

ROTARY CLUB MYSORE METRO



METRO NEWS

ONE FOR ALL AND ALL FOR ONE



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SPEAKER MEET - Dr. Akshatha N.

Dr. Akshatha N. PhD, MSc (Gold Medalist), RD, (M.Sc in Yoga therapy); Founder, Dharana Wellness.

Academic Excellence: Earned a Master's in Clinical Nutrition & Dietetics with a gold medal from the University of Mysore (2015) and completed her PhD in Food Science & Nutrition.

Qualified Professional: Registered dietitian with national-level certification in India, backed by over a decade of experience spanning clinical, academic, and research roles.

Clinical & Institutional Experience: Has worked at renowned institutions including JSS Hospital, Apollo Clinic, Apollo Hospital Bangalore, and Sigma Hospital. A decade long experience in the field of wellness and academics.

Academic Contribution: Invited faculty at the University



of Mysore's Department of Food Science & Nutrition and a member of the Board of Studies at Maharani's Science College, Mysore mentoring students and enriching academic programs.

Accolades & Recognition: Honored with awards such as the Sadhana Award for Excellence and Manipal Sakhi 2024; recognized for presentations at international conferences; actively involved in the Indian Dietetic Association and the Association of Food Scientists and Technologists of India.

Holistic Approach to Health: Promotes wellness through biking, yoga, gardening, and active participation in extracurricular activities-championing a balanced, healthy lifestyle.

Dr. Akshatha seamlessly integrates top-tier academics, clinical practice, research and community wellness, making her a trusted leader in nutrition and holistic health.

ROTARY METRO FAMILY: A very Happy and Joyous 2026 to you and your family

PRESIDENT'S HALF YEARLY MESSAGE

Happy New Year, Rotary Metro family! As we welcome 2026 and the Rotaract clubs at Mysore school of Architecture, I'm also celebrating the completion of my first six months as your President—and it has been a wonderful ride! Looking back at our projects and fellowships, my heart is truly full.

This "half-term" milestone belongs to you. To the members, spouses, and kids who have been my backbone: thank you. You've turned "service" into a party and made the hard work feel effortless.



Our 6-month Term Recently ended with support to begin life thru "Amrutha Varshini - Human milk Bank project" in between gave health run for Life and to preserve Culture thru "Mysore Dasara Heritage Walkathon" and our term started with Support for End-of-life A donation of essentials project for Swami Vivekananda Youth

Movement Palliative care.

Let's make the next six months even more legendary! Cheers to more laughs, more impact, and more memories together.

Rtn. Gopalakrishna
Charter President



GAMA GAMA PARTY: 2026-27 LEADERSHIP CABINET

Rotary Metro Incoming President Rtn. Satyendra Kashyap officially introduced the powerhouse team set to lead the club into the 2026-27 Rotary year. Rtn. Satyendra Kashyap opted for a high-energy, theatrical reveal. In a brilliantly scripted skit styled after a high-stakes TV interview, the new leadership team was introduced as "Political Ministers." Ann Lavanya kicked off with "Breaking News" about the election results. The jovial format brought roars of laughter from the Metro families, who cheered as each "Minister" took the hot seat to humorously outline their "policy" for the upcoming term.

The 2026-27 team represents balance, intentionally leveraging a surge of "young blood" to drive innovation while remaining anchored by the seasoned wisdom of Senior Rotarians. This synergy of fresh energy and veteran experience promises a year of "legendary" impact.



The Rotary Metro 2026-27 Cabinet: Leading the charge are Rtn. Satyendra Kashyap (President), Rtn. M.P. Gopalakrishna (Immediate Past President), Rtn. Gangesh (President-Elect), Rtn. Mohan Gurumurthy (Vice-President), Rtn. R. Ravindra Babu (Hon. Secretary), Rtn. Badrinarayan (Joint Secretary), Rtn. D. Srivivasan (Treasurer), Rtn. K. Umesh (Club Service Director), Rtn. Jeevaraj (Vocational Service Director), Rtn. Bharath Kumar (Community Service Director), Rtn. Sanjaya Kumar (Youth Service Director), Rtn. Channakeshava (International Service Director), Rtn. M.N. Srinivas (Sergeant-at-Arms) and Rtn. Ganesh Vaitheeswaran (Editor).

Kudos to Rtn. Srivivasan for designing the backdrop and Rtn. Satyendra Kashyap for developing the skit outline. Continuing the Rotary Metro tradition, the stage is set for a year defined by fellowship, flair, and service.



Rotary
District 3181

**ROTARY DISTRICT 3181
CONFERENCE 2025-26**

Venue: Silent Shores, Mysuru
30th, 31st January & 01st February 2026

**Sneha Saubhaga
2025-26**

Flip to open

DISTRICT CONFERENCE: BIG NEW YEAR EVENT

Exciting Details about the District Conference available in a user friendly, rich FlipBook. The Metro representatives on the Conference committee: Conference Secretary - Rtn. Srinivasan D, Conference Treasurer - Rtn. Umesh N, Conference Co-Treasurer - Rtn. Satyendra Kashyap are working enthusiastically under the guidance of Conference Chairman - Rtn. Dr. Prahlad K A.



LEADER IN GIVING



Rotary is known globally for imaginative fundraising initiatives. Some snapshots from around the world: Australia's "Duck Races" where rubber ducks "compete"



Nepal's "Mount Everest Climbs"



Canada Car Smashing



Rotary Mission : Polio Eradication



UPCOMING EVENTS

18th Jan 2026, Sunday

Rotary E-Club of Mysuru Center and Rotary Mysore Metro
In Association with the Rotaract Club of Mahajana First Grade College
Presents

Suggi Habba

On January 18, 2026
At Dr. APJ Abdul Kalam Auditorium
Mahajana College, Mysuru

Time: 10:00 AM to 6:00 PM

- ❖ Suggi Oota
- ❖ Artisan Stalls
- ❖ Cultural Performances
- ❖ Traditional Games
- ❖ Competitions and Many More

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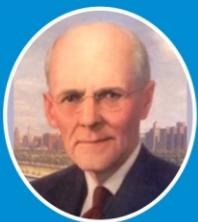
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Dist. Governor 3181



Rtn. Gopal Krishna M P
President



Rtn. Mohan Gurumurthy
Secretary



Rtn. Vivek S Sangle
Editor