

ROTALORE

The weekly bulletin of the **ROTARY CLUB OF MANGALORE**

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www.rotarymangalore.com

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Program Today

10.09.2020
**NATURAL
CLEANSERS**
by
**Ms. Pooja
Domadia**
**Founder - Slow &
Conscious Living**
Anns Invited

TOP 10 WAYS YOU CAN BE AN EVERYDAY PEACEBUILDER

Get involved with Rotary’s peacebuilding programs and activities and celebrate the **International Day of Peace on 21 September**.

1. Enrol in and complete the Rotary Positive Peace Academy, developed with the Institute for Economics and Peace, so you and your club members can learn how to build peace, address the underlying causes of conflict, and spread awareness of the concept of Positive Peace.
2. Read the Positive Peace club presentation and facilitator’s guide and share the presentation with your club to start a conversation about how you can help promote peace.
3. Seek out any Rotary Peace Fellows who live or work in your district and invite them to speak at a club meeting about their experiences. To find Rotary Peace Fellows in your district reach out to your district alumni chair; if you need any further assistance, please contact alumni@rotary.org
4. Stay engaged with your local peace fellows – they can often offer invaluable help to your club members on the planning and implementation of your club’s next peacebuilding project.
5. Help recruit and endorse worthy candidates for the Rotary Peace Fellowship and consider joining your district Rotary Peace Fellowship subcommittee.
6. Encourage your district to become a Peacebuilder District, a program that lets you support a peace fellow through contributions




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from your district designated funds.

7. Screen a movie for your club and wider community, that focuses on peacebuilding or conflict prevention, and use it to start a conversation on how you can help promote peace.
8. Start an intercountry committee between your district and a district in another country to create fellowship and goodwill. Some of the most inspiring peacebuilding projects have come from intercountry committee relationships.
9. Organize a half-day or full-day Rotary district peace conference. Or consider hosting a breakout session on Positive Peace or the Rotary Peace Fellowship program during your district conference.
10. Invite your club members to join the Rotary Action Group for Peace (RAGFP), which supports Rotarians engaged in peacebuilding projects worldwide. Encourage your club to join the RAGFP Peacebuilder Club program, a program that promotes Positive Peace both locally and globally.

(Source: www.rotary.org)

Club Diary - 10.09.2020


SCOLIOSIS – EARLY DETECTION & CORRECTION


By Dr. Mayura Kudva

At precisely 7:20 PM The President Rtn. Archibald called the meeting to order and an invocation was rendered by Rtn. CA Ranganath Shenoy. With a brief introduction he extended a warm welcome to the Chief Guest of the evening, Dr. Mayura Kudva. Members who celebrated their birthdays during the week were wished. The President again requested

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members who are yet to register themselves on myrotary.org to do so as early as possible in order to get updates on Rotary India and

the district. Members were also requested to persuade and encourage those members who are yet to attend our weekly online meetings. Secretary Rtn. Vishal Mallya read out excerpts from the minutes of the Board of Directors meeting held on 7th September 2020.

Rtn. Ajith Kamath introduced the chief Guest of the evening Dr. Mayura Kudva. Dr. Mayura Kudva (PT) is the founder - director of Physio4You – Scoliosis Rehab Center in Bangalore. She has a degree in physiotherapy from Fr. Muller college of Physiotherapy, Mangalore with over 20 years of clinical experience. She has specialised over the years on the spinal deformities (curved back conditions). She is a Certified Schroth Therapist from ISST, Germany. It is a century old three – dimensional approach for correction of spinal deformities. She has done her masters course on spinal deformities and is an accredited SEAS therapist from ISICO, Italy. She is also trained in DoboMed method from Poland, Side Shift from UK and Lyon method from France which are different methods of treating Spinal deformities. She is also a certified orthopaedic manual therapist (COMT) and is a Certified Dry Needling Therapist (CDNT). She spoke on SCOLIOSIS - Early Detection and Correction. SCOLIOSIS in Greek means bent or curved. Scoliosis is a sideways curvature of the spine. If it is left



