

The Fortnightly Bulletin of the Rotary Club of Surathkal

Rotary District 3181

Charter No. 27539



e-Suhruth


01st February 2026 VOL: 18 ISSUE:15

Dear Rotarians,

On the morning of 30/1/2026 we 16 Rotarians 4 Anns are leaving to Mysore for attending the District Conference & we will be back on 1/2/26.

On 28/1/26 We have visited Smt. Jayanthi. Karunakar Poojary at her residence at Katipalla and handed over cheque for Rs. 25,000/ which we received from generous Rotarians for the medical treatment of Smt. Jayanthi's daughter.

We have received formal approval from MRPL for the construction of medical storage room for Public Health Centre at Surathkal & for the maintenance of the area under the Surathkal Flyover. We will soon start working on these projects.

On 7/2/2026 we will be organizing a program on "Nasha Mukta Bharatha" (Drug free India) for Govt High School - Surinje & Govt. High School- Chellairu. Power Point Presentation will be made by Dr. Manu.

I seek your whole hearted co-operation in all these programs.



Rtn Ramachandra B. Kunder
President

We celebrate the Birthdays of....

Rtn. P. Srinivas Rao on 4th,

Rtn. S. Narasimha Murthy on 5th,

Rtn. Ramesh Bhat on 5th,

Rtn. Basavaraj Manu on 10th,

Rtn. Chandahas Shibaroor on 13th

Ann Sheela Srinivas, W/o Rtn. Srinivas Deva Rao on 9th and

Annet Prajna Rao, D/o Rtn. Agari Raghavendra Rao on 1st February.



And the Wedding anniversary of

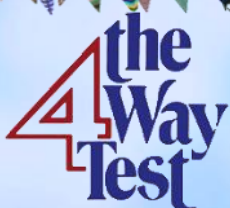
Ann Sumithra Kunder and Rtn. Ramachandra Kunder on 10th February



e-Suhruth

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 ...

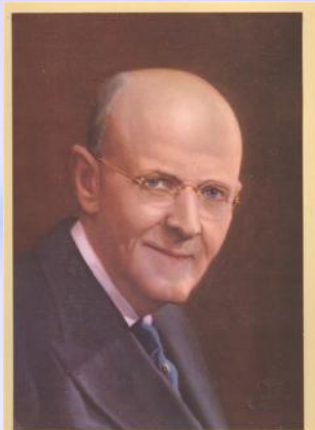
17-01-2026 The unique Rotary District event , Ride for Rotary was held at Mangalore with the participation of 22 international Rotarians representing Rotary Clubs from 10 different countries. Flag exchange program was held with RC Buzias Romania Republic of Maldives, and RC AARJUS Denmark .



26-01-26 Rotary members exchanged greetings on 77th Republic Day.

27-01-26 Members offered tribute to the Founder of Rotary International, Paul Harris on 79th death anniversary.

Members are looking forward eagerly for the District Conference 'Sneha Saurabha' to be held at Mysore .



PAUL P. HARRIS, FOUNDER OF ROTARY INTERNATIONAL
From a painting by Eleanor E. M. E. Wilson, Relief, Wisconsin, U. S. A.



Rotarians in the lime light....

Rtn Yashomathi Marla was guest of honor at the closing ceremony of the 85th All India inter university athletic championship at Moodbidri.

Rtn. Sathish Rao Idya and Rtn.Poornima S Rao were the the guest of honor for the 76 batch of KREC , who celebrated 50 years of graduation held @ NITK



Rtn Sathish Sadanand gave a talk on Swatchathe at Govt Hr Pry School Madhya.

Our partners in Service: Rotaract club/ Interact club ...



Rotaract club of Srinivas University participated in Mega Quiz Series II organised by ESRAG South Asia and got Special Mention .

Interact club of Mahalingeshwar visited KMF diary, Kulshekar as educational visit.



Rtn. Rammohan Y.
Secretary



ESRAG—What is it?

The Environmental Sustainability Rotary Action Group (ESRAG) is a global network within Rotary dedicated to advancing environmental stewardship through service, advocacy, and education. Founded in 2015, ESRAG brings together Rotarians, Rotaractors, and subject-matter experts who share a commitment to addressing environmental challenges such as climate change, biodiversity loss, pollution, and sustainable resource use. Its core mission is to integrate environmental sustainability into Rotary's service projects and long-term strategic vision.



implement environmentally responsible projects.



