

# ROTALORE

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THE WEEKLY BULLETIN

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## CLUB DIARY - 17 JULY, 2025

### THE EXTRA MILE: WHAT MARATHONS TEACH US BEYOND THE FINISH LINE - VASUDEV KAMATH AND ROYSTER D'SOUZA

The weekly meeting of the Rotary Club of Mangalore, conducted on 17th July 2025 – at Ocean pearl, Pacific I, began with the collaring of President Rtn. Vinod Aranha, who then invited Secretary Rtn. Kunal to escort the guests to the dais. Following the invocation by Rtn. Divakar Pai, the President formally called the meeting to order and warmly welcomed the guest speakers.

Rtn. Devdas Kamath introduced the guest speakers, Mr. Vasudev Kamath and Mr. Royster D'Souza, who delivered an inspiring talk titled "Extra Miles – What Marathon Teaches Us Beyond the Finish Line".

The speakers traced the journey of the Mangalore Runners Club (MRC), which was founded in 2022 by six passionate runners.

That same year, the club was formally registered and hosted the first-ever Niveus Mangalore Marathon, drawing an impressive 2,500 participants. Since then, the event has gained tremendous momentum—drawing 4,000 runners in 2023 and over 5,000 in 2024—establishing it as one of the region's most celebrated fitness festivals.

The marathon is notable not just for its inclusive race categories, but also for cultural touches like ferry-ride finishes and Kambala-themed medals that reflect local heritage and pride. With the 2025 edition expected to attract over 6,000 runners, Mangaluru is steadily becoming a fitness-forward city. The talk also emphasized that while the first 10 kilometres of a marathon are physical, the kilometres that follow are powered by mental strength. The marathon, they shared, becomes a metaphor for life—teaching resilience, discipline, humility, and the power of the human mind to overcome fatigue and self-doubt.

Rtn. Yathish Baikampady proposed the Vote of Thanks, appreciating the guest speakers and all attendees. The meeting concluded at 8:00 PM with the National Anthem.

#### PROGRAM TODAY 24 JULY, 2025

Handicapping: Golf's Secret Level Playing Field  
- Dr. Sandeep Rai and CA Nitin J. Shetty

VENUE - OCEAN PEARL  
Tea Meeting

#### PROGRAM NEXT WEEK 31 JULY, 2025

REMINISCENCES OF GOA  
Anns and family invited

VENUE - OCEAN PEARL  
Tea Meeting



## KNOW OUR SPEAKERS

**Dr. B. Sandeep Rai**, Professor and Dean at KSHEMA, is a renowned pediatric surgeon who completed his MCh from KMC Manipal in 1998 and joined KSHEMA in 1999. Under his leadership, the department has grown to perform advanced reconstructive, minimally invasive, and now robotic surgeries. He also consults at Medical Chambers, Balmatta. A passionate sportsman, he represented Manipal University in cricket and serves as Captain at Pilikula Golf Club, where he significantly increased membership and spearheaded infrastructure development, including a tertiary water treatment plant and a new bar with a practice area.



**CA Nitin J. Shetty** is a Mangalore-based Chartered Accountant and partner at Nitin J. Shetty & Co., specializing in direct and indirect tax consultancy. A former Chairman of ICAI Mangalore (2005-06), under whose leadership the branch won the Best Branch Award, he is also a Syndicate Member of Mangalore University and a visiting faculty at reputed institutions. Beyond finance, he's passionate about golf, kite flying (as part of Team Mangalore), philately, and reading. He currently serves as Treasurer of both the Pilikula Golf Club and the Dakshina Kannada Cricket Association.



## ROTARY AROUND THE WORLD

### ROTARY INITIATIVE SUPPORTS MIDWIVES IN REMOTE COMMUNITIES

Around 830 women and 7,000 newborns die daily from preventable pregnancy-related complications, mostly in low- and middle-income countries.

To address this, Rotary members launched the Papua New Guinea Midwifery Leadership Buddy Project in partnership with the Australian College of Midwives.

The program has trained 52 midwives from PNG and 31 from Australia through leadership workshops and a yearlong health project.

By pairing midwives from both countries, the initiative fosters skill-building, cultural exchange, and community-led health solutions—ultimately helping save lives and give women a stronger voice.



**HELEN HALL LEADS A SESSION FOR THE PAPUA NEW GUINEA MIDWIFERY LEADERSHIP BUDDY PROJECT. SHE JOINED THE ROTARY CLUB OF ROSEBUD-RYE IN VICTORIA, AUSTRALIA, AFTER GETTING INVOLVED IN THE PROJECT THROUGH THE AUSTRALIAN COLLEGE OF MIDWIVES. ROTARY MEMBERS ARE, SHE SAYS, "PEOPLE I WANT TO SPEND TIME WITH."**



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This historic conclave will unite 10,000+ Rotarians, Rotaractors, Interactors, and guests from across the country — and we are truly honored to welcome RI President Francesco Arezzo as our chief guest!

**Dates: 23rd & 24th August 2025**  
**Venue: New Chennai Trade Centre, Tamil Nadu**  
**Registration Fee: ₹1999 (Rotarian) | ₹999 (Rotaractor)**

Register now at: [www.lead25rilc.org](http://www.lead25rilc.org)

A Rotary showcase like never before!