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untreated during the growing age it may lead to increasing deformity as well as potential heart and lung damage. It occurs in about 2%-3% of the world's population, usually during the adolescent stage. She told us to be observant to see if the child has an asymmetric posture so that it can be detected at an early stage. She explained the different types of Scoliosis and said that it is still not proven how it occurs. Sitting in a bad posture or by carrying a backpack on one shoulder or by playing an unilateral sport are not the causes for Scoliosis, although it is more commonly found in girls. The curvature can progress through the adulthood if it is left untreated when the angle of the curvature crosses 50 degrees. She explained how scoliosis is treated and also the different methods of treatment. School screening process is one of the methods adopted by other countries for early detection and correction. Vote of thanks was delivered by Rtn. Vinod Aranha and the meeting was adjourned.

OBITUARY**Sri D. Ananth Pai****13th July 1946 – 12th September 2020**

We deeply regret to inform the sad demise of our past member Sri D. Ananth Pai on 12th September 2020. He has served our club in various capacities including being the secretary in the year 2001-02. We pray to the Almighty to grant eternal peace to the departed soul.

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CLUB ACTIVITIES



A 'First Aid awareness and Demonstration' program was organized in association with KMC Mangalore and Redcross for the Faculty members of the Canara Engineering College Benjanapadav, Mangalore on 15th September'2020 on Zoom

platform. Our member Rtn. Dr. Jeedhu Radhakrishna conducted the training and demonstration. Altogether 100 Faculty members of the institute participated in the program.

The President, Rtn. Archibald Menezes welcomed the gathering and briefed the activities of the Rotary Club Mangalore. He emphasized on the learning of first aid techniques and during the accidents. Dr. Ganesh V. Bhat, Principal Canara Engineering College, spoke about the need of learning first aid and thanked Rotary Club of Mangalore and KMC Mangalore in participating in many projects like Blood Donation Camps, Tree Plantation programs with Canara Engineering College. Governing council member of the Canara institutes and correspondent of the Canara Engineering College, Mr. M.



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Padmanabha Pai addressed the faculty members about learning new things every day and to gain the maximum benefit from programs like First Aid Training.

Rtn. Dr. Jeedhu Radhakrishna enlightened the gathering with techniques to be adopted during the emergencies like accidents, burns, electrical shocks, bleeding, Gas leakage and conditions like Seizers. Do's and Don'ts while treating the patients before taking them to hospitals were shown through the demonstrations. 90 Minutes of Training was well appreciated by the faculty members of the institute.

Rtn. Aditya Pai, Chairman District Projects, Secretary Rtn. Vishal Mallya, Rtn. R.K Bhat, Director Community Service and Mr. Dhruv of marketing dept. of KMC Mangalore coordinated the program. Dr. Priya V. Frank, Student Welfare Officer of the institute, was the master of the ceremony and rendered the vote of thanks.

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

KNOW ROTARY

COUNCIL REPRESENTATIVES

Each Rotary district chooses a representative for a three-year term. These members represent their districts at all three meetings of the Council on Resolutions and at the Council on Legislation during their term.

Contributed by Rtn. PHF Divakar Pai Kochikar



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Birthday wishes to



Rtn. PHF Vistasp Katpitia
13th September



Rtn. PHF PP Rajendra Rao Kalbavi
17th September

Anniversary Greetings

Rtn. Dijaraj Nair & Ann Asha D. Nair
15th September

Rtn. Oswald D'silva & Ann Sharmila D'silva
16th September

Club Pulse
10.09.2020

Club Strength	99
Present	54
Absent	45
Percentage	55%
% After Make-up	
03.09.2020	62%
27.08.2020	62%

Weekly Meeting
Thursday

At 7.00 PM
Online Meeting
(Zoom App)

Program Next Week

BUSINESS
MEETING

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