



Dr. Deepak Rai

MBBS, MS (Ortho Surgeon)

Head...shoulders...knees and toes, he mends it all wherever he goes! So, whether you suffer from Spinal Stenosis Spondylolisthesis or just a tennis elbow, Dr Deepak Rai, is the doctor for all your 'Ortho (K)needs'. He is one of the busiest orthopaedic surgeons in Mangalore and he makes no bones about it.

He hails from a prestigious family of reputed doctors. His great grandfather Kadenja Thyampam Bhandary was Mangalore's first traditional bonesetter.

Dr. Deepak is a consultant orthopaedic and joint replacement surgeon. He completed his MBBS from Mysore University and his Masters in Orthopaedics from Mangalore University. His work has taken him across the globe to UK, Singapore, Australia, France, Switzerland & South Korea. He has also been awarded AO travelling Fellowship in Austria. He is affiliated with Yenepoya Speciality Hospital and runs his own successful private practice near pumpwell.

He's married for the past 24 years to Dr Rachana Rai, who is the superintendent of the TB & Chest Diseases Hospital in Moodushedde. They have one daughter, Shrika Rai, who is doing her final year of medicine.

This cool and 'hip' doctor is an enthusiastic cricketer who also loves music and enjoys travelling. He has been an MC member since May 2003 and is the chosen member of the month, so let's cheer him on with a loud "Hip-hip hooray!"

What is the biggest challenge you face as an orthopaedic surgeon?

The biggest challenge is to convince patients that we as surgeons are just mortals like anyone else and not God...

Which is the most common type of lifestyle related injury you see in patients nowadays?

Definitely backache and knee pain both of which are showing an upward trend thanks to lack of exercise/ improper diet and bad posture. Obesity too has increased the incidence of both knee and spine problems especially in youngsters.

Broken bones or a bruised ego, which is easier to mend according to you?

Without a doubt...a broken bone!

The most underrated bone in the human body is – Trust me, every bone in the body is just as important...Ask anyone who has had a fracture of his tail bone!

Your prescription to overall good health is – Exercise regularly, eat moderately and don't take your problems to bed, sleep soundly!

When I need to take a break, I... drive down to Taj Bekal.

Mention one thing that most people don't know about you – My love for dogs.

A social cause that's close to your heart & how do you support it?

Child education. I regularly sponsor children's education via CRY foundation.

What do you enjoy most about being an MC member?
MC is an exclusive club with exclusive members, there is a strong feeling of oneness and it's probably the only club where members greet each other even if they are strangers.

An event at Mangalore club that you never miss – New Year's Eve party.

-Interviewed by :
Rajni Patrao



Foodie of the month

Egg paratha accompanied with **Chicken in Oyster sauce**.

Whenever Carol, Tomton and their daughter Dianne dine at the club, food is a big part of their agenda. Like most parents, they eagerly seek out nutritious & tasty dishes.

The traditional Indian egg paratha caught their eye as it is healthy and filling. Carol suggests accompanying it with chicken in oyster sauce. Oyster sauce is a thick, brown sauce with a sweet, salty, and earthy taste. It's a popular ingredient in Vietnamese, Thai, and Cantonese cuisine. Being full of flavour, it gives this recipe an extra oomph. Do try out this dish. Bon Appetit!

Carol Pais Coelho





Club Express

This year I got freedom from...

On the occasion of Independence, club members talk about something that they got freedom from this year.

Preetham Kamath:



"This year, I got freedom from having expectations from anyone but myself. It is truly a liberating feeling when you are in total charge of your happiness. Be it treating yourself to a bouquet of flowers or a movie which you wanted to watch but others seemed to not be interested in. Being responsible for creating your own sunshine is empowering and you are never disappointed by what you receive."

Tomton Coelho:



"The best thing I've been told by my classmates this year is that it took me 50 years to look so good. That's when I got freedom/independence from worrying about what to wear, how to impress others and what NOT to say! Afterall, 'Fifty' begins with the letter 'F' - which also stands for Freedom!

Luvlyn D'Souza:



"This year I got freedom/ independence from glances and comments about my weight (yeah, crazy right?). So, here is my advice, if you insist on slimming: eat as much as you like, just don't swallow it (just kidding!). I wish there was more acceptance of people for who they are rather than what they look like. For me, that is freedom in the true sense!



Club contests

WIN A RS 1000/- CASH PRIZE

Next Month's Club Contest:

'Me & My Gang @ MC':

What you have to do:

When you visit MC with your buddies next time, click a fun group pic in any area of the club and send it to the editor @ 99459 20547 and you could be the lucky winner!

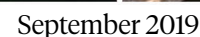
Last month Contest winner :
MC Member - Nitin Shetty, C.A.



Caption -

In a natural Indian countryside setting, the tricolour of our nation coincidentally comes together: saffron, white & green.





RUMMY KNOCK OUT -
Sunday, 29th September
from 11 a.m. to 3 p.m.

Events - Independence day celebration @MC



Committee members, staff & members of the club gathered to hoist & salute the flag.



Get, Set, GO! Flag off at Mangalore club gate by Rotary president Jathin Attavar.



Entertaining music by Lavita, Jackson & Clyde who kept the spirit alive with both Hindi & English songs.





India's 73rd independence day celebration at Mangalore club was both a solemn and entertaining event. Members attended the flag hoisting, participated in the annual treasure hunt as well as the afternoon programme. There was music, fun and some traditional 'desi khana', which left everyone saying, 'Jai Hind!'



Winners of MC Treasure Hunt 2019

1st place winning team -

SANTOSH RODRIGUES (MC member) & Team;
JOEL REGO, NILASHA REBELLO, RACHEL REGO,
NELSON REGO.

2nd place winning team -

SANJAY KAMATH (MC member) & Team;
VIKYATH SHENAI, SRI GANESH SHETTY, VINOD
D'SOUZA.





3rd place winning team -

RAVIRAJ, (Rotary club member) & Team, SANDEEP D'SILVA, SWATHI RAVIRAJ, CHERISHMA D'SILVA.



Ladies Category Winner -

VATHIKA KAMATH (MC Member) & Team, SHRIKALA BHANDARY, PALLAVI MAHESH.

What's new @ MC:



Mangalore club is always evolving & improving, much to the delight of its members. In this past year, the rooms have been refurbished, giving it a better look & feel. The enhancements include: adding new fittings, LED lights, screen, providing better quality mattresses & bed linen, applying a coat of paint and new wallpaper. Even in the bathrooms, the shower cubicle area has been redone. The outcome of all this are luxurious & comfortable guest rooms that members can be proud of.



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