



# e-Suhrith



**15th March 2026 VOL: 18 ISSUE:18**

The Header

Dear Rotarians,

My Greetings to you all.

For the second half of March 2026, we are planning to keep the tempo of our activities high.

We are planning to take up repair and beautification of the bus stop near NITK (Padre) at an approximate cost of Rs one lakh. We hope to get necessary clearances for this project shortly.

We are also trying to complete the construction of the medicine storage room for the Public Health Center at Surathkal. We are chasing our contractor for the completion of this project at the earliest.

On Saturday, 21/3/2026 we will be organizing our monthly dinner meet & Family get together at 6.15 pm at VIRAT. I hope to see all of you with family that day.

Yours in Rotary



**Rtn Ramachandra B. Kundar  
President**

Celebrations

## We celebrate the Birthday of....

Rtn. P. Raghavendra and Rtn. K. Umesh Bhat on 18th,

Rtn. Sathish Rao I. on 20th,

Rtn. Jagadish P. on 26th,

Rtn. Ravilochana Achar on 29th,

Ann Aruna Harish, W/o Rtn. Harish on 16th,

Ann Dr. Swapna, W/o Rtn. Pradeepkumar on 18th,

Ann Shashikala, W/o Rtn. Shridhar Bhat on 19th,

Ann Nalini Rao, W/o Rtn. Dr. Rajmohan Rao on 28th,

Annet Sridevi K. S., D/o Rtn. Shridhar Bhat on 21st

Annet Nithin Kumar, S/o Rtn. Bhaskar D. on 28th of March



## And the Wedding anniversary of

Ann Supreetha Bhat and Rtn. Aravind M. A. on on 28th March



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 ...



01/03/26 - President Elect Rtn T N Sridhar and Secretary Elect Rtn Srinivas Rao Padebettu attended Pre PELS and SELS training program held at Bejai, Mangaluru.



**Rotary JCI**

Rotary club of Surathkal  
Rotary club of Baikampady  
JCI Surathkal  
Mahila Mandala (R) Kulai

Cordially Invites you to a talk on  
**CYBER SECURITY & CYBER CRIME**  
(Think Before you Click)

By  
**Shrikanth K**  
(Assistant Commissioner of Police Panambur)

On: Thursday, 5th March 2026, 7.00pm onwards  
Venue: Mahila Mandala Kulai

Rtn Ramachandra B Kunder  
President Rotary Surathkal  
Jc Ashok N  
President JCI Surathkal

Rtn Dinesh Bangera  
President Rotary Baikampady  
Smt. Revathi Navien  
President Mahila Mandala (R) Kulai

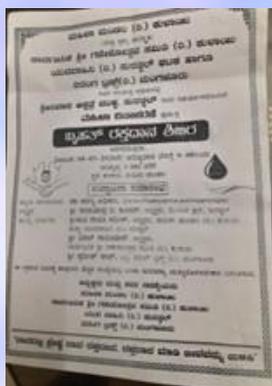
05/03/2026 -The Rotary Club of Surathkal in association with The Rotary Club of Baikampady, JCI Surathkal, Mahila Mandala Kulai organised a public awareness campaign on “Cyber Security and Cyber Crime” at Mahila Mandala Kulai. The Assistant Commissioner of Police Mangalore North Sub Division Panambur, Srikanth K was the resource person. Several topics like Digital Arrest, OTP fraud, what’s app account security etc enlightened well attended audience



10-03-26 - 30th Regular weekly meeting was held. International Women’s Day was celebrated and women Rotarians of our club were recognised and honoured. Rtn Yashomati Marla, Rtn Poornima S Rao spoke on the occasion.

### Rotarians in the lime light....

- ⇒ 08-03-26 - The President R C Surathkal Rtn Ramachandra B Kunder presided over an inaugural program organised by Mahila Mandala Kulai and others on the occasion of a Brahath Blood Donation Camp.
- ⇒ Rtn Yashomati participated in the “Saree Run” as Fitness partner of the event.



Rtn. Rammohan Y.  
Secretary



## Rotary's Impact: Clean Water in India

In India, where water scarcity and inadequate sanitation remain critical hurdles to development, Rotary International has emerged as a transformative force. Through a strategic blend of infrastructure, education, and community-led advocacy, Rotary's work in the Water, Sanitation, and Hygiene (WASH) sector has touched millions of lives, aligning its global mission with India's national priorities like the *Swachh Bharat Abhiyan*.

### The Blueprint: Infrastructure and Sustainability

Rotary's approach in India is not merely about "digging a well" but about building sustainable systems. A flagship example is the **Rotary India Water Mission**, which has set ambitious targets to construct 10,000 check dams and rejuvenate large water bodies across the country. In states like Rajasthan and Maharashtra, these check dams have successfully raised groundwater tables by 10% to 15% annually.

