



The Golden Orange

MONTHLY MAGAZINE OF ROTARY CLUB OF NAGPUR
December 2022



- ✓ Weekly Meeting
- ✓ Blood Donation
- ✓ Community Service
- ✓ Wellness in a Box
- ✓ Take Rotary Home
- ✓ Nagpur @ 2025
- ✓ Rotaract
- ✓ Interact
- ✓ Ladies Committee



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President's Message



Dear Friends,
We are into the sixth month of this Rotary year and several activities under various avenues have already been carried out. Over the next two months, the *Disease Prevention and Treatment* of December will be reflected in its true meaning during the

Medical camps, where we will be concentrating on health camps & health related activities. These months are weather

– friendly as well and are conducive to being outdoors for our projects and other activities. I hope that more of our members come forward and join hands in our activities and thereby not only justify but exemplify the Rotary Theme for the year – IMAGINE Rotary.

In our forthcoming Charter Night, on display is the finest mix of teamwork, fellowship, festivity and camaraderie. The complete family of each member is involved and becomes a part of the larger Rotary Family during the run-up to the Nite. Preparations for the Hemalkasa Surgical Camp scheduled for the third week of January are surely going to sap the energy levels of the members who are involved in the working. There are a lot of activities lined up during the next two months – big & small, service projects & fellowships. Do get involved where you can. Enjoyment is guaranteed. Fulfillment is consequential.

Rtn Nilufer Rana

Editorial



"Winter is not a season, it's a celebration." The warm clothes, the hot delicacies, the revelry brings an energy which is unique to these months. The nip in the air, the shining sunlight gives a bounce to our

steps and positive outlook to everything. It's that time, recalcence to kickoff (ref to the ongoing FIFA) all the we yearned to do. To be truly satisfied with our life, we need to understand our purpose. If we do not know our purpose, we do not know our destination. To discover our life's purpose we have to introspect, then diligently negate the one's which are temporary and identify the ones which will give us great

deal of peace and satisfaction. Happiness is short term but satisfaction is about our entire life. Our society is focussed on instant gratification but everlasting pure bliss comes from selfless service which is intangible. Rotary provides us with so many avenues of service and we should take effort to serve people at large through our vocations, skillsets and high ethical standards. Pick your choice, reach out, share your time and happiness and we will definitely come out filled with gratitude and that overwhelming feeling which comes from making a difference to others. Bringing you the eventful and colorful month of November and we want your feedback, appreciation and criticism both are welcome as it helps us improve. "Arigato" grateful for the opportunity.

Rtn Ann Chetna Singhal



ON THE COVER
TRH at Mahdibagh

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Network Effect

During the COVID-19 pandemic's initial U.S. wave in 2020, Detroit, Michigan, was one of many cities where first responders and medical personnel needed more personal protective equipment. A Rotary club in India learned about the situation and contacted its long-time partner, the Rotary Club of Detroit.

"Our Indian partners got to work and were able to locate and coordinate shipments of personal protective equipment to Detroit," says Margaret Thorpe Williamson, a past club president who is now assistant governor of District 6400. She says the club has always had an international perspective and has worked with partners in Australia, Canada, Ethiopia, India, New Zealand, and more.

Getting needed equipment from India to the U.S. is just one example of the power of the Rotary network. And being able to instantly activate that network to make positive change is a key factor in engaging participants, because it shows people the breadth of Rotary's reach and how quickly members can take action.

"If you're interested in knowing something about women's

have to go big — to make a difference at scale and for the long term," Townsend says. "It's going to take more than helping one clinic or one school."

Another experience that lets members engage more deeply with members around the globe is getting involved with a Rotary Action Group. These groups are independent, Rotary-affiliated organizations made up of people from all over the world who are experts in a particular field, such as peace, economic development, or the environment. Action groups offer their technical expertise, global network, and support so that clubs can plan and implement projects that increase their impact — a key priority of our Action Plan.

But only about 10 to 15 percent of Rotary members participate in action groups, Townsend says. That means people may be missing out on experiences that can connect them more with others and with Rotary.

