



# e-Sukruth



**01st January 2026 VOL: 18 ISSUE:13**

## e-Sukruth

**Wishes you a very happy, healthy and prosperous 2026**

Dear Rotarians,

Wish you all Very Happy, Healthy, Prosperous & Peaceful New Year. I am sure the year 2026 will be Great Year for all of us.

You all know that our DG Ramakrishna Ji is going to visit our Club on 3/1/26. As all of you know, Governor's official visit is a very special occasion to the club. It is the time to showcase all our efforts and achievements of the year so far. That's why we are preparing ourselves to project our best during his official visit. I request all the members to participate in all the events that day with DG.

We are also perusing with CSR Officials of MRPL for the release of funds for the maintenance work for Fly-over - Surathkal & for the Medical storage room for Govt. Primary Health Centre, Surathkal. We are also trying our best for the construction of Bus Stop in front of Suraj International Hotel Surathkal.

With regards,

The Header

Celebrations

### We celebrate the Birthdays of....

Rtn. Sachidananda K. on 1st,

Rtn. Krishnamurthy P. on 06th,

Ann Savitha Shetty, W/o Rtn. Dinesh Shetty on 01st,

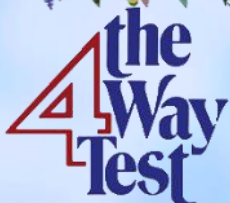
Annet Megha N, D/o Rtn. Narasimhamurthy N. on 04th and

Annet Anika, D/o Rtn. Pruthviraj on 11th January



## e-Sukruth

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 ?





## the fortnight that was ...

**16-12-2025:** Club assembly prior to official visit of District Governor was conducted.

**21-12-2025:** Pulse Polio vaccination program was supported by our club at 15 polio booths of PHC Surathkal and PHC Katipalla.



Rotary club President Rtn PHF Ramachandra B Kundera inaugurated the pulse polio at PHC Katipalla by giving polio drops to a child.

At PHC Surathkal ZL Rtn.PHF Sandeep Rao inaugurated the Pulse Polio program . food packets were arranged for 15 polio booths consisting of 80 people.



Same day a joint meeting with RC Mangalore Coastal, Inner wheel club Surathkal and Nagarika Salaha Samithi Surathkal was held at Vidyadayinee Complex, where Rtn. Dr. Prabha Adhikari Professor & Head, Department of Geriatric Medicine, Yenepoya Medical College and Hospital delivered a talk on " Geriatric Assessment and Treatment ".



**23-12-2025:** Board meeting was held at Rtn. Dinesh Shetty's Residence.

**26-12-2025:** Water cooler worth Rs.43,000/-, donated by M/s Cineplex Pvt. Ltd, Mangalore under t h e i r CSR activity fund, in coordination with RC Surathkal was installed at Venkataramana Primary School - Kulai.



## Rotarians in the lime light....

Rotarian Ramesh Rao, Rtn.Dr. Rajmohan Rao, Rtn. Sathish Sadanand were guest of honor during the annual school day function held at ZP Higher Primary School Madhya on 21-12-2025.

Rotarian Prof. Ramesh Bhat S G was the Chief Guest on the annual day function of Vidya Vikas Trust held on 24-12-2025 at Chelairu.



Rtn. Rammohan Y.  
Secretary





### Vocational Service: a pillar of Service Above Self

Vocational service is at the core of Rotary, embedded in its history, present and future. It calls on us to foster high ethical standards in business, recognize the value of all occupations, and dignify our occupations as an opportunity to serve our communities. By including men and women from diverse professions and backgrounds, Rotary recognizes the importance of all skills and occupations and encourages our members to leverage their skills and expertise to enhance communities.

This January, Rotary's Vocational Service Month, we are challenging every Rotary member to put their vocational service in action by:

- using your skills and expertise to serve a community.
- mentoring young people to help achieve their career goals.
- offering leadership and professional development guidance to others.

practicing your profession with integrity and inspiring others to do so.

Here are some examples of how to put your vocational service in action:

**Join a Rotary Action Group** to share your expertise and make a difference in projects outside your club or district. These global, independent Rotary-affiliated groups are comprised of members with expertise and experience in a particular area of specialization. They use their knowledge and global network to help clubs and districts plan and carry out impactful service projects. If your professional background and/or expertise fits one of the current 26 Action Groups, contact the group's leaders using our [directory](#) (My Rotary login is required to view).