ESRAG operates on the belief that environmental health is inseparable from human well-being. Issues such as clean water access, food security, public health, and economic development are deeply influenced by environmental conditions. By promoting sustainable practices, ESRAG supports Rotary's broader goal of improving lives and strengthening communities worldwide. The group provides technical guidance, educational resources, and collaborative opportunities that help Rotary clubs design and

As a Rotary Action Group, ESRAG has a formal relationship with Rotary International (RI). Rotary Action Groups are independent, Rotary-affiliated entities that focus on specific areas of expertise aligned with Rotary's mission. ESRAG is officially recognized by Rotary International and operates in cooperation with it, while maintaining its own leadership and governance structure. This relationship allows ESRAG to support Rotary clubs and districts without being a policymaking body within RI itself.

ESRAG plays an important advisory role by helping Rotary adapt to evolving global priorities. Its advocacy contributed to the growing recognition of environmental sustainability within Rotary, culminating in the addition of the environment as Rotary International's seventh Area of Focus in 2021. This milestone reflected a shift in Rotary's global strategy and underscored the importance of long-term ecological responsibility in service work. ESRAG continues to assist clubs in aligning their projects with this new focus area by offering tools, webinars, and best-practice models.

Beyond project support, ESRAG fosters collaboration across borders and disciplines. It connects Rotary members with scientists, policy specialists, and development practitioners to encourage evidence-based solutions. Through partnerships, knowledge-sharing, and mentorship, ESRAG empowers Rotarians to take informed action at local, regional, and global levels.

India is part of ESRAG South Asia Region and this is the largest region among all. We at RC Surathkal are very proud that our member Rtn. Sandeep Rao is currently the head of Membership Development of ESRAG South Asia.

In summary, ESRAG serves as a vital bridge between environmental expertise and Rotary's service mission. Through its close relationship with Rotary International, ESRAG helps ensure that Rotary's humanitarian efforts are not only impactful today but also sustainable for generations to come

Here are the links for some of the previous issues of their monthly digital Magazine ECHOMAG. Which gives you more details about the group and their work.

Dec 2025: <https://heyzine.com/flip-book/74ccaf7156.html>

Nov 2025: <https://heyzine.com/flip-book/87583c2b1c.html>

Oct 2025: <https://heyzine.com/flip-book/9a98ff5f79.html>

Sep 2025: <https://heyzine.com/flip-book/27bb989183.html>

Aug 2025: <https://heyzine.com/flip-book/6dd41c4698.html>

Jul 2025: <https://heyzine.com/flip-book/738923be9f.html>

Jun 2025: <https://heyzine.com/flip-book/4ad6e79f02.html>

May2025: <https://heyzine.com/flip-book/28ce5441f2.html>.

Apr 2025: <https://heyzine.com/flip-book/85758bb9f6.html>

Mar 2025: <https://heyzine.com/flip-book/a6b4deecd0.html>.

Feb 2025: heyzine.com/flip-book/38d344d5f2.html



ಬದುಕಿನ ಸುಂದರ ಕ್ಷಣಗಳಿಗಾಗಿ.....

'A Sound Mind in sound Body'. ಶರೀರ ಸದೃಢವಾಗಿದ್ದರೆ ಮನಸ್ಸು ಕೂಡ ಸದೃಢವಾಗಿರಲು ಸಾಧ್ಯ.

"ಬದುಕಿನಲ್ಲಿ ಎಲ್ಲರಿಗೂ ತೆರೆದ ದಾರಿ ಶ್ರುತಿಗೊಂಡಾಗ ಹೊಮ್ಮುವುದು ಹಾಡಿನ ಲಹರಿ " ಎಂಬ ಕವಿವಾಣಿಯಂತೆ ಬದುಕಿನ ಸುಂದರ ಕ್ಷಣಗಳನ್ನು ನಿರಂತರ ವಾಗಿ ಸವಿಯ ಬೇಕಾದ ಯುವ ಮನಸ್ಸುಗಳು 'ಚಟ 'ಎಂಬ ಅಪಶ್ರುತಿಯಿಂದ ಬಾಳಿನ ಹಾಡಿನ ಲಹರಿಯನ್ನೇ ಕಳೆದು ಕೊಳ್ಳುತ್ತಾರೆ.

ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ಮಾದಕ ವಸ್ತು ಗಳನ್ನು ಮಾರುವ ಹಾಗೂ ಖರೀದಿಸುವ ಸೇವಿಸುವ ದೊಡ್ಡ ಜಾಲಗಳೇ ಇದ್ದು ಸರಕಾರಿ ವ್ಯವಸ್ಥೆ ಅದರ ಹತೋಟಿಗೆ. ಮತ್ತು ನಿವಾರಣೆ ಗೆ ಸಾಕಷ್ಟು ಪ್ರಯತ್ನ ನಡೆಸುತ್ತಿದೆ.

"ಕಂಡ ಕಂಡುದನೆಲ್ಲ ಗುದ್ದುತ್ತಿದೆ ಮರಿಗೂಳಿ " ಎಂಬಂತೆ ಯುವ ಮನಸ್ಸು ದಶ ದಿಕ್ಕಿನ ಗಾಳಿಯ ಮೊರೆತಕ್ಕೆ ಸಿಲುಕಿ ಚಟಗಳ ದಾಸರಾಗುವ ವಿಪರ್ಯಾಸ ನಮ್ಮ ಮುಂದಿದೆ.

ಭಾರತದಲ್ಲಿ ಸುಮಾರು ಎಂಟು ಕೋಟಿ ಯಷ್ಟು ಮಂದಿ ಮಾದಕ ವ್ಯಸನಿಗಳಿರ ಬಹುದೆಂದು ಅಂದಾಜಿಸಲಾಗಿದೆ. ಮಂಗಳೂರು ನಗರದಲ್ಲಿ ಕಳೆದ ಡಿಸೆಂಬರ್ ತಿಂಗಳಲ್ಲಿ 62ಮಂದಿ ಡ್ರಗ್ಸ್ ಸೇವಿಸಿ ದವರನ್ನು ಮತ್ತು 21 ಪೆಡ್ಲರ್ ಗಳನ್ನು ಬಂಧಿಸಲಾಗಿದೆ.

ಮಾದಕ ವಸ್ತುಗಳ ಸೇವನೆಯ ವಿರುದ್ಧದ ಕಾರ್ಯಾಚರಣೆ ಎಷ್ಟು ತೀವ್ರ ಗತಿಯಲ್ಲಿ ನಡೆಯ ಬೇಕು ಎಂಬುದನ್ನು ಎಚ್ಚರಿಸುತ್ತದೆ.

ಸಮಾಜದಲ್ಲಿ ಪ್ರತಿಷ್ಠಿತರೆಂದೇನಿಸಿ ಕೊಂಡವರು ಇಂದು ಮಾದಕ ವಸ್ತುಗಳ ದಾಸರಾಗುತ್ತಿದ್ದಾರೆ. ಅವರನ್ನು ಅನುಕರಿಸುವ ಮಧ್ಯಮ, ಕಳ ಮಧ್ಯಮ ವರ್ಗದ ಜನರು ಇದಕ್ಕೆ ಬಲಿಯಾಗುತ್ತಿದ್ದಾರೆ.

ಹೊರ ರಾಜ್ಯದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಷ್ಟೇ ಸೀಮಿತ ವಾಗಿದ್ದ ಮಾದಕ ದ್ರವ್ಯ ಜಾಲ, ಈಗ ಹಳ್ಳಿ ಹಳ್ಳಿಗಳಿಗೂ ವಿಸರಿಸಿದೆ. ಸಾಮಾಜಿಕ ಜಾಲ ತಾಣಗಳನ್ನು ಇದಕ್ಕಾಗಿ ಬಳಸುವ ಹಂತ ಕ್ಕೆ ತಲುಪಿದೆ.

'ಗುಂಡಿನ ಗಮ್ಮತ್ತು ' ತಿಳಿದು ಕೊಳ್ಳುವ ಮನಸ್ಸಿನ ಯುವ ಜನತೆ ಮುಂದಿನ ಆಪಾಯಗಳ ಬಗ್ಗೆ ಅರಿತು ಕೊಂಡಿಲ್ಲ. ಚಟಕ್ಕೆ ಬಲಿಯಾದವರು ಮಾನಸಿಕ ಅಭದ್ರತೆ ಮತ್ತು ಕಸಿವಿಸಿಗಳಿಂದ ಮತ್ತೆ ಮತ್ತೆ ಮಾದಕ ವಸ್ತು ಹಾಗೂ ಕುಡಿತ ಗಳಿಗೆ ಬಲಿಯಾಗುತ್ತಾರೆ.