For Williamson, joining an action group was a way to expand her horizons and ensure that her club didn't become "just a check-writing" organization. "I realized there were other people to meet



economic development in Papua New Guinea, it takes two phone calls to reach a Rotary club or member who can tell you more," says John Townsend, chair of the Rotary Action Group for Reproductive, Maternal, and Child Health. "If we can make this incredible network known to more people, we're going to attract and engage more [people of action] to Rotary. And that means our clubs will be in very good hands for the future."

Highlighting Rotary's capability for broad engagement is also critical to showing members with big ideas that no club is too small to make a difference and that Rotary brings clubs together for large-scale projects.

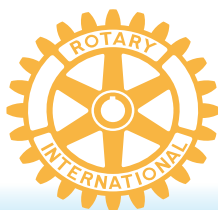
"If you want to make an impact on maternal and child health, you

and other clubs to work with," she says. She later became chair of the Rotary Action Group for Community Economic Development, which had 11 countries represented on its board of directors.

"We all need to be willing to step outside of ourselves and embrace new people and opportunities to serve above self," she says. "I've been enriched by all the relationships I've made in Rotary — and we know that the more relationships people make, the longer they stay in Rotary. Helping people experience the full power of the Rotary network is really a way to look toward the future."

Source : www.rotary.org

Rotary



The Four-Way Test

of what we think say or do

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendship?
4. Will it be beneficial to all concerned?

From the District

TRF Seminar

November is the Rotary Foundation month in the annual Rotary Calendar. The Rotary Foundation (TRF) is the financial arm of Rotary. It is through TRF that we have witnessed the success of Polio Eradication. The foundation has worked wonders across the world thru many noteworthy projects of human interest. Be it focus area of Rotary or any other worthy cause, TRF has contributed in making the world a better place. India just a couple of years back considered as mere receiver of benefit, but slowly and gradually Indian Rotary clubs have risen to the occasion and are contributing handsomely to the foundation.

With this background, the district organised TRF seminar for the region 4,5 & 6. This was hosted by Rotary Club of Nagpur Ishanya on Sunday 13th Nov at Kusumtai Wankhede Hall. More than 200 members across the region participated in the seminar. DG Dr Anand Jhunjhunwala graced the seminar. Chief guest was PDG

Jogesh Gambhir from Jharkhand. DGN Rajinder Khurana was the forum leader. Speakers were PDG Mahesh Mokalkar DRFC RID 3030, PDG Dr K S Rajan, PDG Rajiv Sharma, PDG Shabbir Shakir, IPDG Ramesh Meher Dist Secretary Rajiv Nathani, Shrinivas Lele, Rtn Virendra Patrikar, AG Parag Paranjpe, Aniruddha Paldiwal, Rtn Jugal Chirania, Pritesh Chandak The deliberations took place on varied topics right like TRF Funding, annual giving, Stewardship, CSR, role of TRF in polio eradication program, success stories of various global grants undertaken by clubs in the region. With recent development that Rotaract has also been allowed to carry out project, the session also had topic on it covered by DRR Rtn Sanaiel Ahamed.

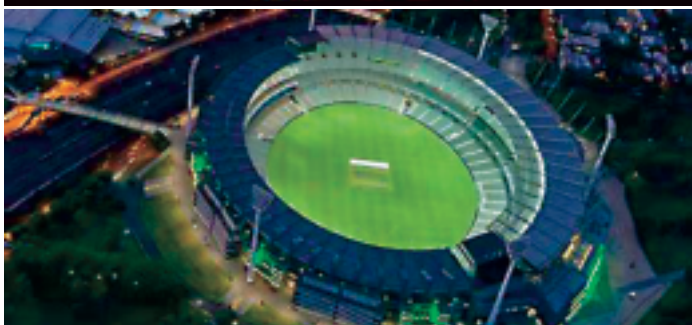
President Naresh Baldawa, Hon Sec Manisha Rathi and Convenor Astha Agrawal and entire team of Rotary Club of Nagpur Ishanya worked hard for conducting program in clockwork manner.