**Join or form a Rotary Fellowship** related to your vocation. Rotary Fellowships are international groups whose members share a vocational or recreational interest. There are many vocationally-oriented fellowships such as: Health Professionals, Executive Managers, Lawyers, Editors and Publishers, Photographers, Police and Law Enforcement. There are also Fellowships for those who are passionate about [Ethics](#) and [Corporate Social Responsibility](#).

**Share your expertise through your district resource network.** If you have expertise in one of Rotary's areas of focus or with project planning and implementation, community assessment, measurement and evaluation, or other important aspects of large scale projects grants, let your [district international service chair](#) know. Lend your skills to local clubs and help develop more impactful projects.

**Mentor young professionals.** Younger members of the Rotary family such as [Rotaract](#), [Interact](#) and [Rotary Community Cops](#) members are interested in leadership and professional development training opportunities. Share your knowledge with young people in your community. Mentor them to achieve their career goals. Encourage your club to organize business networking and professional development events and conduct leadership training workshops.

**Volunteer on a service project using your vocational skills** or support a project that offers vocational training. Visit [Rotary Showcase](#) to review projects from around the world for inspirational ideas and/or projects in progress to support. You may find vocational service related projects using the keyword search function.

**Join TRF's Cadre of Technical Advisors** The Rotary Foundation Cadre of Technical Advisers is a group of volunteer Rotarians who provide technical expertise and advice to Rotarians planning and carrying out Rotary grant projects around the world. Cadre members review, monitor, and evaluate projects and ensure grant funds are being used properly. Apply online to be considered for the Cadre.

*By Rotary Service and Engagement staff*





## **Stress Management Through Simple Daily Practices.**

Stress management works best when solutions are simple, practical, and easy to apply in daily life. Small habits practiced consistently often have a far greater impact than complicated techniques.

A best example of this approach is the 8+8+8 Rule, a simple yet powerful framework that can truly change how we manage stress and balance our lives.

This method helps ensure that work, rest, and personal life all receive sufficient attention, which is crucial for mental and physical well-being.

### **The Three Components of the 8+8+8 Rule-**

The rule is broken down into the following areas:

**8 Hours for Work:** This time is dedicated to your professional responsibilities, studies, or primary productive activities. The goal is to work with intense focus and efficiency during these hours to avoid having work spill over into personal time and prevent burnout.

**8 Hours for Sleep/Rest:** Quality sleep is a non-negotiable foundation for overall health, energy restoration, cognitive function, and emotional balance. Prioritizing 7-9 hours of consistent sleep ensures you are well-rested and sharp for the next day.

**8 Hours for Personal Time/Leisure:** The remaining eight hours are for activities that bring joy, fulfilment and personal growth. This block is often further broken down into "3Fs, 3Hs, and 3Ss" to guide activities:

**3Fs:** Family, Friends, and Faith (or community/support systems).

**3Hs:** Health (exercise, nutrition), Hygiene (self-care), and Hobbies (personal interests).

**3Ss:** Soul (self-reflection, mindfulness), Service (helping others), and Smile (cultivating positivity and joy).

### **How It Helps with Stress Management-**

By providing a clear structure, the 8+8+8 rule helps manage stress in several ways:

**Setting Boundaries:** It establishes clear boundaries between work and personal life, which helps individuals avoid the feeling of being constantly "on" and overwhelmed.

**Prioritizing Self-Care:** It mandates time for rest and self-care activities, acknowledging them as necessities, not luxuries. This prevents exhaustion and builds physical and mental resilience.

**Improving Focus:** Dedicating specific time blocks to specific tasks, especially deep work, improves efficiency and a sense of control over one's schedule, which reduces anxiety related to an ever-growing to-do list.

**Nurturing Relationships:** Allocating time for family, friends, and community strengthens support systems, which is vital for mental health and provides perspective outside of professional stressors.

Ms. Yogitha Krishnapura, Business Operations Manager at CNS LLI, Dubai gave a talk in our club on 02-12-2025 which was well appreciated by all who attended it. Ms. Yogitha, a native of Surathkal completed her entire education including her BE. and MBA in and around Surathkal. She worked at NITK, Surathkal and later at Bombay for short durations and then flew to Dubai as an HR executive.

