

ROTALORE

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Program Today

10.09.2020
**Scoliosis – Early
Detection &
Correction**
**By Dr. Mayura
Kudva**
Anns Invited

Your parents told you to be nice to people. Guess what? They were right. Here's why

by Arnold R. Grahl

Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

“When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,” says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic.

“There has been a lot of research that when we are helping others, or when we are doing something for someone else, our reward centers light up in the brain and our stress levels go down as cortisol is released.”

It feels good to do good

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*, found that MRI tests showed only the instances of giving correlated to



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reduced stress and enhanced activity in the brain's reward centers — which suggests that giving support ultimately had greater mental benefits than receiving it.

Researchers at Oslo Metropolitan University in Norway and the Technical University of Dortmund in Germany explored the relationship between volunteering and well-being in 12 European countries, noting the relative lack of such studies outside the U.S. Their 2018 analysis found that people who are or have been volunteers report greater well-being than people who have not.

And in a 2013 Canadian study posted by the National Library of Medicine, researchers looked at the effect on the cardiovascular health of adolescents who do volunteer work. The study confirmed that helping people reduced the volunteers' body mass index and other cardiovascular risk factors.

Coping during the pandemic

Berge, a training leader for Rotary, saw anxiety rising among her patients because of the pandemic and developed the Staying Sane During COVID-19 presentation. She has delivered the talk by videoconference more than 70 times, mostly at Rotary-related events.

“Rotarians in particular have a high need for being compassionate,” says Berge. “In my Zoom meetings, I hear people say, ‘What can we do to help?’ They are desperate to get that feel-good feeling again. I think they see that in doing these things, it relieves our own stress, sadness, anxiety, and irritability.”

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Rotary member Jenny Stotts, a social worker, child advocate, and trauma specialist, has written about how we can increase our resiliency, adapt to adversity during the pandemic, and emerge stronger.

“When we express meaningful and intentional gratitude or engage in planned acts of kindness, we experience the benefits of serotonin and dopamine, which are two neurotransmitters responsible for us feeling pleasure or joy,” says Stotts, a member of the Rotary Club of Athens Sunrise, Ohio, USA. “Not only do we benefit others from this activity, but it has a way of recharging our batteries.”

Stotts notes that when we do acts of good repeatedly, something interesting happens in our brains. “If we engage in a regular daily practice of kindness and gratitude, we are essentially carving out pathways within our brain that make us healthier and a little more emotionally stable.”

Because of all this, Stotts tells her staff and clients, “You deserve to be your kindest self.”

Rotary members may not realize the significant role they can play in changing how people think, Stotts says.

“When we, as leaders in our community, adapt a way of thinking — that level of intentional gratitude and intentional kindness — we have a way of setting a really good example,” she says. “I think it is a calming and stabilizing force. We can set that tone for our entire club and for our communities.”

(Source: www.rotary.org)



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Club Diary - 03.09.2020

CLUB ANNIVERSARY



Meeting started with an invocation by the birthday boy Rtn. Ganesh Kamath. On his birthday he has donated a sum of \$100 to The Rotary Foundation. President Rtn. Archibald thanked him for his generosity. He welcomed the gathering and gave a brief history of our club. He mentioned that 5 of our members

have served the district as governors in the past, 8 members are major donors and the club has contributed so far a sum of \$260,000 to The Rotary Foundation over the years. Birthday greetings and anniversary wishes were extended to the celebrants. PDG Rtn. Vishwanath Mallya spoke about our club's history and traditions. On behalf of the club Rtn. Dr. Arjun Nayak recognised 63 of our past presidents for their immense contribution to the development of our club in all adverse and favourable conditions. President Elect Rtn. Sudhir Jalan introduced the chief guest DGE Rtn. A.R. Ravindra Bhat. To the audience Rtn. Ravindra Bhat gave an eloquent address touching upon multifarious topics. He spoke highly about the functioning and discipline adopted by Rotary Club of Mangalore. He remembered our PDG Late Suryaprakash Bhat and showered adulations about his immense contribution to the district and Rotary in general and the unstinted support rendered to him by our beloved Late Suri. Vote of thank was delivered by Rtn. Vishal Mallya and the meeting was adjourned.

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CLUB ACTIVITIES



A teacher can be rightly called a 'Nation builder'. On the eve of Teachers Day, Rotary Club of Mangalore, honoured three eminent teachers, who have immensely contributed to the Nation Building. Dr C.N. Shankar Rao, Mrs Anita G.M. Gomes and Mr Shekhar Kadthala were bestowed with the 'Excellence Award 2020' for their exceptional service in the field of Education. Rtn. Sudhir Jalan, President Elect rendered the Invocation. President Rtn. Archibald Menezes welcoming the guests, spoke about the contribution of teachers in the life of a person and respect the society has for the Teachers. Rtn R.K. Bhat, Community Service Director, conducted the Ceremony.

Dr. C.N. Shankar Rao was presented the 'Excellence Award 2020' by Rtn Dr. R.L. Kamath. Dr. Rao has given 35 years for service in the



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field of Education. He started his career as a lecturer in Govt College Mangalore and then moved on to Canara P U College, Mangalore. He is also a popular writer and has authored 115 books in Sociology.

Mrs Anita M.G. Gomes was presented the 'Excellence Award 2020' by Rtn. Dr. Vidyadhar Shetty. Mrs Gomes started her service to education from St Agnes English Primary School Bendoor and moved on to St. Mary's High School Falnir. Her career spanned 37 years and awaiting retirement next year.

Mr Shekhar Kadthala was Presented the 'Excellence Award 2020' by Rtn. Prof. Radhakrishna and Rtn. Oswald D'Silva. He has dedicated his service in Yoga and Physical Education for last 22 years. Currently he is working as a Physical Education and Yoga Teacher in Govt. Higher Secondary School Vamanjoor, Mangalore.

Rtn. Vishal Mallya, Secretary of Rotary Club of Mangalore proposed the Vote of Thanks.

Reported by Rtn. R.K Bhat, Director - Community Service

MEMBER MOMENTS

Rtn. Rajendra Kalbhavi was the resource person at Rotary club Moodabidri Temple Town which had organised a seminar on water conservation in association with Yuva Utsahi Balaga, Kemaru on 6th Sept 2020.

Rtn. Dr. Narendra Kamath was the speaker in a webinar organised by Pfizer on 6th Sept 2020. Topic was Conquering Psoriasis.



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8

COUNCIL ON LEGISLATION

Every three years, Rotarians meet at the Council on Legislation to review and vote on proposed changes to the legislation that governs Rotary. They consider enactments, which change Rotary's governing documents, and position statements by the RI Board.

Contributed By Rtn. PHF Divakar Pai Kochikar

Birthday wishes to



Rtn. PHF PP Ranganath Shenoy A K
5th September



Rtn. PHF Dr Pramod Kumar
5th September



Rtn. PHF Vinod Aranha
9th September



Rtn. PHF Prasanna Shenoy
9th September

Club Pulse

03.09.2020

Club Strength	99
Present	59
Absent	40
Percentage	60%
% After Make-up	
27.08.2020	62%
20.08.2020	57%

Weekly Meeting

Thursday

At 7.00 PM

**Online Meeting
(Zoom App)**

Program Next Week

Annns Invited

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