Team GO



Invitation

YOU ARE INVITED



International Convention at Melbourne



District Conference at Shegaon

Business Meeting

3rd November

The first weekly meeting saw many important business matters being discussed. Rotary Info on Friendship Exchange Program was shared by PP Rtn Sati Khanna. PP Kapil Bahri released monthly bulletin 'Golden Orange'. Best chairperson awards were given to Archana Jain, Kritika Chaudhry, Mamta Kahai, Reena

Singh and Fatema Shakir.

A wonderful Nukkad Natak on civic awareness was performed by students of Tuli college of Hotel Management. Rtn. Parag date bagged the lucky chair award. **Rtn Anjali Minocha**



Ladies Committee

Ladies committee with Multifit gym Nagpur had a Health and fitness 'back to school' event. The head of operations and club manager Mr. Vikram Rao enlightened everyone with the importance of fitness for all age groups in today's era. 'The lack of physical work and affinity for fast foods is leading to all kinds of problems today' he said. 'Our Great grand parents and grandparents used to do a lot of physical work, e.g. taking their children to parks, this built a wholesome life with better physical and mental fitness. While today many things have changed, but importance of fitness increased. As life is more sedentary, it's important for everyone to at least do some exercise 4 hrs a week

minimum. He emphasised that although bones in our body cannot be changed but muscle mass can be increased as it diminishes with age. This supports are bones system and improves mobility. He also emphasised on eating seasonal fruits and healthy nutritious food. This was followed by a fun and wonderful session of functional training guided by expert trainer Akshay and a looping guided session with stretching in the end. The session was attended by Project Director Anjali Minocha, Rt. Ann. Mamta Kahai, Rt. Ann. Kusum Pande, Rt. Ann. Urvashi Yashroy, Rt. Ann. Reena Singh, Rt. Ann. Ranjana Duseja, Rt. Ann. Kritika Bansal, Farzin Malik, RtAnn. Anupama Jandial. **Rtn Anjali Minocha**





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Weekly Meetings

Hum bhi agar bache hote..

10th Nov 2022

Children's day was celebrated after the weekly meeting. Pehchan kon? Where childhood pictures of board members were shown and members tried their best to recognise them. This was followed by round of 'Gen-z' slangs and identifying old forgotten

advertisements. The evening was really fun filled and did take us back to our childhood as lollipops and smiley faces were given as prizes. Program was very well conducted by Rtn Dipali Manani, assisted by Rt Ann. Aarti Vajani. **Rtn Anjali Minocha**

