

ROTARY  
OPENS  
OPPORTUNITIES



# E-SUHRITH

1st February 2021

VOL: 13 ISSUE: 31



[www.rcsurathkal.org](http://www.rcsurathkal.org)

## Dear fellow Rotarians,

We Rotarians have been working to eradicate polio for more than 35 years. Our goal of getting rid of the disease is closer than ever.

As a founding partner of the **Global Polio Eradication Initiative**, we've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.

We Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

We have never been so close to our goal of a polio-free world. There are just two countries left where wild poliovirus is still circulating – Afghanistan and Pakistan. This means that the partners of the GPEI, along with country governments, donors, civil society and parents are working harder than ever to make sure we know exactly where polio is, and can respond quickly to stop every strain of the virus. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.

We, Rotary club of Surathkal on 31st Jan. 21 participated in routine Polio eradication drive, and pledge We shall continue to be part of global effort to eradicate Polio from the world.

Yours in Rotary  
**P Raghavendra, President**



**We celebrate the birthdays of**  
**Rtn. Chandrahas Shibaruru , and**  
**Annet Amith Laxminarayan Rao on 13th of February**



**E SUHRITH** Conveys our Special Greetings to them on these special occasions.

Of the things we think, say or do

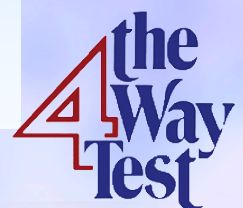
1. Is it the truth ?
2. Is it fair to all concerned ?
3. Will it build goodwill and better friendships ?
4. Will it be beneficial to all concerned ?



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Facebook Connect: [SuhrithRotarySurathkal](https://www.facebook.com/SuhrithRotarySurathkal)

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**E SUHRITH**





**The week that was....**



**Celebration of Republic Day and Dinner.** Shri Adoor Krishna Rao was the chief guest, who gave a speech on Consumers' Rights. RCC President



Shri Satish Sadanand was honored on the for his yeoman service of keeping the places around clean through our Swaccha Surathkal Campaign.

**Pulse polio 2021:** On 31st Jan. our club President inaugurated the Pulsepolio campaign with administering the first drops to a child. Also present were Rtn Dr Aravind Bhat and Rtn. PP PP Rao PP Shrinivasa Rao, and Rtn. Sandeep Rao I.



**Dr. Aravind Bhat, Secretary**



**Rotary In the News:**

President Rtn Raghavendra P was the guest of honour at the certificate distribution program at VIRAT on 23 Jan. Rtn. P Krishnamoorthi, IPP Rtn. Ramesh Rao and Rtn Rajamohan Rao were present on the occasion.

Ann Yamuna P Rao authored **Dasa Keertana Katha** was released on 25th Jan by Shri renowned Yakshagana artiste and researcher Shri Hiranya Venkateshwara Bhat in a simple ceremony at Poorna Bodha. The news clip is from **Vijayavani** Dt 26 Jan



## SOUND MIND, SOUND BODY

The way the world looks at and treats disease and illness has undergone remarkable change over the centuries. In the 19th century doctors did not know how to prevent infection.

In field hospitals doctors cut off hands and legs of soldiers who suffered even minor limb injuries, fearing gangrene.

All this has changed in the last two centuries. Pills, injections and surgeries save us from various illnesses and injuries today.

The average life expectancy in India has jumped from around 31-32 years in the early 1950s to 70 years in 2018. The focus now is increasingly on preventive healthcare. Preventive care helps detect or prevent serious diseases and medical problems. Today non communicable diseases (NCDs) —including heart disease, stroke, diabetes, lung diseases, kidney failure and cancer - are common health problems across the world.

NCDs account for nearly 5.8 million deaths in India. One in four Indians is at risk of dying from an NCD before he/she can reach the age of 70. Many of these chronic diseases are preventable, as they are linked to poor diet and lifestyle choices including tobacco use, excessive alcohol consumption and inadequate physical activity. Sugar is more dangerous than gunpowder. A person is more likely to die from drinking too much cola than being blown up by a terrorist attack. The biggest problem is not the junk we eat but the nutritious food we don't eat.

The good news is that you have the power to help prevent chronic disease by making positive diet and lifestyle changes to help reduce risk.

In this Disease Prevention and Treatment month we once again focus on Rotary's Project Positive Health ~ Stop NCD. Its three important pillars are:

- Lifestyle modification ~ **the Ek chamach kum, char kadam aage** campaign;
- Regular check-ups — the 'Know your Numbers' campaign and Awareness amongst Rotarians, our community and especially amongst school children.

The One spoon less (of salt, oil and sugar); four steps forward (regular exercise daily) and 'No Tobacco' should become the guiding mantras for all.

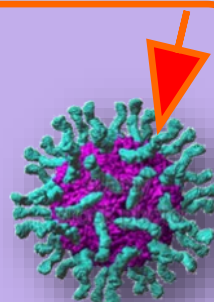
This pandemic has also brought into sharp focus the issue of mental health. The stigma associated with mental health conditions needs to be replaced with empathy, support and medication, and underscoring the importance of mental health in the overall well-being of an individual. The focus should be on a sound mind in a sound body — mens sana in corpore sano.



Dr Bharat Pandya  
RI Director, 2019-21



On **13th January 2014**  
India was officially  
declared as **Poliofree.**  
**NOW IS THE TIME  
FOR MORE VIGIL**



PolioPlus





The registration fees for the conference is as follows:

Rotarians - ₹ 5500 (₹ 4,500 till 6Feb) Anns, Annets, Johns(above 18 years)- ₹ 3,500  
Annets & Johns (12-18 years)- ₹ 2,000 Annets & Johns (Below 12 years)- NIL

Suresh Kamath, Conference Treasurer.

