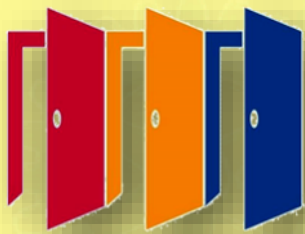


The Weekly Bulletin of the Rotary Club of Surathkal

Rotary District 3181

Charter No. 27539



ROTARY
OPENS
OPPORTUNITIES



E-SUHRITH

21st September 2020

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www.rcsurathkal.org



Dear fellow Rotarians,

We all know that the Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise." This definition lists four areas by which this "ideal of service" is fostered: "through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one's personal, business and community life; and the advancement of international understanding, goodwill and peace."

It is sad that our own Parliament is closing its session early due to COVID-19 pandemic still haunting us. We Rotarians can help our fellow citizens by doing small things to overcome mental stress due to the prevailing pandemic and keep us healthy. For which we can follow three principles in our daily life.

1. Focus every day on what you can do and take action – no matter how small. Low-tech and even no-tech solutions matter a lot. Go outside and appreciate nature (as allowed by your local guidelines) at a slower pace to get a daily dose of physical exercise, relaxation and vitamin D. Call that relative or friend you haven't spoken to in a while. Practice in these next few weeks to be in the moment, more mindful and supportive of those around you. We can all learn to be more flexible and have acceptance (which is not the same as acquiescence) of what we can do with the present rather than what we cannot do.

2. Explore – even shape – the new mental health toolkit. COVID-19 is bringing massive attention to the growing resources available online. Let's explore and master the full breadth of opportunities for meaningful social connection, mindfulness, self-care, distance learning, telemedicine and beyond. There's no time like the present to review our use of tech in general and mental health tech in particular. Apps won't magically grant wellness, sleep or an end to poor mental health, but they are tools that we can learn to use with wisdom.

3. Let us empower those around us. We can all take ownership of and be supportive and responsive to our communities – our families, neighbourhoods, work, societies. A recent study has shown that the most effective public health messages in slowing the spread of COVID-19 are those that focus on considerations of duty and responsibility to family, friends, and fellow citizens, not just our own personal agenda.



Yours in Rotary
P Raghavendra, President

We celebrate the Birthdays of....

Rtn Krishnaraja Tantri on 1st of October,

Anns. Sathyavathi Harikrishnan on 27th and Shruthi Sandeep Rao on 29th of September

and Annet Aamod Kiran Bhat on 28th of September.



E SUHRITH

Conveys our Special Greetings to them on these special occasions.



Of the things we think, say or do

1. Is it the truth ?
2. Is it fair to all concerned ?
3. Will it build goodwill and better friendships ?
4. Will it be beneficial to all concerned ?

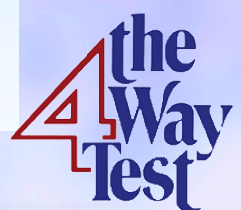


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Click [HERE](#) for viewing all the back issues of **E SUHRITH**



The week that was..

In collaboration with the RC Surathkal, Education and Charitable trust formed a committee to fight the menace of unlawful activities in the Rotary Garden under the flyover, and discussed on the ways and means to do that on **15 Sep**. Rotarians **Raghavendra, Dr Aravind Bhat, Ravilochan, Yashomathi, Dr Rajmohan, Sandeep Rao** and **RCC President Sathish Sadanand** were named for the committee .

Dr Aravind Bhat,
Secretary



Rotarians / Annets in the news:

Dr. B. R. Samaga addressed the members of the **Nirmithi Kendra (DK)** on the occasion of the Engineers' Day the 15th September. Also seen are Rtn. **Rajendra Kalbavi** and other officials.

Annets Aamod Kiran Bhat (99.29%) and **Shripoorna Shridhar Rao (98.57%)** made us proud by scoring record high in the CFNL exams leading to JEE. **eSuhrit** congratulates them.

Mangaluru, Sep 15: With the results of the Joint Entrance Examination (JEE) Main out, it is celebration time at CFAL (Centre for Advanced Learning), Mangaluru's top training institute as 16 of its students, out of 120 students, which is 13.33% of the students scored above 99 percentile. This is incredible compared to the national total average of 3%. 23 students scored above 98 percentile (19.166%) and 28 scored above 97 percentile (23.33%). JEE-Main is conducted for admissions into 31 NITs, 20 IITs, 38 Government Funded Technical Institutes (GFTIs), as well as some private institutions (the list is attached at the end of the article for reference). In addition, the students who scored the cut-off score in JEE Main only are eligible for appearing in JEE Advanced. Around 2.4 lac students (including all categories) who cleared the JEE Main exam are now eligible to settle the entrance exam for IITs.

The cut-off score to apply for JEE Advanced this year is 90.376 and around 60% of CFAL students have secured more than the cut-off percentile. Since 2019, JEE (Main) is being conducted twice a year. The first cycle was held in January. The second cycle of the entrance test this year was delayed because of the pandemic. While students are permitted to write the exam twice, the best of the two performances would be considered for declaring ranks.