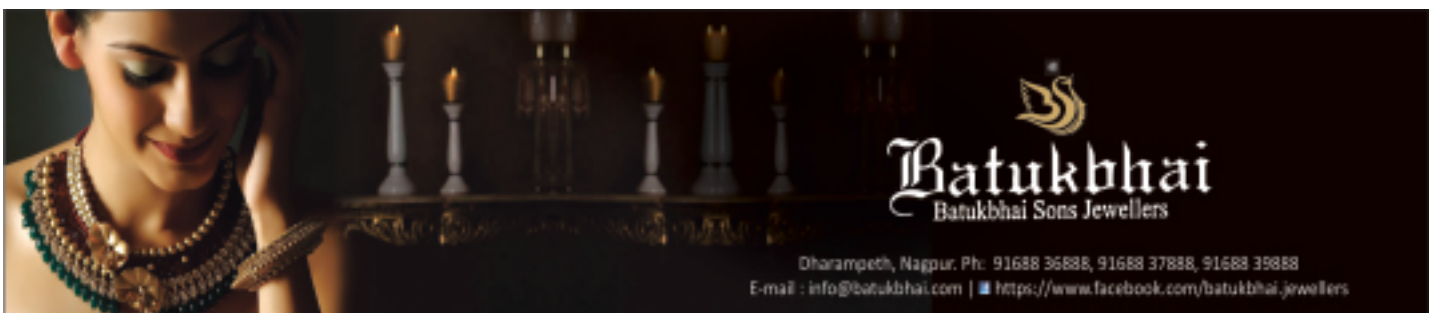


Weekly Meetings

17th November

Our guest speaker was Dr Sadanand Thote, Physiotherapist and Prosthetist, Managing Director- Saket Ortho Rehab International Pvt Ltd, Ramdaspath, Nagpur 'FEET ARE YOUR FOUNDATION' was the topic of his interactive and interesting session. He was introduced by Dr. Ann Wilkinson. Dr. Thote highlighted the importance of our feet, which we don't pay attention to unless there is a direct problem. Most of our body postural problems come from improper alinement of our feet while standing or walking, he informed. Using corrective methods timely, sometimes serious issues can be avoided too. He answered to many queries and doubts asked by members present. He had brought a foot scanner with him to give a demo of how it is used and how it helps in locating a problem in feet. He also advised about some simple exercises. All in all it was a wonderful and enlightening talk.

Rtn Anjali Minocha



Weekly Meeting

24th Nov 2022

The last meeting of the month began with a wonderful fellowship with delicious snacks. Dir. community services, Rtn Daveendep Dhingra announced about the project 'Ehsas' which will continue throughout December. The meeting's main agenda was a panel discussion on Social Media; A Boon or A Bane. The Panellists were Rotarians and Rotakids. Moderator Rtn Navneet Jain navigated the discussion by asking questions to all one by one. What was interesting was that each participant had some interesting and valid

point to make. Rotakids took part with equal, if not more enthusiasm. Towards the end, even the audience joined in making it more interactive. Needless to say the it was fun to watch kids and parents putting their points across.

Panellists were Rtann Ruchi Chaudhry, Rtn Rocky Batra, Rtann Rajasi Sengupta, Rtn Mamta Singh and Rotakids Suveer Chaudhry, Yukta Singh, Gurleen Batra, Shahan Sengupta and Ania Jain.
Rtn Anjali Minocha



Mental Health

Free counseling services by RCN



The Mental Health committee of Rotary Club of Nagpur started free counselling services from the month of Oct 2022. This service was available to all the school and college going students. There were two centres for our services, first was CDS (Chanda Devi Saraf School) Katol Road & second at St. Joseph School, Mohan Nagar Nagpur. A press release regarding this was published in leading Newspapers. We are thankful to Director Public relation of RCN Sanjay Singh, for helping us create awareness on various social media platforms.

Our Counsellor Madhura Bhagat along with Ms. Sakshi Kothari & Ms. Harsiddhi Thakral, took lots of effort for the program. We got an excellent response for these services. Behaviour Issues, Career Guidance, Concentration, Learning Problems, Time-Management, Overthinking,


Negative Thoughts, Family Issues, Emotional Problems, Anxiety, Body Image, Stress were some of the topics handled by our team. The entire program was implemented under the guidance of Rt. Rita Aggarwal and was co-ordinated by Rt. Namita Sharma.

Rtn Namita Sharma





More cakes, pastries, desserts, tarts, chocolates, puffs, pies, cookies, breads, sandwiches than you can count. Making a choice is not going to be easy.



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Prevention of depression & peer leadership programme

“WELLNESS in a BOX” --PREVENTION OF DEPRESSION & PEER LEADERSHIP PROGRAMME is a Global Grant Project by The Rotary Club Nagpur and Rotary Club of Naples, Florida, USA (2021-2024). The program is being conducted in 5 schools of Nagpur. Various workshops are being organized to create awareness about Mental Health. Our motive is:

- to create awareness about Mental Health
- to remove stigma, to talk about it
- to make them aware about signs and symptoms of Depression
- to create a protocol for referral

We have already completed training of teachers of the 5 schools.

PARENT TRAINING WORKSHOP

We conducted Parent's training workshop at St. Joseph on the 05th Nov 2022 and at Providence school on 12th November. 105 parents of the two schools participated in this training workshop. The training was facilitated by Trainer and Psychologist Ms Rowena Ajay Phillips. It was an interactive session with a presentation, documentary and then the parents were given open platform for asking questions. The parents actively participated and the response was good. At the end of the session, many parents came forward and discussed their own problem situations, and then feedback was taken the parents for their overall experience of the session. Parents were very happy with this workshop and they were so positive and willing to help their children in every means.