A landmark achievement in 2024–2025 was the **\$2 million "Programs of Scale" grant** awarded to the "Partners for Water Access and Better Harvests" initiative. This project focuses on:

- **Water Conservation:** Building ponds and check dams to secure irrigation for 60,000 farmers.

**Climate Resilience:** Introducing drip irrigation and planting native fruit trees to reduce soil erosion and increase farm incomes by nearly 30%.

### WASH in Schools (WinS)

Perhaps the most visible impact of Rotary's work is seen in India's government schools. The **Rotary India WinS (WASH in Schools)** program, in partnership with UNICEF, has targeted over 30,000 schools (with a goal of 150,000 by 2025). The program provides:

1. **Gender-Segregated Toilets:** Ensuring dignity and privacy for girls, which has directly led to a significant increase in female student retention.
2. **Group Handwashing Stations:** Designing facilities where 10–12 children can wash hands simultaneously before mid-day meals, reducing the incidence of diarrheal diseases.



**Menstrual Hygiene Management (MHM):** Providing private changing spaces and incinerators for waste disposal, breaking the cultural taboos that often keep girls out of the classroom.

### Behavioral Change: The "Software" of Success

Rotary understands that hardware alone does not change a community; "software"—education and habit formation—is vital. Through the **Bal Sansad (Child Cabinet)** system, students are empowered to take leadership roles in maintaining their school's hygiene facilities. These children become "agents of change," carrying the message of clean water and sanitation back to their families and villages, effectively multiplying the project's impact.

### Conclusion

The scale of Rotary's work in India is a testament to the power of "service above self." By 2026, the organization's efforts have moved beyond simple charity toward a model of high-impact engineering and social advocacy. Whether it is through solar-powered water purification systems in remote hamlets or large-scale watershed management, Rotary is not just providing water; it is providing the foundation for health, education, and economic dignity for the next generation of Indians.



## Rotaract Club of SUIET

### Events in February 2026

During the month of February 2026, the Rotaract Club organized a program focused on Career Guidance in collaboration with the Department of Artificial Intelligence and Machine Learning (AIML). The session was conducted on 25th February 2026 with the objective of helping students gain clarity about their future career paths and understand the opportunities available in the rapidly evolving technological landscape.



The program aimed to provide valuable insights into different professional avenues, industry expectations, and the skills required to succeed in modern workplaces. Through informative discussions and guidance, participants were introduced to various career options related to emerging technologies and were encouraged to explore areas that align with their interests and strengths. The session emphasized the importance of continuous learning, skill development, and staying updated with current industry trends.

Students actively engaged in the program, making the session interactive and meaningful. The discussion allowed them to raise questions, share their thoughts, and gain practical advice regarding academic choices and professional growth.

The collaboration with the AIML department played an important role in ensuring that the information shared during the program was relevant and beneficial to the students.

Overall, the Career Guidance initiative served as a constructive platform for students to reflect on their aspirations and better understand the steps required to achieve their professional goals. The program successfully contributed to spreading awareness about career planning and motivated students to prepare themselves for future opportunities with confidence and determination.



Rtr. Ralph Joel

Secretary, Rotaract Club of SUIET

## ROTARACT NITK

### Events in February 2026

On 8 February 2026, nine members of the Rotaract Club of NITK visited Nympha Sadan Senior Citizens Home, Mangaluru, as part of the club's community service initiative. The visit aimed to spread joy, build connections, and support the well-being of the senior citizens.

During the visit, the members interacted warmly with the residents and engaged them in various fun and interactive activities. Games such as making pyramids with cups and dumb charades were conducted, encouraging laughter and active participation. The members also sang songs along with the senior citizens, creating a cheerful and lively atmosphere throughout the session.



In addition to the interactive activities, the club donated essential food items on behalf of Rotaract NITK.

The contributions included 50 kg of atta, coffee powder, fruit juice, and ragi laddu, which were warmly received by the residents and staff of the home.

The visit was a meaningful experience for both the members and the senior citizens. Based on the positive response and interaction, the Rotaract Club of NITK has decided to visit the home regularly to interact with and support the senior citizens, continuing its commitment to service and compassion.



Rtr. Promit Roy

Secretary, Rotaract Club of NITK



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

**Rotary quiz 1817— It is** D. Herbert J. Taylor

**Logical Puzzle 1817—** In order that the little girl should have disposed of the oranges she had remaining after her second

sale, she; must have had at least one whole orange remaining so that she could deduct from it 'half of her oranges plus half an orange', for the third and the final sale. Therefore, if 1 orange represents half of the remaining after the second sale, then she must have sold two oranges in her second sale, leaving the 3 oranges after the first sale.

