



The Fortnightly Bulletin of the Rotary Club of Surathkal

Rotary District 3181

Charter No. 27539

E-SUHRITH



CREATE HOPE
in the WORLD

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The Header

ಆತ್ಮೀಯ ರೋಟರಿ ಮಿತ್ರರೇ,

ರೋಟರಿ ಜಿಲ್ಲಾ ಸಮ್ಮೇಳನ 2023-24, "ಪ್ರಜ್ಞಾ ಪರ್ವ", ರೋಟರಿ ಬಂಧುಗಳಿಗೆ ವರ್ಷಂಪ್ರತಿ ನಡೆಯುವ ಸಮ್ಮಿಲನ, ಸಡಗರದ ಸಂಭ್ರಮಾಚರಣೆ, ಹಿತ ಅನುಭವಗಳ ರೋಟರಿ ಹಬ್ಬವೆಂದು ಭಾವಿಸುತ್ತೇನೆ. ನಮ್ಮ ರೋಟರಿ ಕ್ಲಬ್ ಸುರತ್ಕಲ್ ವತಿಯಿಂದ ಇಪ್ಪತ್ತಾರು ಜನ ರೋಟೇರಿಯನ್ಸ್ ಮತ್ತು ಆನ್ಸ್‌ಗಳು ಓರ್ವ ಪುಟಾಣಿಯೊಂದಿಗೆ ಭಾಗವಹಿಸಿರುವುದು ಹೆಮ್ಮೆ ಮತ್ತು ಸಂತೋಷವನ್ನು ಉಂಟು ಮಾಡಿದೆ.

ನಿಮ್ಮೆಲ್ಲರ ಅವಗಾಹನೆಗೆ ತರಲಿಚ್ಛಿಸುವುದೇನೆಂದರೆ, ಫೆಬ್ರವರಿ ತಿಂಗಳ ಧೈಯವಾಕ್ಯ "ಶಾಂತಿ ಮತ್ತು ಸಂಘರ್ಷ ಪರಿಹಾರ" (Peace and conflict resolution), ಪ್ರಪಂಚದ ಎಲ್ಲಾ ದೇಶಗಳಲ್ಲಿ ನೆಲೆಸಿರುವ ಅಶಾಂತಿ ಮತ್ತು ಸಂಘರ್ಷಗಳನ್ನು ಶಾಂತಿ ಮತ್ತು ಸೌಹಾರ್ದತೆಯತ್ತ ತಿರುಗಿಸುವಲ್ಲಿ ಭಾರತ ದೇಶದೊಂದಿಗೆ, ಜಗತ್ತಿನ ಹಲವಾರು ಶಾಂತಿ ಪ್ರಿಯ ದೇಶಗಳು ಪ್ರಯತ್ನಿಸುವಂತೆ; ಅಂತರಾಷ್ಟ್ರೀಯ ರೋಟರಿ ಸಂಸ್ಥೆಯು ಜನ ಮಾನಸದಲ್ಲಿ ಶಾಂತಿ ಮತ್ತು ಸಂಘರ್ಷ ರಹಿತ ಜೀವನ ನಡೆಸುವರೆ ತನ್ನ ಕೈಲಾದಷ್ಟು ಶಾಂತಿ ನೆಲೆಸುವಲ್ಲಿ ಪ್ರಯತ್ನವನ್ನು ಸದಾ ನಡೆಸುತ್ತಿರಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.

ಎಲ್ಲರಿಗೂ ಶುಭವಾಗಲಿ,



ಯೋಗೇಶ್ ಕುಳಾಯಿ
ಅಧ್ಯಕ್ಷ

We celebrate the Birthday of....

Rtn. P. Srinivas Rao on 4th ,

Rtn. S. Narasimhamurthy on 5th of and

Rtn. Chandrahas Shibaroor on 13th February



The Wedding anniversary of....

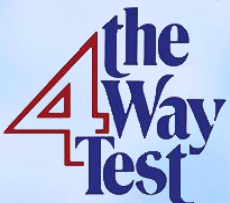
Rtn. Ramachandra Kundar and Ann Sumithra Kundar on 10th February



Conveys our Special Greetings to them

on these special occasions.

E-SUHRITH



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 ?

the fortnight that was

- 1) On the 19th January attended the district conference held at Mysore it was a three day event. Started in the evening of 19th and ended on 21st afternoon. In total 26 Rotarians and Anns from RCS have participated and every one has enjoyed the event. Every day there were thought provoking sessions and enjoyable Entertainment programmes. Excellent food was



- served to the delegates. On the whole it was a good experience to the participants.
- 2) on 30th January weekly meeting was Conducted at Vidhyadaayinee Complex. Various aspects like payment of semi annual (second half) R I Dues, experience of attending the district conference were discussed. Members spoke and gave their opinion about the District conference.



Our family in the news

1. Rtn. Dr. Aravind Bhat K. G. took over as President of the Indian Dental Association, D. K. Branch with his full team on 24 of this month. We Congratulate and wish him all the best



during his tenure of one year.

2. Our Annet Sripoorna, S/o our president nominee Rtn. Sridhar T. N. has started a start up company "Pourusha Aerospace Technologies Pvt. Ltd". Our congratulations and wishes to you Sripoorna.