STUDENTS TRAINING WORKSHOP

A three day workshop for students of 8th standard workshop was organized on 7th, 8th & 9th November at St Joseph Convent and on

the 15th, 16th & 17th November at Providence school. Total 208 students were in attendance for the workshop from the two schools. The training was facilitated by Trainer and Psychologist Ms Rowena Ajay Philips and ably assisted by Counselor Ms. Madhura Bhagat. In these sessions, they were taught 'What is Depression' Signs & Symptoms of Depression, Biopsychosocial Model, How internal thoughts work, & create depression.

There was a role play by the Rotaractors from IGGMC on cases of depression. The platform was then open for the students to ask questions. To our surprise, many students were openly discussing issues they were facing in their personal life. Rtn. Rita Aggarwal addressed & gave some motivational words to students. At the end of the session students were asked to volunteer for 'Peer leadership program' and many of them registered their names which was a very good initiative taken by them.

A set of pocket size cards on depression were distributed to all the children was designed by Kavita Saraf.

The Director of the Global Grant Project, Rt Rita Aggarwal well-known psychologist along with project coordinator Rt Namita Sharma, Chairperson Rt Ann Shefali Shah, Rt Ann Mamta Kahai and Mr Tanveer Mirza director of NGO Yashodhara Bahuuddehsiya Sangh & team monitored the program. 12 Rotaractors from IGGMC were present to help with survey and other activities.

Namita Sharma



TRH cum Picnic at Mahdi Bagh.

What started as a Take Rotary Home at Rtn Moin Malak and Farzin at Mahdi Bagh, very soon became a Cultural Picnic as our hosts said “ We will be happy to host as many Rotarians as are willing to come. An opportunity that we wouldn't want anyone to miss out on”. A new plan was set rolling, and lo behold... we had more than 95 Rotarians and family members enjoying an amazing Sunday.

We were welcomed by children in traditional manner and it was wonderful to see all members of Mahdi Bagh community dressed traditionally. Amidst the lush flora and fauna, Rotarians enjoyed obstacle golf and putting games set up, a guided tour of the property, a small presentation and an exhibition of art and traditional work done by women of the community. It was an experience of its kind to know about traditions, and the grace and simplicity of carrying them. Delicious lunch was served in 'MB Cafe'. Rides in antique cars and trying one's luck at fishing was definitely another highlight of the day. Rotary is all about creating a better world, creating better understanding and peace. Rtn Moin Malak in his presentation informed that he is now the 4th generation Rotarian from his family and was also an IYE student. The Rotary family is immensely grateful to members of Mahdi Bagh for opening their doors and hearts for us. A beautiful Sunday, perfect weather, perfect venue and most hospitable and caring hosts Thank you Malaks and thank you Rtn Ann Mamta Kahai, Rtn Ann Reena Singh, Rtn Ann Archana Jain for creating the wonderful memories.

Rtn Anjali Minocha.





Joint-Rotaract Installation

The joint installation ceremony of two of the Rotaract Clubs for the session 2022-23 took place on 5th November 2022. The venue for the same was Rotary Office at Providence School. The Joint-Rotaract installation ceremony commenced at 11:30 am. The MOC for the ceremony was Rtr. Aditi Welker.

The Rotaract Club installed were Rotaract Club of Tuli College of Hotel Management and Rotaract Club of Rajkumar Kewalramani Kanya Mahavidyalaya. Rtr. Aishwarya Levharkar was installed as President of Rotaract Club of Tuli College of Hotel Management while Rtr Nupur Gajbhiye took charge as the President of Rotaract Club of Rajkumar Kewalramani Kanya Mahavidyalaya

The board members of both of the two colleges were installed. President Nilufer Rana in her address congratulated newly installed board of Rotaract Club. Also present were Rtn. Sonia Khurana, Rtn. Geeta Rao, Rtn. Arti Vajani, Rtn. Snehal Jhwar, Rtn. Shaily Gambhir, Rtn. Aliasgar Wagh, Rtn. Abhishek Goyal and large number of Rotaractor. The teacher Incharge of Tuli

College of Hotel Management and Rajkumar Kewalramani Kanya Mahavidyalaya were supportive of this endeavour.