#### Event Highlights:

- Induction of 250 new clubs (Rotary, Rotaract, Interact)
- Recognition of 250 Major Donors & 25 new AKS members
- Launch of ₹100 Crore worth of service projects
- Fellowship, learning, and inspiration from top Rotary leaders

Let's AIM HIGH and make **LEAD 25** a proud milestone in Rotary India's journey.

## MEMBERS IN NEWS

### COMMUNITY ENGAGEMENTS

**Rtn. Rajendra Kalbavi** was actively engaged across multiple events over the weekend.

On the morning of July 12, he was invited as the Guest of Honour for the Nama Media Reality Show Inauguration, supporting emerging talent and media initiatives.

That evening, he served as the Chief Guest at Bharathanjali, a cultural dance program celebrating classical art and young performers.

On July 13, **Rtn. Rajendra** visited the Rotary Club of Puttur, where he delivered a talk on Rotary Club of Mangalore as a Role Model, highlighting the club's impactful service and leadership in the Rotary community.

## CLUB IN NEWS

### FIRESIDE FRIDAY: MENTORSHIP & MEMORIES

A special Fireside Meeting was held on Friday, 18th July at the warm and welcoming home of IPP **Rtn Devraj Fernandes and Ann Reshma**.

The session was thoughtfully guided by our mentors: **Rtn Kalbavi Prakash Rao and Rtn Yathish Baikampady**, who shared insights and stories that sparked meaningful dialogue.

We were especially happy to welcome newly joined Rotarians: **Rtn Ananthesh Prabhu, Rtn Michael Andrade, Rtn Balachandra Rao and Rtn Dr Rakshith Hegde**.

The President and Secretary were also in attendance, and the evening flowed with fellowship and learning.

### Register on "My Rotary" - We're Here to Help!

Among many things, our aim is to reach 100% MyRotary. Need a hand registering?

Our tech-savvy Rotarians will be available at today's weekly meeting with laptops and phones to guide you through the simple process. **Don't wait — register today!**

<https://my.rotary.org/>

## RRR 2025 KICKS OFF WITH A BANG!

We're thrilled to announce the Five Early Bird Prize Winners for **RRR 2025!** Three cheers to:

- Rtn. Bharat K. Ramani
- Rtn. Rajendra Kalbavi
- Rtn. Dr. Kishore Shetty
- Rtn. Archibald Menezes
- Rtn. Devdas Kamath

Your early enthusiasm has truly set the tone! Let's keep the RRR energy soaring!



- SPECIALITIES**
- Multi-specialty Hospital
  - 24 hours Emergency and Trauma Care
  - 24 hours Pharmacy
  - 24 hours Clinical Laboratory with Autoanalysers
  - 5 Day Hematology and fully auto Biochemistry
  - Gynecology unit with facility for Gynaec Oncology and minimal access surgery
  - Specialised obstetrics unit equipped to manage high risk pregnancy
  - Neonatal ICU
  - Modern operation theatre with Laminar flow
  - Orthopedic unit for Trauma and joint replacement
  - State of the art dialysis unit
  - Urology unit with facility for minimal access surgeries
  - Laproscopic surgeries
  - Medical and Surgical ICU
  - Radiology Department with X-Ray, Ultrasound, Colour Doppler and Echocardiography
  - CT scan



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## ROTA LORE BULLETIN: E-EDITION BY DEFAULT

In line with our efforts to go green, the e-edition of The Rotalore will be the default format going forward. If you would prefer to receive the printed edition, kindly inform the attendance desk or contact the Editor directly.

- Rtn. Dr Akhter Husain  
 Editor, The Rotalore

## BIRTHDAY GREETINGS



**Rtn PHF Sathish N Kamath**  
 29th July

## THE FOUR WAY TEST

Of the things we think, say or do:

- FIRST >** Is it the **TRUTH**?
- SECOND >** Is it **FAIR** to all concerned?
- THIRD >** Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- FOURTH >** Will it be **BENEFICIAL** to all concerned?

### CLUB PULSE 17.07.2025

Total members : 88  
 Members present : 40  
 Exempt : 4  
 Makeup : 0  
 Percentage : 50%

**WEEKLY MEETING**  
**Thursday, 7.00 P.M.**  
**Ocean Pearl**  
 Navabharath Circle,  
 Kodialbail, Mangalore

## ROTARY RIDDLES CORNER

**Can you crack the code of service and smiles? Send in your answers to the bulletin editor.**

- 1.** I start with four and now I'm millions strong,  
 I serve the world and help right wrong.  
 I wear a wheel, but don't need fuel—  
 What am I, the world's best tool?
- 2.** I'm not a chef, but I serve with care,  
 Clean water and books, I help everywhere.  
 I don't take tips, just time and heart—  
 Guess who I am, playing my part?
- 3.** I spin without moving, I shine without light,  
 You'll find me on banners, looking just right.  
 I stand for action, unity, grace—  
 A symbol of service in every place.
- 4.** From planting trees to teaching kids,  
 I help with whatever your heart bids.  
 You don't see me, but I'm always there—  
 I'm the "avenue" that shows you care.

### ANSWERS TO LAST WEEKS ROTARY JUMBLE

Answers:

1. FELLOWSHIP
2. TRIP
3. GOA
4. REGISTER
5. INSTALLATION

"The Fellowship Committee needs every member to do this ASAP!"  
 REGISTER FOR GOA