ಚಟಗಳಿಗೆ ಕಾರಣವಾಗುವ ಸಂದರ್ಭಗಳನ್ನು ಗುರುತಿಸಿ ಅವುಗಳನ್ನು ತಡೆಯಲು ಕ್ರಮ ಗಳನ್ನು ಕೈಗೊಳ್ಳಬೇಕು. ಪ್ರತಿಯೊಂದು ಕಾಲೇಜು, ಹೈಸ್ಕೂಲ್ ಗಳಲ್ಲಿಯೂ ಮಾದಕ ದ್ರವ್ಯ.. ಡ್ರಗ್ಸ್ ಸೇವನೆ ವಿರೋಧಿ ಘಟಕಗಳನ್ನು ಸ್ಥಾಪಿಸ ಬೇಕು. ಪ್ರತಿಯೊಂದು ತಿಂಗಳು ಸಭೆ ನಡೆಸಿ ವಿದ್ಯಾರ್ಥಿಗಳ ಚಲನವಲನ ಗಮನಿಸುವುದರೊಂದಿಗೆ ಆಪ್ತ ಸಲಹೆಗಾರ ರ ಮೂಲಕ ವಿದ್ಯಾರ್ಥಿಗಳ ಭಾವನೆ ಗಳನ್ನು ಅರಿತು ಕೊಳ್ಳುವ ಪ್ರಯತ್ನ ನಡೆಸಬೇಕು.

ವಿಭಕ್ತ ಕುಟುಂಬ ದ ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ಭಾವ ನಾತ್ಮಕ ಪ್ರೀತಿ ಯ ಕೊರತೆ ಯುವ ಸಮುದಾಯ ವನ್ನು ಕಾಡುತ್ತಿದೆ. ತೀ ವ್ರ ಒತ್ತಡ ದ ಬದುಕಿಗೆ ಸಿಲುಕಿ ಕೊಳ್ಳುವ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಹಾದಿ ತಪ್ಪಿಸುವ ಜಾಲಗಳು ಬೆಳೆ ಯುತ್ತಿವೆ. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಜೀ ವನ ಮೌಲ್ಯ ಗಳ ಅರಿವನ್ನು ಮೂಡಿಸುವ ಕಾರ್ಯ ಗಳು ನಡೆಯ ಬೇಕಾಗಿದೆ. ವಿದ್ಯಾರ್ಥಿಗಳ ಸಣ್ಣ ಸಮೂ ಹವನ್ನು ರೂಪಿಸಿ ಗುಂಪು ಚರ್ಚೆ ಗಳ ಮೂಲಕ ಅರೋಗ್ಯ ಪೂರ್ಣ ಬದುಕಿಗೆ ವ್ಯಸನ ಮುಕ್ತ ಬದುಕಿಗೆ ಮುಂದಡಿ ಇಡುವ ರೀತಿ ಯನ್ನು ಅವರಿಂದಲೇ ಒಡ ಮೂಡುವಂತೆ ಮಾಡ ಬಹುದಾಗಿದೆ.

ಔಷದ ಚಿಕಿತ್ಸೆ, ಮನೋ ಚಿಕಿತ್ಸೆ ಮತ್ತು ಸಾಮಾಜಿಕ ಚಿಕಿತ್ಸೆ ಗಳೆಂಬ ವಿಧಾನ ಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸಮಾಜ ಮುಖಿ ಚಟುವಟಿಕೆ ಗಳಲ್ಲಿ ತೊಡಗಿಸಿ ಕೊಳ್ಳಲು ಪ್ರೇ ರಿಪಿಸ ಬೇಕು

ಮಾನವನ ಪತನ ಶ್ರೇಯಸ್ಸುಗಳಿಗೆ ಮನಸ್ಸೇ ಮೂಲ. ಮನಸ್ಸಿನ ನಿಯಂತ್ರಣದ ಕಡೆಗೆ ಗಮನ ಹರಿಸುವಂತೆ ಮಾಡುವ ಸಂಕಲ್ಪ ಇಂದಾಗ ಬೇಕಾಗಿದೆ.

ಬೋಧನೆಯೊಂದು ಉತ್ತಮ ಸಾಧನ. ಅದರಿಂದ ಸಾವಿರಾರು ಜನರಿಗೆ ಜ್ಞಾನದ ವಿತರಣೆ ಸಾಧ್ಯ ಎಂಬ ಮಹಾತ್ಮರ ನುಡಿಯಂತೆ ಸಮಾಜದ ಸರ್ವಸ್ವರದ ಜನತೆ ಒಗ್ಗೂಡಿ ಮಾದಕ ದ್ರವ್ಯ ಸೇವನೆ ಮತ್ತು ಕುಡಿತ ಎಂಬ ಅಸುರ ರನ್ನು ಒದ್ದೊಡಿಸಲು ಕಂಕಣಬದ್ಧರಾಗ ಬೇಕಿದೆ.