She loves sharing her experiences with others, especially students whenever she is at home and this time we were lucky enough to catch her for this program. Here is a transcription of her lecture for those who could not attend the lecture prepared by herself.





While a rigid 8-8-8 split may not be perfectly applicable to everyone's job or life stage, the core philosophy of intentional balance and protecting time for key life areas is highly effective for reducing stress and preventing burnout.

For retirees an effective and simple approach to stress management is to maintain a sense of purpose and social connection while prioritizing physical health and a structured routine.

Simple line for managing stress during retirement is stay active, connected, purposeful to find our new phase of life.

Stay Active- Regular, gentle physical activity like walking, joking, swimming, helps reduce stress hormones improves mood and leads good sleep.

Stay Connected- Combat loneliness and isolation by joining clubs, volunteering or simply reaching out to friends, family. Strong social support systems are a powerful buffer against stress.

Stay Purposeful- Find new interest or revisit old hobbies that provide a sense of accomplishment and fulfilment which often replaces the identity tied to a career.

Maintain Routine- Establishing a daily schedule even a loose one can provide a sense of stability and control reducing anxiety and feelings of loneliness.

Practice Mindfulness- Simple technique like meditation, Yoga or journaling can help calm receiving thoughts and focus on the present moment.

### **A Small Story About Managing Stress**

In a small village lived an elderly man of about 75 years, who had been living alone for many years. His face showed the marks of age, and he struggled with minor health issues. His children lived far away, busy with their own families, and he often felt lonely.

To pass the time, he used to tend a small garden near his house. Gardening once brought him joy and peace, but over the years, he lost interest. Sleep became difficult, and days felt empty.

One day, his granddaughter visited him. She noticed that he had gotten up early and was watering his plants, trying to show her he was active. She gently asked him to sit with her and really observe the garden.

"Grandfather," she said, "have you ever truly watched the garden? When you sit quietly, you can see the colorful flowers, hear the birds singing, and feel the sunlight on the leaves. It will calm your mind and body."

At first, he dismissed her words, thinking they were the ideas of a young, modern generation. But after she left, loneliness returned. One morning, he decided to try. He sat quietly, watching his garden carefully. Slowly, he noticed the birds, the sunlight, and the gentle colors. Peace filled his heart.

Encouraged, he even started visiting a nearby river, listening to the flowing water and letting its calmness teach him that life has ups and downs, but everything eventually finds balance.

Neighbours soon noticed a change in him and commented on the beauty of his garden. The elderly man realized an important truth:

"Just as I remove weeds to keep my garden healthy, I must remove unnecessary stress and negative thoughts from my mind. A quiet mind and focused attention bring peace and clarity."

Lesson: Life will have challenges, but with calm observation, mindfulness, and small daily habits, we can reduce stress and find joy in the little things around us.

**"A quiet mind and focused breath are the tools for clarity and balance".**



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Friends,

Here are the answers for the quizzes of the last issue:

Rotary quiz 31— It is **B. 1979— Philippines**

**Logical Puzzle 31—** It is 25. In all the triangles, the central number is the sum of three peripheral numbers. Thus it is  $7+5+13=25$ .

Sudoku 31

3	8	2	9	4	1	5	6	7
7	4	6	8	2	5	3	9	1
1	5	9	6	3	7	8	2	4
9	6	4	7	5	8	2	1	3
5	1	3	2	9	4	7	8	6
2	7	8	3	1	6	9	4	5
4	2	7	5	6	9	1	3	8
6	9	5	1	8	3	4	7	2
8	3	1	4	7	2	6	5	9

Rotary quiz 1813:

What is the designated theme for January in Rotary?

A. Youth Service Month

B. Rotary Fellowships Month

C. Vocational Service Month

D. Economic and Community Development

## Take it lightly

A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram." She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable." Skeptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow: 'Come for ta bull.'"

## Sudoku:31

8		2	1					5
5	6							
						7		
	5						6	8
1				4				7
3			9				5	
			5		3			
						9		
	7		6	2				

## Logical puzzle 31

There are 3 mislabelled jars, with apple and oranges in the first and second jar respectively. The third jar contains a mixture of apples and oranges. You can pick as many fruits as required to precisely label each jar. Determine the minimum number of fruits to be picked up in the process of labelling the jars.





