

ROTARY
OPENS
OPPORTUNITIES



E-SUHRITH

2nd November 2020

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Dear fellow Rotarians,

A recent survey by The Indian Psychiatry Society (IPS) found a steep rise in the number of patients suffering from mental illness after the outbreak of the novel coronavirus in India. Based on survey it is found that the people are staying indoors with limited resources. They are now suffering from anxiety, panic attacks, and even alcohol withdrawal syndrome,”

ಇ ಸುಹ್ರಿತ್ ನಿಂದ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಶುಭಾಶಯಗಳು

It is said that unprecedented conditions and more vulnerable groups of patients are a big threat to the spread of this illness, especially with the patients not even realizing he has a disease. “Mostly are those who worry a lot and are addicted to any substance or alcohol.”

Rotary can help in this situation by disseminating information about mental health care, says clinical psychologist. We can have an important role as mental health care is not always accessed by all especially the smaller cities or the uninformed community.

“Several organizations in our country have set up helplines. The government has also acknowledged this. So Rotary can bridge the gap between the service providers and professionals and the people who need help.

For the coming days, our zone 2 and 3 have organised indoor games at Father Mullers' college. I request the members to take part in the games with full gusto and proper precautions.



Yours in Rotary
P Raghavendra, President

We celebrate the birthday of ...
Ann Lavita P Fernandez (No pix) on 7th of November,

and the wedding Anniversary of ...
Dr Shashikala I - Umesh Bhat KV on 9th of November



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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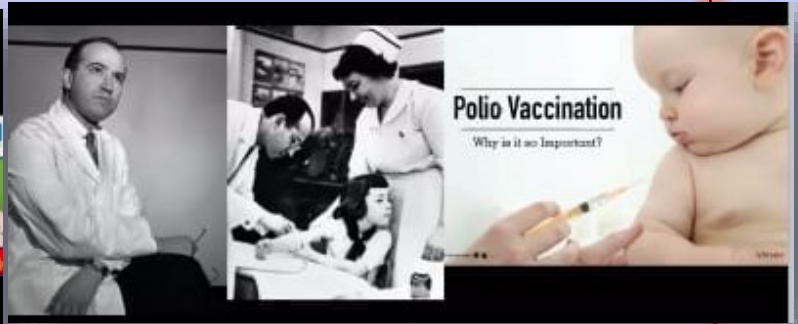
E SUHRITH

the
Way
Test

The Header

...Editor's Eyrie...

The week that was..



Some snaps of the **End Polio Webinar** in celebration of World Polio Day, conducted on **24 Oct.** where **DG Rtn. Ranganath Bhat** and **Rtn. Dr. Harish Nayak** were the guests of honour.

On **1st November** we **celebrated the Karnataka Rajyotsava** in our regular meeting venue in VI-RAT with due precautions.



The renowned writer **Ms Nirmala Surathkal**, and a well known activist against drugs **Ms Swarna Bhat** were **honored** on that day.



Also the birthday couple **Vidya** and **Dr Aravind** and the birthday boy **Chandrakanth** were recognised duly.

Dr Aravind Bhat,
Secretary





International Assembly 2021

International Assembly 2021 will now be held **virtually** from 1 to 11 Feb.



**Rotary International
Assembly 2021**

to be held virtually

from 1 to 11 Feb

Rotary



Board of Directors have decided to move to the virtual format considering health and safety issues of participants, said General Secretary in a letter to DGEs.

President Elect **Shekhar Mehta** will announce details of the virtual International Assembly in the second week of November.

Zonal Indoor Competition

08.11.2020 Host- Rotary club of Mangalore Hillside, R I Dist.3181

Venue: Fr. Muller's Hospital Sports Complex

Rules and Regulations: were published last week.

Bank Details - ROTARY CLUB OF MANGALORE HILLSIDE

CANARA BANK, VALENCIA Br

IFSC – CNRB0000652 Account No - 0652101032330

Registration forms along with fee should reach club President or Treasurer **on or before 31st Oct 2020**

No entry allowed after cut of date. Fixures will taken well in advance and will inform to all the clubs by 5TH NOV 2020

Due to covid19 , only participants are allowed to enter the venue.

Clubs are requested to co –operate for smooth functioning of the event.

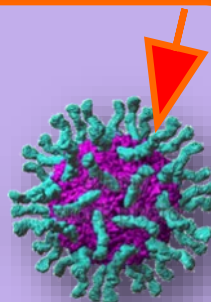
3For any clarification please contact: Rtn.PHF B.S Anil Rao, Event Conveners (Indoor Games), Mobile No.9880037110



On **13th January 2014**

India was officially declared as **Poliofree.**

NOW IS THE TIME FOR MORE VIGIL



PolioPlus



Rotary International

Rotary Information

...think...

THE ART OF WEARING THE MASK (INDIAN STYLE)



My soul has a hat

his lovely poem was written by Mario de Andrade (San Paolo 1893-1945) Poet, novelist, essayist and musicologist. He was one of the founders of Brazilian modernism.

MY SOUL HAS A HAT

I counted my years
& realized that I have
Less time to live by,
Than I have lived so far.

I feel like a child who won a pack of candies:
at first he ate them with
pleasure,
But when he realized that there was
little left, he began to taste them
intensely.

I have no time for endless meetings where
the statutes, rules, procedures & internal
regulations are discussed,
knowing that nothing will be done.

I no longer have the patience
To stand absurd people who,
despite their chronological age,
have not grown up.

My time is too short:
I want the essence,
my spirit is in a hurry.

I do not have much candy
In the package anymore.

I want to live next to humans,
very realistic people who know
How to laugh at their mistakes,
Who are not inflated by their own triumphs
& who take responsibility for their actions.
In this way, human dignity is defended
and we live in truth and honesty.

It is the essentials that make life useful.
I want to surround myself with people
who know how to touch the hearts of
those whom hard strokes of life
have learned to grow, with sweet
touches of the soul.

Yes, I'm in a hurry.
I'm in a hurry to live with the intensity
that only maturity can give.
I do not intend to waste any of the remaining
desserts.

I am sure they will be exquisite,
much more than those eaten so far.
My goal is to reach the end satisfied
and at peace with my loved ones and
my conscience.

We have two lives
& the second begins when you
realize your only one.

Sent in by Dr. Rajmohan



...think again...