ರೋಟರಿ ಸಂಸ್ಥೆ, ರೋಟರಾಕ್ಸ್, ಇಂಟರಾಕ್ಸ್ ಮೊದಲಾದ ಸಮಾಜ ಸೇವಾ ಸಂಸ್ಥೆಗಳು ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಮಹತ್ತರ ಪಾತ್ರ ವಹಿಸ ಬಹುದಾಗಿದೆ. ಮಾದಕ ವಸ್ತು ಗಳ ಸೇವನೆ. ಯ ದುಷ್ಪರಿಣಾಮಗಳ ಕುರಿತು ಅರಿವು ಕಾರ್ಯಕ್ರಮ ಆಯೋಜಿಸಬಹುದಾಗಿದೆ.





Friends,

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

Rotary quiz 1814— **It is D. A picnic to the members and family**

Logical Puzzle 1814—

The first brother is 70 inches tall, the second 72 the third 74 and the fourth brother 80 inches tall.

Sudoku 1813

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

Rotary quiz 1815:

The term “**Interact**” reflects Rotary’s emphasis on youth leadership and service. It is formed by combining which concepts?

- | | |
|----------------------------|---------------------------------|
| A. Interaction and Service | B. International and Action |
| C. Integrity and Action | D. International and Leadership |

Take it lightly

- Why did the banana go to the doctor?
Because it wasn’t peeling well!
- What do you call a sleeping bull?
A bulldozer!
- Why did the scarecrow get a promotion?
Because he was outstanding in his field!
- What do you get when you cross a snowman and a vampire?
Frostbite!
- How does a cucumber become a pickle?
It goes through a jarring experience!
- What kind of tree fits in your hand?
A palm tree!
- Why did the chicken join a band?
Because it had the drumsticks!
- What do you call a bear with no ears?
B!
- What do you call a cow with no legs?
Ground beef!
- Why did the apple stop in the middle of the road?
Because it ran out of juice!
- Why did the bicycle stand still?
Because it was two-tired!

Sudoku:1815

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

Logical puzzle 1815

A family I know has several children. Each boy in this family has as many sisters as brothers but each of the girls has twice as many brothers as sisters.

How many brothers and sisters are there?



Rtn. Aravind M. A.

This time it is my privilege to introduce yet another second generation Rotarian, Rtn. Aravind M. A. to you. His father Rtn. Anand Rao M. A. is a member of our club

for the last 25 years. Here are a few details about Rtn. Aravind, he wants to share with you all.

Name: **Aravind M. A.**

Date of birth: **01st August.**

Classification: **Software Engineer.**

Spouse: **Supreetha Bhat**

Date of birth: **06th May.**

Wedding Anniversary: **28th March.**

Son: **Ojas Rao.**

Date of birth: **12th September.**



And this is how he wants you to know him:

Aravind is the son of Ananda Rao and Chitralkha from Surathkal. He is a proud Mangalorean who has lived in Surathkal all his life except for a few years in Bengaluru and San Francisco. An alumnus of Sri Mahalingeshwara School and Govinda Dasa College, Surathkal he completed his B.E. in Mechanical Engineering from NMAM Institute of Engineering, Nitte.

He started his career in SAP Labs and has been an SAP Consultant with Infosys since the past 13 years. He is currently a Lead Consultant at the organisation.

He is a travel enthusiast who has travelled to many places in India, Europe, USA and Middle East. Of all the places that he has travelled to, his most memorable ones are Auli in Uttarakhand, Key West Islands in the USA and Paris.

He is also an enthusiastic Badminton, Tennis and Cricket player. He also loves cycling and has fitted a special toddler seat to take his son with him cycling beachside. He can spend hours at the beach and, given a chance, would spend every evening there.

He has a green thumb which he indulges during the weekends in farm near Vitla.

After becoming an uncle and father, he discovered, much to his surprise, that he is amazing with kids.

He embodies the concept of simple living and high thinking.

He is married to Supreetha, who was working in Infosys and left after 15 years to pursue LLB at SDM College of Law, Mangalore. The couple has a son, Ojas Rao who is 3 years old and a handful.

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Yashomathi (9844642696), Srinivas Deva Rao (8939900770) & Shreesha Bhat (8861297622)**