Lastly if three oranges only represent half the original number, plus half an orange, then she must have started with  $[(3 \times 2) + 1]$  or 7 oranges.

Sudoku 1816

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

**Rotary quiz 1818:**

What does the acronym "WASH" stand for in Rotary's Areas of Focus?

- A. Water Access and Social Health
- B. Water and Sanitary Help
- C. Water, Sanitation, and Hygiene
- D. World Action for Safe Health

**Take it lightly**

A girl was standing outside a medical store, holding her purse tightly in her hands.

There was a slight nervousness in her eyes, and a strange mix of shyness and anxiety on her face.

Again and again, she peeped inside to see whether the crowd had reduced or not.

In her heart, she kept praying that the store would empty soon.

After quite some time, when the rush finally cleared, she gathered her courage and slowly walked inside.

She stood in front of the counter, opened her purse with trembling hands, took out a small slip of paper, and placed it on the counter. With her eyes lowered, she spoke in a soft, shy voice:

"I... I am a school teacher. I am engaged to a doctor.

Today, I received his first letter... Could you please read it and tell me what is written in it?"

Ah, poverty — such terrible handwriting!

**Sudoku:1818**

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

**Logical puzzle 1818**

Supposing a clock takes 7 seconds to strike 7, how long does it take for the same clock to strike 10?





## If you have the inclination, you have the TIME

Read this article, only if you are interested in managing time well. Otherwise, you will be wasting your time & effort! Your inclination is quite critical!!

Time management, as we all know, is the process of planning & controlling time spent on specific tasks to increase efficiency, productivity, and reduce stress. Yet, we keep complaining about our inability to manage time fruitfully. We just do not have enough time to do things. How do we then create time for doing things?

### What should I do?

- Plan – Plan well. Half of your problems occur because you either do not plan at all or you do not plan well
- Prevent - Remember that prevention is better than cure
- Pro-active - Be pro-active. If you are reactive, you lose time. You lose an opportunity
- Prioritize – This helps avoid confusion.
- Postmortem – avoid this. Time is usually wasted on postmortems
- Panic – Do not fear. Be cool. Keep control. Focus on solutions.
- Practice – Sincere practice will help you sustain your initiatives

### Key Time Management Strategies

Key strategies include setting SMART goals, prioritizing tasks, using to-do lists, blocking distractions, and scheduling regular breaks. Effective time management leads to better work-life balance.

- ◆ Prioritize wisely: Differentiate between urgent and important tasks
- ◆ Set SMART goals: Do not be subjective. Define goals that are Specific & Stretchable, Measurable, Attainable, Relevant & Realistic, and Time-bound. This will help you measure your performance objectively.
- ◆ Create schedules: Use planners or digital calendars to block out time for specific activities, including breaks. Create the schedule with proper agenda and action plans
- ◆ Remove distractions: Stay away from distractors when possible. For example, mobile. How about going on Electronic Diet (E-Diet), say from 7am to 10pm on a Sunday? Don't touch anything electronic at least on one day. Try this out. You will get immense relief.
- ◆ Do 'now'. Do not defer. It is now or never. There is really nothing like 'buying time'
- ◆ Do important / critical work yourself. Do not delegate or outsource!

### Strategies for Improved Efficiency

- \* Plan ahead: Spend 20-30 minutes on Sunday on planning your activities for the week, but review daily - outline goals & tasks and modify if essential.
- \* Eliminate distractions: Silence notifications, close unnecessary browser tabs, and use app blockers to maintain focus
- \* Delegate or outsource minor tasks: Assign routine or low-priority tasks to others
- \* Break down activities/projects: Divide large, complex projects into smaller, manageable, actionable steps
- \* Set time limits: Assign a specific amount of time to each task to prevent them from dragging on

### Maintaining Energy and Focus

- ◇ Know your energetic moments: Schedule demanding tasks for the period when you have the most energy & focus
- ◇ Take regular breaks: Step away from work to stretch, hydrate, or rest to keep your mind relaxed
- ◇ Lead a healthy lifestyle: Regular exercise, proper nutrition and simple thinking increase energy levels

### Benefits of Good Time Management

- Reduced stress and anxiety.
- Higher quality work and fewer missed deadlines.
- Increased energy and focus.
- Time for family, hobbies, and personal interests.

### Common Pitfalls

- ⇒ Stalling: Often stems from feeling dazed.
- ⇒ Multitasking: Reduces, rather than increases, efficiency.
- ⇒ Poor goal setting: Not knowing what to focus on leads to wasted effort.

To improve, track your time for a few days to see where it goes, then adjust your habits accordingly. Avoid being slave of your decisions. You may not be always correct. Be willing to change or modify.



[Source: Google + my own experience]

Rtn. Srinivas Deva Rao

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