The ceremony concluded by a vote of thanks followed by refreshments.

Rtn Abhishek Goyal



Blood Donation

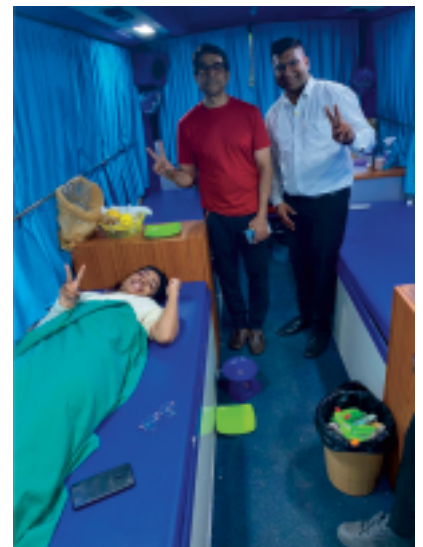
On 13th November, 2022, Rotary Club of Nagpur organized blood donation camp at Raisonni Group of Institute, Mangalwari, Sadar, Nagpur.

The camp started at 12 noon and ended around 4:30pm. Around 30 members from our Rotaract club attended the project and our enthusiastic members were accompanied by their families and friends.

As our city is facing the shortage of Blood Units due to increase in the number of Dengue Patients, Our Rotary team worked really hard for organizing the event, and we were able to collect 25 units of blood. We are really grateful to Blood Donation Committee, Rotaract Committee and Lifeline Blood Bank for their active support throughout the event.

The blood donation committee members present were Sandeep Vaid, Mohammad Master and Abhishek Goyal. Thanks to Life line Blood bank for their support.

Rtn Abhishek Goyal



Interact Installation

The Installation ceremony of the new Governing Board of Interact Club 2022-23 of Bhavan's Bhagwandas Purohit Vidya Mandir, Civil Lines, was held in the school premises. At the outset Rtn. Nilufer Rana, President Rotary Club of Nagpur and Director Rtn. Dr. Nisreen Maimoon, Chairperson Rtn. Ruchi Uppal, Mrs. Pallavi Padole and Sanyogita Durge from Vaardhaan, IAPA, Nagpur. Principal, Smt. Anju Bhutani, Primary In-charge, Smt. Ashu Khanna, and Rtn Ann. Rajasi Sengupta, Parents Representative lightened the traditional lamp and offered floral tribute to Goddess Saraswati. Rtn. Nilufer Rana President Rotary Club- Installed President – Rajas Kane Rtn. Nilufer Rana, in her speech highlighted the four D's every interactor should abide by ,i.e. discipline, dedication, determination and devotion. Principal Smt. Anju Bhutani Ma'am, in her address to the interactors, appreciated the upcoming projects and wished them a fruitful Interact Year. Madam Bhutani helped Vardan Centre by donating 7 sacks of stationary material which includes Registers, Pens, Pencils, Crayons. The proceedings were conducted by Interactor Gunisha



Gambhir and Madhura Dani while Anika Sharma Vice President proposed the formal vote of thanks. **Team Interact**





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Community Service

Children's Day Celebration at "Tarini" School

Nothing Better to celebrate children's day that fulfills the innocent wishes of children. That could be as simple as having tempting "Buddhi Ke Baal" or Donuts & Cream Rolls. Or it could be school bags that will be of some help in their studies. Thanks to generous donors of the club and Bank of India all these wishes of children of Tarini School at Seminary Hills were fulfilled. Bank of India sponsored 111 Bags that were distributed at "Tarini" School. The satisfaction on the faces of the children savoring the taste of these delicacies also brought back our childhood memories. Indeed, a very satisfying "Children's Day" with these children establishing the True Spirit of Service in Rotary. Thanks

