

ROTALORE

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"Let your light shine so brightly that others can see their way out of the dark." — Katrina Mayer



CLUB DIARY - 23 OCTOBER, 2025

WANT TO LOL? WITH MR. ARPITH INDRAVADAN AN EVENING OF LAUGHTER AND LEARNING

At this week's Rotary meeting, members were treated to an insightful and entertaining session by a stand-up artist who shared the art and science behind comedy. The meeting began with invocation by Rtn. PP Vispi Katpitiya followed by Presidents address. The chief guest, Mr Arpith Indravadan, introduced by Rtn. Jayaprakash Rao, began by explaining that every joke has two essential parts — the premise, which builds the scene, and the punchline, which breaks it with an unexpected twist. He emphasized how real-life stories, when exaggerated and presented with an element of surprise, often make the best material.

With his signature humor and insight, the stand-up artist unfolded the craft of comedy, inspiring and educating many to explore this powerful medium of expression. He emphasized that stand-up comedy is not mere entertainment, it's storytelling with purpose.

According to him, every great act must include three essential elements:

1. Build a narrative: set the scene and draw the audience in.
2. Deliver the punchline: shatter the narrative with an unexpected twist.
3. Draw from your own life: because authenticity connects best.

He urged everyone to find humor in the ordinary, to look at life's trivial moments through a comedian's lens. Everyday situations, when presented cleverly, have the potential to light up people's faces with laughter. Drawing from his own experiences, he humorously shared how in India, comedians face the unique challenge of audiences who may not always "laugh at" jokes but sometimes "get offended" by them. He also spoke about the importance of understanding your audience, adapting to their moods, reading their energy, and adjusting your tone, rhythm, and strategy accordingly.

He ended on a light note, celebrating the beauty of our local Tulu language, its musical expressions, and the joy of laughter that transcends words. The session left everyone smiling, with a new appreciation for how much thought and timing go into making people laugh. The vote of thanks was delivered by Rtn. Vasanth Shenoy followed by the National Anthem.

PROGRAM TODAY
30 OCTOBER, 2025
DIWALI NIGHT '25

VENUE - OCEAN PEARL
Dinner Meeting

PROGRAM NEXT WEEK
6 NOVEMBER, 2025
TO BE ANNOUNCED

VENUE - OCEAN PEARL
Dinner Meeting



ROTARY AROUND THE WORLD

ROTARY RENEWS ITS GLOBAL COMMITMENT TO END POLIO

Rotary International continues to lead the charge in the global fight against polio — a mission it began more than four decades ago. What started in 1979 as a small vaccination project in the Philippines evolved into the PolioPlus program in 1985, which laid the foundation for one of the world's largest public health initiatives.

Thanks to Rotary and its partners in the Global Polio Eradication Initiative (GPEI) — including WHO, UNICEF, the CDC, the Gates Foundation, and Gavi — wild poliovirus remains endemic in only two countries: Afghanistan and Pakistan. Through sustained immunization drives, environmental surveillance (such as testing sewage for the virus), and rapid response to outbreaks, these organizations are working tirelessly to stop transmission once and for all.

Each year, World Polio Day on October 24 serves as a reminder of this ongoing mission and the remarkable progress achieved. Rotary clubs worldwide mark the occasion with awareness programs, fundraising events, and vaccination support activities.

Read more: <https://www.rotary.org/en/polio-eradication-explained>

Rotary's message is clear and inspiring — ending polio is within reach, and together, we can ensure that future generations live in a world free from this preventable disease.

WORLD POLIO DAY - 24 OCTOBER.
IT'S ONE OF THE MOST IMPORTANT DAYS OF THE YEAR FOR ROTARY — A TIME TO REAFFIRM OUR NEARLY FOUR-DECADE COMMITMENT TO ELIMINATING THIS DISEASE FROM THE WORLD.