Rtn. Ramesh Rao M.

Secretary

ROTARACT CLUB OF SUIET

RCSUIET marked its presence at AIKYAM, the Rotaract District Conference held on January 6th and 7th, 2023. The event saw the enthusiastic participation of 48 dedicated rotaractors from RCSUIET who actively engaged in all sessions and activities.

Our club achieved significant recognition at AIKYAM by receiving accolades across various categories. **Early Bird Registration Award** highlighted our organizational efficiency in the conference registration. Securing the **Highest Registration Award** underscored our unparalleled presence and unity within the district. The **Best Logo Presentation Award** acknowledged our club's dedication to visual communication and thoughtful creativity. In the realm of visual impact, RCSUIET's **Best Banner Presentation** showcased a visually appealing representation of our club's mission. Finally, the **Best Club Presentation Award** celebrated RCSUIET's overall excellence in presenting achievements, projects, and community impact.

These achievements underscore our club's organizational prowess, creative endeavors, and overall commitment to Rotaract values. Our success at AIKYAM not only reflects positively on our club but also showcases the strength and unity of RCSUIET within the larger Rotaract community.



RCSUIET members at AIKYAM



RCSUIET receiving awards at AIKYAM



RCSUIET members with the 5 prestigious district awards

RCSUIET members showcased their talents at KALA SAMBHRAMA the District Culturals held in Mysore on November 25, 2023. The participants took part in various categories, including solo singing, solo dance, group song, and group dance. The enthusiasm and dedication of our members were evident as they presented captivating performances. In the group singing category, RCSUIET secured a commendable 3rd place, highlighting the collective harmony and musical prowess of our team. Additionally, Rtr.Shraddesh, the Vocational Service Director of RCSUIET brought pride to our club by winning the 3rd place in the solo singing competition.


Rtr Shraddesh secured 3rd place in solo singing


Members of RCSUIET who participated in District Culturals


RCSUIET secured 3rd place in group singing

Report by

Rtr. Roshan Vair
President 2023-24



50 ways to promote peace in your community

{Some of them may look silly, some of them may not be practical in our surroundings. And some, we are already implementing. But we can always attempt to implement a new one and appreciate the results}

1. Treat all people with kindness, regardless of race, gender orientation, sexual orientation, religion, etc.
2. Attend a peace rally
3. Write to your government (local and federal)
4. Create a peaceful affirmation/mantra
5. Don't engage in violence of any kind
6. Don't purchase weapons
7. Embrace diversity and get to know other cultures by traveling the world and doing research
8. Start a collection to donate to a charity
9. Volunteer for the Peace Corps
10. If you have a platform, use it to educate
11. Advocate for animal rights (including slaughter laws)
12. Meditate and teach/encourage others to meditate
13. Organize community projects to build camaraderie (group mural, clean-up, etc.)
14. Think about other peoples intentions vs. their outcome
15. Never honk your car horn unless you're unsafe
16. Make art installations with the word "peace" or the peace symbol
17. When you see someone who is in trouble, help them
18. Learn mediation/conflict resolution skills
19. Advocate peace with T-shirts, bumper stickers, patches, etc.
20. Call out people when you see them being sexist, racist, etc.
21. Spend time in nature
22. Stay abreast of current events
23. Take a break from watching the news when you need to
24. Register to vote (and actually vote!)
25. Create a safe space/sanctuary in your home
26. Engage in random acts of kindness on a regular basis
27. Hang Tibetan prayer flags
28. Reduce your carbon footprint
29. Volunteer at a domestic violence shelter
30. Try had not to judge others
31. Research influential peace promoters in history
32. Talk to kids about peaceful virtues early on
33. Have a plan for dangerous situations of all types (being mugged, a house fire, etc.)
34. Respect your environment (i.e. don't litter)
35. Sign a peace pledge
36. Think about any prejudices you might have and explore why they are a part of you, with the ultimate goal being that you release them
37. Learn about symbols of peace and use tangible examples as reminders in your own home, workspace, car, etc.
38. Attend local government meetings
39. Forgive others, even long-standing enemies
40. Read books about peace and recommend them to your friends
41. Help the homeless / Volunteer at a shelter
42. Take a nonviolent crisis intervention class
43. Develop meaningful relationships outside your own race
44. Sign an appeal to end nuclear threats
45. Host art/music/poetry events with the theme of peace
46. Be patient in all aspects of life
47. Learn what the main causes of violence in your city are
48. Practice self-love and care so you can radiate goodness to others
49. Say you're sorry when necessary, even it's belated
50. Define what the word "peace" means to you





The team from RCS to the district conference in 1996-97. Dr. P. Narayan was the Governor and Dr. R. J. D'Souza was the Club President. We were runners up in the district level cultural competition that year

This is the TEAM led by President H. Balakrishna to the District Conference at Mysore in the year 2001-02. District Governor was R. Krishna that year



Courtesy



Rtn. Sathish Rao Iddya

Editorial Team: *Sachi* (9845871761) & *Yashomathi* (9844642696)

We meet on 1st & 3rd **TUESDAY** of every month @ **VIRAT Complex**, near **GD P U College**, **Surathkal** @ **07. 30 pm**