Rtn Daveendep B S Dhingra



Community Service

Joint Project with Nagpur Municipal Corporation Under Nagpur@2025

As we live in a society it is our moral duty to always give it back to the society and also ensure the city we live in, is neat & clean. With this objective in mind, the club, jointly with Nagpur Municipal Corporation (NMC) conducted a skit that was prepared by students of Tuli College of Hotel Management under the able guidance of our own Rtn Ann Urvashi Yashroy & her team. The theme being Clean Nagpur.

Same skits were conducted at nearby colonies and apartment blocks to convey the importance of keeping the neighborhood clean. It was an excellent joint project with NMC. Their team was also present to address any concerns and issues being faced by the residents. They heard the issues being faced by residents. All this to ensure that the city of Nagpur secures the top position in the annual 'Swaccha Sarvekshan Mission' of Govt of India by year 2025.

Rtn Daveendep B S Dhingra



Golden Leaf Banquet

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Golden Leaf Banquet

PP Kapil Bahri

When I came to live in Nagpur in 2018, one of the few sensible decisions I took was to join the Rotary Club of Nagpur. The President who installed me was Kapil Bahri and it was a pleasure to have a coffee with him a few years later and reminisce about his tenure sitting at the helm of one of the best clubs of the Rotary family. Sipping our cups (of coffee), we had a good conversation, and Kapil being a very articulate, expressive personality exuded his usual effervescence and made our chat very lively. He narrated many a thing which I will try to summarise hoping to keep the contents within the context.

Konnect – Serve – Smile: The club had just been through that infamous split which left its scars and some scars run deep. After a year when he took charge as President, he perceived that the scars were still quite significant and widespread within the members. Members shared their concerns with him, and one of the key concerns communicated to him was about the trust and comfort between the members. Not a very pleasant thought to start the year with, he then embarked upon a mission to reconnect the members of the club and revive the fraternity. He coined the slogan “Konnect Serve Smile” and took it upon himself to lead this mission. (The K for Konnect was the unique signature of K for Kapil).

Driving the Spirit: He made it a point to meet or speak with every member personally over the days and weeks and understand their issues and assure them that the club belongs to the members and will be theirs to work with. In his efforts to get the bonding improved, he did what a typical Punjabi would do – he also organised a Bhangra dance during the Diwali Fellowship! While fraternising is vital to the club, he reminded the members, it is more important that the club members continue to focus on the mandate of our club and execute our ongoing projects that make a difference to the society. He could see the members gradually gaining confidence and the spirit was getting revived to desired levels of engagement. Members got involved in various projects, and directors felt assured that active participation would be forthcoming from the members. The club marched into the 75th year in full confidence.

Getting the Moolah: Kapil shared that getting sponsors to fund the various projects is one of the major challenges for a President. Ideas for new projects are in plenty, and they are in addition to the ones already on hand, and projects need funds. He needed more money than what the existing benevolent sponsors were giving, and he found a friend in FDCM who magnanimously contributed

to the Medical and Surgical camps at Hemalkasa, Deolapar and Melghat. Those funds went a long way in enabling projects, and the relationship is still open with FDCM still supporting projects being taken up by our club.

Reflections: The year moved by quite fast and there was a good growth in



membership, he tasked all members to add a member each. About 45 members got added to the club during that year. He looks back and feels quite satisfied and said that during the tenure he gained a lot of good friends. As President of the club, he met many new persons at different levels of authority and could establish a good rapport with quite a few, and this led to developing good lasting relationships. He worked hard to spread an air of positivity within the members, tried to hear everyone out, and accommodate as many ideas raised by members as possible. All in all, he conveyed quite a bit of contentment of having accomplished his mission of bring the club together. He made a remark “Activities portray a club, but relationship between members makes a club”.