ROTARY KREEDA BHANDHAVYA 3.0

Sports Events:

Hosted by Rotary Club of Mangalore Central
Date: 02nd November 2025

Rotarians				
Sl. No.	Below 40 Years	40Yrs to 50Yrs	50 to 60Yrs	Above 60 yrs
01	100 Meter Race	100 Meter Race	100 Meter Race	50 meter Race
02	200 Meter Race	200 Meter Race	200 Meter walk	100 Meter Walk
03	Shot Put	Shot Put	Shot put	Shot put
04	Long Jump	Long Jump		
05	4x100 meter	Relay open to all		

Ames				
Sl.No.	Below 35Years	35Yrs to 45Yrs	45Yrs to 55 yrs	Above 55 yrs
01	100 Meter Race	100Meter Race	50 Meter Race	50mtr race
02	200Meter Race	400Meter Walk	200Meter Walk	100 meter walk
03	Shot Put	Shot Put		
04	Long Jump	Long Jump		
05	Relay 4x100mts open to all			

Johes (Boys)					
Sl. No.	Below 6 Yrs	6 Yrs-9Yrs	9 Yrs-12Yrs	12 Yrs-15Yrs	Above 15 Yrs -18Yrs
01	50Meter Race	50Meter race	100Meter race	100Mts race	100Mts race
02	Ball Throw	Lemon& Spoon	200 Meter Race	200 Meter Race	200 Meter race
03		Long Jump	Long Jump	Long Jump	Long Jump
04	Relay 4x100meter open to all				

Annets (Girls)					
Sl. No.	Below 6 Yrs	6 Yrs-Below 9 Yrs	9 Yrs-12Yrs	12 Yrs -15Yrs	15yrs to 18yrs
01	50Meter Race	50Meter race	100Meter race	100Mts race	100Mts race
02	Ball Throw	Lemon& Spoon	200 Meter Race	200 Meter Race	200 Meter race
03			Long Jump	Long Jump	Long Jump
04	Relay 4x100meter open to all				

Tug-of-war competition - one team from each club for both the men's and women's divisions.

Dear Members,
Our Rotary zonal outdoor sports competitions will be held at Mangala stadium on Sunday, 2 November, hosted by Rotary Club of Mangalore Central. We encourage you to kindly sign up and participate — it's a great opportunity for fun, fitness, and fellowship with rotarians from across the zone. Let's have a strong presence from our club!



RTN. PRASHANTH SHET CELEBRATES MANGALURU'S CRICKET LEGACY AT BOOK AND PHOTO EXHIBITION

Rtn. Prashanth Shet, was part of the launch of **Red Cherries on the Canara Coast: The Story of Cricket in Mangaluru and Udupi**, a book and photo exhibition celebrating the region's rich cricketing legacy, on 25th October 2025. The event, organised by INTACH and Art Kanara Trust, showcased rare photographs and memorabilia tracing over a century of cricket on the Canara coast. Rtn. Prashant highlighted the importance of preserving local heritage through such initiatives.



RTN. PRASHANTH SHET EXHIBITS RARE ARTIFACTS AT BOSCOS

Rtn. Prashanth Shet showcased a unique collection of rare artifacts at BOSCOS on October 25, 2025. The exhibition drew art and history enthusiasts who admired his remarkable efforts in preserving and presenting valuable pieces of cultural heritage.

RTN. FREEDA D'SOUZA OPENS HER NEW OFFICE 'BHARATH LIFELINE'

Rtn. Freeda D'Souza inaugurated her new office, Bharath Lifeline, on October 24, 2025, at Empire Mall, MG Road, Mangalore. The event marked a significant milestone for the healthcare organization known for offering comprehensive "A-Z of Healthcare" services.



RTN. DR. AKHTER HUSAIN'S 'VEDIC INSPIRATIONS' ART EXHIBITION HELD AT THE OCEAN PEARL

Rtn. Dr. Akhter Husain's art series Vedic Inspirations was exhibited at The Ocean Pearl, Mangalore, on October 25 and 26, 2025. The two-day exhibition showcased a collection of mixed-media artworks inspired by India's Vedic heritage, blending tradition with contemporary artistic expression.

The event drew art enthusiasts and admirers who appreciated Dr. Husain's unique interpretation of ancient wisdom and symbolism through modern visual storytelling.