RI District 3181 - Zone 2 and 3

RC Derlakatte hosts **Jhanak Jhanak Payal Baaje, the Zonal Dance Competitions 2020-21** on 14th February, at Canara High School, Urva, Mangalore. The event commences from 8.00 AM.

Morning Session: Singing Competition and Mime Show

☐ Tea and Registration -0800 a.m - 0830 a.m ; ☐ Inauguration -0845 a.m.; ☐ Team to be ready - 0850 a.m

☐ Events will start at -0900 a.m

Events:

1. Dance Group( Rotary Family), 2. Dance Solo ( Children of Rotarians Annet or Jon below 14 year age),  
3. Dance Solo ( Children of Rotarians Annet or Jon above 14 year age) .

For Rules and Regulations contact the club Secretary at 94481 11440



**GANAKOGILE 2021**  
SINGING COMPETITION  
Zone 2 & 3, RID 3181



**HOST: ROTARY CLUB OF MANGALORE NORTH**  
Venue: Rotary Balbhavan, Gandhinagar, Mangalore .Ph: 0824-2950246  
Date: 14.02.2021

**EVENTS**

1. Singing Solo (Rotarian)
2. Singing Solo (Female Rotarian or Ann)
3. Singing Solo (Children of Rotarians below 14 years)
4. Singing Solo (Children of Rotarians above 14 years up to 30years)
5. Singing Duet (One Rotarian is must)
6. Singing Group (Rotary Family)

**Rules & Regulations**

Sl. No	Event	Category	
1	Singing (Solo)	Rotarian	<ul style="list-style-type: none"> <li>• Only one Entry per club</li> <li>• Any Language and form is allowed</li> <li>• Music Track allowed</li> <li>• Duration- 04+1 mnts Max</li> </ul>
2		Lady Rotarian/Ann	
3		Children of Rotarians Below 14 year	
4		Children of Rotarians Above 14 year	
5	Singing (Duet)	Any combination of Rotary family but one Rotarian is must	<ul style="list-style-type: none"> <li>• Only one Entry per club</li> <li>• Any Language and form is allowed</li> <li>• Music Track allowed</li> <li>• Duration- 04+1 mnts Max</li> </ul>
6	Singing (Group)	Rotarians & Rotary Family	<ul style="list-style-type: none"> <li>• Only one Entry per club</li> <li>• At least 1/3rd of the group should be Rotarians.</li> <li>• Any Language and form is allowed</li> <li>• Music Track allowed</li> <li>• Duration- 04+1 mnts Max</li> <li>• Minimum Participants - 06, Maximum 10</li> <li>• Combination of equal proportion of Male/Female singers</li> </ul>



**GANAKOGILE 2021**  
SINGING COMPETITION  
Zone 2 & 3, RID 3181

**ENTRY FORM**

Club Name:		Zone:		
Sl. No	Event Name	Event No	Category	Participation
1	Singing (Solo)	1	Rotarian	Yes/No
		2	Female Rotarian or Ann	Yes/No
		3	Children of Rotarians; below 14 years	Yes/No
		4	Children of Rotarians; above 14 years	Yes/No
2	Singing (Duet)	5	One Rotarian is must	Yes/No
3	Singing (Group)	6	Rotary Family	Yes/No

Please make payment in favour of Rotary Club Mangalore North by Cheque/DD NEFT/RTGS/IMPS

**Bank Details:**

Name of Bank: Canara Bank  
Branch: Gandhinagar Mangalore  
A/c No: 0631101126583  
IFSC: CNRB0000631  
A/c type: Saving

**Payment details**

Mode of payment: Cheque/DD/NEFT/RTGS/IMPS(?)  
Cheque No/DD No/UTR No.....

Date:

Amount:

- Follow the rules of the competition strictly
- Judges decision is final and binding on all concerned
- Executive Committee decision is final on all issues
- Club Sequence-Event wise will be announced 48 hours before the program.
- There will be live streaming of the Competition
- Entry to the venue is only to the participants
- Winners will receive Trophies and Certificates
- Club securing highest points in each zone will receive winners and Runners Trophies
- First and Second place winners from each zone will qualify for the District Singing Competition
- Follow all the Precautionary COVID-19 Guidelines. "Be Safe."

Breakfast: 08:00am  
Inauguration: 08:15am  
Competition begins at 08:30 am



**GANAKOGILE 2021**  
SINGING COMPETITION  
Zone 2 & 3, RID 3181

**Note:**

- Entry form should reach on or before 09<sup>th</sup> Feb 2021 to the **President**, Rotary Club of Mangalore North, Rotary Balbhavan, Gandhinagar, Mangalore 575003 or email [northrotary@yahoo.com](mailto:northrotary@yahoo.com)
- No Spot registration
- Contestants should get downloaded version of the music track in their Android Phone or pen drive
- IPAD & IPHONE is not compatible
- Contestants should confirm the compatibility of their music track well in advance before their sequence to our technical team at venue
- Payment of Contributory Fee of Rs. 75 x total no of club members should be sent by 09<sup>th</sup> Feb 2021 to avoid disqualification
- Minimum 3 entries required in each category from each club to conduct the competition.
- Clubs to report registration counter at Rotary Balbhavan at 08:00am