ಇತ್ತೀಚೆಗೆ ನಾನು ನನ್ನ ಕುಟುಂಬದವರೊಂದಿಗೆ 18 ದಿನಗಳ ಸಿಂಗಾಪುರ ಮಲೇಷ್ಯಾ ಮತ್ತು ಥೈಲ್ಯಾಂಡ್ ಪ್ರವಾಸ ಮುಗಿಸಿದೆ. ಮಲೇಷ್ಯಾದ ಕೌಲಾಲಂಪುರದಲ್ಲಿ Batu Caves( ಸುಬ್ರಮಣ್ಯ ದೇವಸ್ಥಾನ) ನೋಡಿದವು ಸಾಹಸಮಯ Awana skyway, centing sky world ನಲ್ಲಿ ಆನಂದಿಸಿದವು Petronus Towers ನ ತುತ್ತ ತುದಿಗೆ ಹೋದ ಅನುಭವ ನಮಗಾಯಿತು. Jalan Alor street food ಗೆ ಭೇಟಿ ಕೊಟ್ಟೆವು

ಸಿಂಗಾಪುರದಲ್ಲಿ ಏರ್ಪೋರ್ಟ್ ನ falls ನೋಡಿದ ಬಳಿಕ ಸಿಂಗಾಪುರದ ಬಹುಮಹಡಿಗಳ Genting dream cruise ನಲ್ಲಿ 2 ದೇಶಗಳನ್ನು ನೋಡಿ ಎರಡು ದಿನಗಳ ಆನಂದ ಪಡೆದವು. ಸಿಂಗಾಪುರದ ನಾಲ್ಕು ಪ್ರಸಿದ್ಧ ಪಾರ್ಕ್ ಗಳಾದ Singapur zoo, Night safari, Bird paradise ಮತ್ತು river wonders ಗಳನ್ನು ನೋಡಿ ಆನಂದ ಪಟ್ಟೆವು

ಥಾಯ್ಲ್ಯಾಂಡ್ ನ ಪುಕೆಟ್ ಗೆ ಪ್ರಯಾಣಿಸಿ PP island, Maya island, Bamboo beach ಗಳನ್ನು ಸಮುದ್ರದ ಮೂಲಕ ಪ್ರಯಾಣಿಸಿ ನೋಡಿದವು. ಮರುದಿನ ಸಮುದ್ರದಲ್ಲಿ scuba dive ಮಾಡಿದ ಹೊಸ ಅನುಭವ ನಮಗಾಯಿತು. ಕೌಸರ್ ನ್ಯಾಷನಲ್ ಪಾರ್ಕ್ ನಲ್ಲಿ ಒಂದುವರೆ ದಿನ ತಂಗಿದ್ದೇವೆ. ಇಲ್ಲಿ ಮಾಲ್ಡೀವ್ಸ್ ನಂತೆ ನೀರಿನ ಮಧ್ಯದಲ್ಲಿರುವ ಸಣ್ಣ ಸಣ್ಣ ಮನೆಗಳಲ್ಲಿ ಖುಶಿ ಪಟ್ಟೆವು,, ಬ್ಯಾಂಕಾಕ್ ನ ಪ್ಲೋಟಿಂಗ್ ಮಾರ್ಕೆಟ್, ಟೈನ್ ಮಾರ್ಕೆಟ್ ನೋಡಿ ಆನಂದಿಸಿದವು. ರಾತ್ರಿ Planet Cruise ನಲ್ಲಿ ಪ್ರಯಾಣಿಸಿ ಡಿನ್ನರ್ ಮಾಡಿದವು.

ಈವರೆಗೆ 5 ದೇಶಗಳ ಪ್ರವಾಸ ಮಾಡಿದ್ದೇನೆ ಇನ್ನು 20 ದೇಶಗಳ ಪ್ರವಾಸ ಮಾಡುವ ಇಚ್ಛೆ ಇದೆ. ನಿಮ್ಮಿಲ್ಲರ ಹಾರೈಕೆಯಿಂದ ಅದನ್ನೂ ಪೂರೈಸುತ್ತೇನೆ ಎನ್ನುವ ಭರವಸೆ ಇದೆ.



ರೋ. ಎಂ ಹರೀಶ್ ಕುಮಾರ್



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We meet every TUESDAY @ Vidyadayinee Complex, near GD P U College, Surathkal @ 07. 30 pm