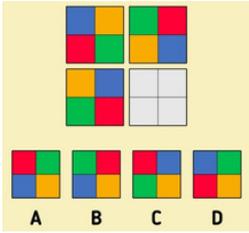


RTN. MADHAV SUVARNA AND RTN. SUNIL RAO TREK TO MADHUGUNDI, MUDIGERE TALUK

Rtn. Madhav Suvarna and Rtn. Sunil Rao recently completed an adventurous trek to Madhugundi in Mudigere Taluk, exploring the scenic trails and natural beauty of the Western Ghats. The duo joined fellow trekkers on a moderate-level trail that offered breathtaking views and a refreshing escape into nature.

MEMBERS IN NEWS

ROTARY PUZZLE CORNER



Which Square comes next?

Send us your answers and be featured in the next Rotalore (9845084266 – Rtn. Dr. Akhter Husain, Editor)

BIRTHDAY GREETINGS



Rtn. Sudhir Nayak
1st November



Rtn. Ashwin Maroor Pai
3rd November



Rtn. Dr. Arjun Nayak
3rd November

ANNIVERSARY GREETINGS

Rtn. K. Vivekanand Pai and Ann Vinaya
1st November

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 23.10.2025

Total members : 91
Members present : 35
Exempt : 5
Makeup :
Percentage : 46%

WEEKLY MEETING Thursday, 7.00 P.M.

Ocean Pearl
Navabharath Circle,
Kodialbail, Mangalore

<https://www.rotarymangalore.com>

ROTARY DIWALI NIGHT 25

The lamps are lit, the night is near,
A time for light, love and cheer.
There's music, dance and games to play,
Surprises are waiting all the way!

Rotarians gather, hearts aglow,
To celebrate the light we sow.
A lucky draw to stir some glee,
And sweets to share in unity.

In hues of red, bright and true,
At Ocean Pearl today, there's magic for you.
Together we'll sparkle, laugh and say:
Happy Diwali, the Rotary Club of Mangalore way!

ANNOUNCEMENTS

Rotary District 3181
UNITE FOR GOOD
TRF SEMINAR 2025
Host: **Rtn. Sathish Nayak**
ROTARY CLUB PUTTUR
JOIN US FOR THE GRAND TRF DISTRICT SEMINAR!

Dear Rotarians,
Get Ready to be Part of an Unforgettable Celebration! The dynamic Rotary Club Puttur invites you to a Vibrant two-day Rotary TRF Seminar on November 8th & 9th (Saturday & Sunday), set in a picturesque Avenue.

Be a Witness to a Remarkable Event Packed with Highlights:

- * Exclusive Grand Prize for the First club, achieving 100% member registration and its President!
- * Special Awards for all clubs with 100% member registration.
- * Special Recognition for the highest percentage of registrations from Large, Medium, and Small clubs.
- * Attractive Event Kit for everyone registering online.
- * Mouthwatering Veg & Non-Veg Meals to satiate your taste buds.
- * Enchanting Cultural Programs to captivate your senses.
- * Insightful Seminar for inspiration and learning.

Don't Miss Out!

Seize this golden opportunity to connect, celebrate, and contribute to the Rotary spirit. Register now and be part of this extraordinary event!

Venue: Puttur Club
Date: November 8th & 9th, 2025
Reg. Fees: 1800/-
Register Online Today!

For more Details, Contact : * Rtn. Sathish Nayak
Chairman Registration Committee 9481228991

RTN. XAVIER DSOUZA
TRF District Chairman 9448253463

RTN. CHIDANANDA BAILADY Chairman Kaanike
RTN. KRISHNAKUMAR RAI PD Club Chairman TRF
RTN. DR. SHRIPRAKASH B. President, IC Puttur
RTN. SHRIKANTH KOLATHAYA Secretary Kaanike
RTN. RAFAEG M.G Treasurer Kaanike
RTN. PHF. SUBBAPPA KAIKAMBA Secretary, IC Puttur

Let's make this Seminar a memorable milestone in our Rotary journey!

- **Rotary District TRF Seminar at Puttur – Kanike - 8th and 9th (Sat & Sun)** – Please register and show your support
- Solo Exhibition by Rtn Prashanth Shet at TMA Pai Convention Hall