The students who scored above 99 percentile are: Kaustubh Rao (99.89), Dhweeni Kamath (99.88), Gneethan (99.716), Pranod Rao (99.68), Ujjwal Kumar (99.61), Santhosh M (99.5934), Rihan D'Silva (99.52), Mohan Nayak (99.497), Rihan D'Silva (99.418), Pranav Rao (99.4101), Anmol (99.29), Anmol Shetty (99.22), Shreevara Althul (99.2045), Praramya Madu (99.1206), Danish Pinto (99.1), Madhura Sabharwal (99.083). Other preminent scorers are: Tojab (98.619), Shreepoorna (98.57), Anaspoorna (98.54), Tojas Bhat (98.34), Nissad (98.31), Prajwal (98.22), Akash Shetty (98.4), Rakshith (98.2), Sankalya (97.8), Sathish (97.5), Vishwan (97.48), Siva (97.22) and Gagan (97.2).



Sadly our programs and report get stunted because of the Corona Pandemic

Gallery Link: <https://sites.google.com/site/rotarysurathkalgallery/>

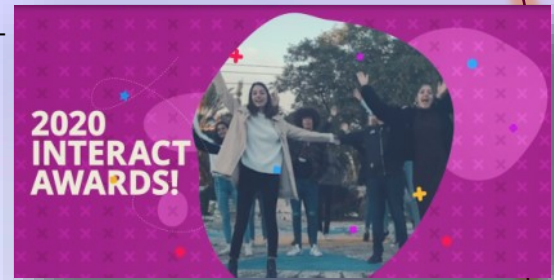
2020 Interact Awards:

Share how your Interact club members are taking action across the globe, in your community, and in yourselves in the 2020 Interact Awards.

New this year, Rotary is inviting Interact clubs to submit a video, photos, and/or an essay showcasing their club's service projects or leadership development activities.

Submit your nomination by 1 December 2020 for a chance to be named "Best Video," "Best Photo," or "Best Essay" and receive funds to support your Interact club's next project. Rotary clubs, Rotaract clubs, teachers, and parents can all work together to make your Interact club's vision a reality.

Details at <http://msgfocus.rotary.org/c/1bYAPbBxPpCIYQ4w8LclPCYZZ9s>



Source: RI Newsletter

Courtesy: eFlash_Rotary Kalamassery

Rotary News Plus-September 2020

Rotary News Trust

Dear Rotarian,

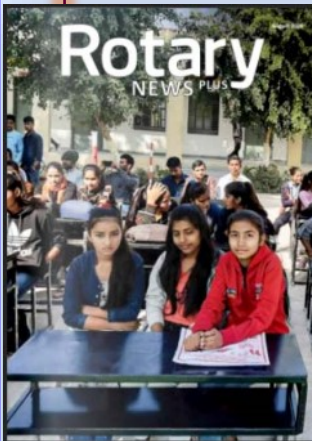
Greetings from Rotary News! We are giving below the link to our online supplementary magazine, Rotary News Plus (September issue).

<https://rotarynewsplus.org/rotary-news-plus-september-2020/>

Rotary News Plus is an online magazine uploaded on the 15th of every month. It carries the wonderful projects of Rotary Clubs that could not be accommodated in the Rotary News magazine due to space constraint.

We welcome your feedback

at rotarynewsmagazine@gmail.com and share your club projects on the same mail id. We will be glad to publish it.



With Kind Regards

Senthil Kumar K

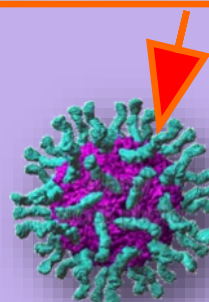
Rotary News



On 13th January 2014

India was officially declared as **Poliofree**.

NOW IS THE TIME FOR MORE VIGIL



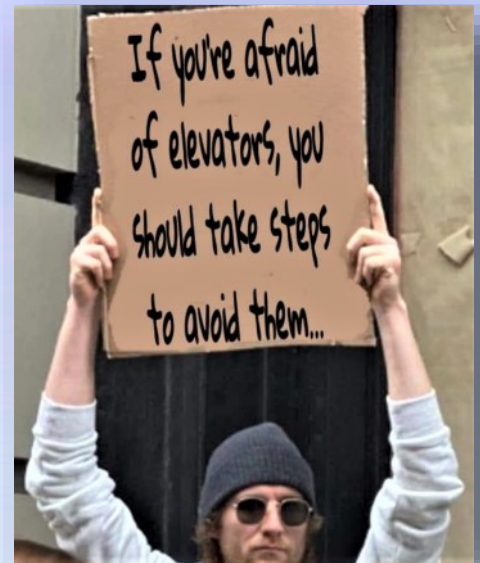
PolioPlus



Rotary International

Picturesquespeech

- Q: What do you call dental X-rays?
A: Tooth pics
- Q: What do you call a group of babies?
A: An infantry.
- Q: Did you hear about the Italian chef who died?
A: He pastaway.
- Q: Why do cows have hooves instead of feet?
A: Because they lactose.
- Q: What do you call a sleeping dinosaur?
A: A dinosnore.
- Q: Which way did the programmer go?
A: He went dataway.
- Q: How does NASA organize a party?
A: They planet.
- Q: What do Alexander the Great and Winnie the Pooh have in common?
A: Same middle name.
- Q: What did the left eye say to the right eye?
A: Between you and me, something smells.
- Q: Why didn't the skeleton cross the road?
A: He didn't have the guts.
- Q: What do you call an alligator that wears a vest?
A: An investigator
- Q: Are mountains just funny?
A: No. They are hillareas.
- Q: why didn't the bicycle stand up on its own?
A: It was two tired.
- Q: What did the window feel when it was hit by a stone?
A: It felt the pane.



You would have known not !
Until Corona virus taught !
That the ones who makes the food !
Is definitely your God. !!!

Verse by **Dr. Hari**, Ed.

