeguarding environment and alleviating poverty.

Contribution for Disaster Relief & Rehabilitation are made available to Rotary Clubs & Districts located in disaster affected areas through Rotary Disaster Response Grants. Rotary Clubs & Districts in affected areas may apply for this grant up to a max of 25,000 dollars at one occasion.

Rotary Clubs have played unique role in Disaster Recovery in Kedarnath and Wayanad, Kerala. We with the "Spirit of Rotary" in us can do significant contribution for our Nation Building.

Club Service...(Contd..)

Rtn. Shyla Rao introduced the guest Mr. K Shivaram Manja and PDG Rtn. Dr. Gowri introduced Mrs. Varsha Shirali.



Mr. K Shivaram Manja shared his experience in Defence. He said that Independence is achieved by the sacrifices of freedom fighters and it is now our responsibility to keep it. He said that he learnt discipline, loyalty and perseverance in army. He worked with people of different culture & faith and learnt to be respectful to diversity.

Varsha Shirali shared her experience as Fauji Wife. She sacrificed her IT profession, overcame the language barrier and adapted herself to the new life as a teacher and trainer to the wives and children of soldiers. She used to visit their houses and resolve the HR issues of the army official's family, took care and taught their children. She won the confidence and love of their family members and comforted them in challenging situations. She had to shift from house to house and her child had to change schools several times depending on the deputation location of her husband.



The talk of the two guest speakers was thought provoking and conveyed the sacrifices of our defence forces and their families in safeguarding our country.

Dr. H Shantharam also addressed the gathering. Mementos were given to the Chief Guests. This was followed by Entertainment Programs. Skit on Freedom Fighters by Annette and Johns was the highlight of the day. Splendid performance by Ahana, Dhvani, Ahana, Ishaan, Sudhama. Sidhan and Prachit. The session was concluded with announcements and vote of thanks.



13.08.2024: Zonal Seminar - Membership Development and Public Image

The seminar was held in Suraksha Sabha Bhavana, Parkala and was hosted jointly by RC Parkala & RC Manipal Town. Rtn. C Ashok Kumar Shetty spoke on Membership Development. He said that it is important that we pull in quality members and the new members should be involved in the activities that are conducted by the club and are trained and encouraged to take up the responsibilities. Rtn. K S Subramanya Basri gave a presentation on importance of Public Image and how we can enhance Rotary public image through a focused approach using the "5I" (Information, Inclusion, Involvement, Implementation, Impact). Rtn. Renu Jayaram gave an inspiring session on Woman Membership Development. She highlighted on H E R (History, Evidence and Register) of Woman in Rotary. She spoke about Sylvia Whitlock, an American humanitarian, who became the first woman to serve as president of Rotary Club in 1987 (RC Duarte), after the landmark judgement in 1987 that women cannot be restricted to join Rotary.



Community Service

14.08.2024: Rotary Club Manipal and the District Veterinary Hospital, Udupi jointly organized a Health Awareness Workshop to a group of 25 'Pashu Sakhis' (Field workers) who take care of the health of cattle in villages. Rtn. Dr Girija was the Guest Speaker. Rotary Club Manipal also arranged for BP and Sugar Test of the Participants. In case of emergency for Cattle's, people can dial 1962 for help.



Youth Service

15.08.2024: The Rotaract Club of Manipal, on the occasion of 78th Independence Day, organized a blood donation camp at MIT Manipal, in collaboration with KMC Blood Bank and NSS. The camp collected 171 units of blood. The club extends its heartfelt gratitude to all donors for their invaluable contribution to this noble cause. Club Chairman Rtn. Col. Madhav Shanbhag, Ann Dr. Lavanya Shanbhag and Rtn. Rajavarma Ariga visited the camp and expressed their appreciation.



Rotarians in Action

- 13.08.2024: Few of our Rotarians visited PDG Rtn. Dr. H Shantharam, who has been associated with RCM for about 62 years, at his residence to wish him on his birthday.



- MCODS, Manipal is ranked as the second-best dental college in India as per the NIRF ranking 2024. Congratulations to Rtn. Dr. Monica Solomon, Professor & Dean of MCODS.



RALPH WALDO EMERSON

“Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays.”

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Rotarians in Action... (Contd.)

➤ 13.08.2024: Madhavakripa School, Manipal students won 3rd Place in Tulu Nalike in Aatida Tulu Parba competition held by MAHE, Manipal. John Vamshi Krishna, S/o Rtn. Dr. Virupaksha Devaramane was one of the participants.



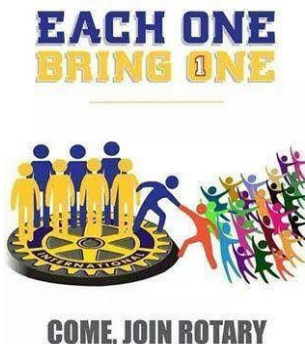
➤ 15.08.2024: PDG Rtn. Dr. Gowri was honoured by Canara Bank on the occasion of Independence Day.



➤ 17.08.2024: Some of the Rotarians joined the Mega Protest March along with IDA, Lab Association, Medical Rep Association, IMA, ASI, FOGSI, FOMA, Lions, Mahila Samaj, KSOGA and showed their solidarity for the cause of workplace safety for woman justice for Dr. Moumita Debdas



Theme of August



Celebrations



Birthdays

- 13th Aug: Rtn. Dr. H S Shantharam
- 15th Aug: Rtn. Dr. Lakshmi Meghana
- 17th Aug: Ann Aaina Jain, W/o Rtn. Sunny Jain