Rtn Rajeev Aggarwal



PP Akhtar Parvez Maimoon



Born and what up in Nagpur, with SFS school college as his Alma Maters an LLB from Nagpur Law College, he feels proud and blessed today to be at the helm of the AMA Industries established way back in 1860 by his forefathers in Nagpur, manufacturing of commercial explosives and Aluminium explosives & Aluminium extrusion along with Burma shell's and dealership.

PP Rtn Akhtar Parvez Maimoon joined the Rotary band wagon in 2000, but unabashedly admitted to being a practically passive member initially, till Rotary waved its characteristic magic wand of bonhomie, sincerity, sense of purpose and commitment to its ideas and principles at him and Voila! He was activated to first a chairperson to the Sargeant of Arms, to the secretary of the club and then up with a final leap of faith, confidence and support of his dedicated enthusiastic team and family he set out as the Club's President, 2009-2010 to put out the Rotary theme of that year "The future of Rotary is in your hands" into practice and when capable, talented and driven -to a common purpose souls unite one gets to witness a plethora of unique memorable projects and their resounding success. Here's how :

Two new & noble projects (also very close to his heart) saw there initiation then. One was professor Vijay Barse's brain child slum soccer which got a boost & further recognition far-n-wide after the association with us(and which are PP fervently wishes should have continued), since it helped in channelizing the somewhat wayward misplaced energies of the youth in the right direction.... a valuable suggestion for the current and future teams!

The other project was 'Eye donation' a tie up with Dr Vikas Mahatme's eye bank which is still continuing to light up many a Dark sights.

Another very unique and fun project was the painting competition at Maharaj Bagh lawns on the second October 2009, it's USP being a 1 km long single piece of white cloth spread around the park as a Canvas. Indeed a delightful sight to behold(lucky me I was a part of it) where each and every painting told its own story and yet all of them seen to flow into each other as if to create one voluminous book fairy tales and fables.

His term witnessed some very proud and memorable moments too. PP Akhtar could hardly contain his joy and Pride as he stated that the club had then won the highest number of awards in the District whopping total of 26!!

But then it is not smooth sailing& hunky dory always. He recalls the first Monsoon Fellowship held at a Farm as probably being the only project that give them terrible jitters(palpable even now as he was narrating the incident). The rain God's decided to play tyrant and

unleashed a seemingly unending torrential downpour! And at last moment the magnanimous Lamba celebrations lawns next door came to the rescue and they decked up the huge hall to the 'T' in the Rotary theme of the day ,with the invitees none-the-wiser about the trials,tribulation and trepidation of the President and his team only a couple of hours ago.

Enter Dr SabIhaMaimoon (his spouse of 36 blissful years) this charming lady and a gracious hostess too gave her unflinching support to our PP, despite her hectic schedule as a practicing Pathologist and Professor at the NKPSIMS and Lata Mangeshkar Hospital.

The Tech-savvy daughter Lubaina, who was then a student helped our somewhat technophobic PP in typing drafting and editing his speeches, etc all the way from London. She is currently working as a director Strategic Operation with the Inside Edge Counselling group besides pursuing her MBA in New Jersey. Murtuza, their son is currently working as senior manager with Mahindra logistics, Mumbai.

Just as we were about to call it a day Sabiha with the touch of fond pride and awe chipped into reveal a lesser known fact about our" almost silent crusader of Rotary ,that being at each and every Interact Installation he regaled the school kids with short stories especially so with a moral in them, where no two stories were the same .Such a mind- boggling collection of stories mostly his own brain child he had! But why only the moral based stories? He simply stated" That used to be my good deed of the day for having at least strived to guide the impressionable, inquisitive young mind towards the better life in the right direction " i.e "Swaantasukhay" which means at the end purely and simply for his own happiness and peace of mind... a noble soul indeed. May your tribe increase!!

Rtn Ann Priti Chhabra



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A Heritage walk at Chitnavis Wada



The Chitnavis Wada is listed as a Grade II heritage building in the Heritage list of Nagpur. Located in Mahal area, the old part of the city, it is one of the few heritage structures that are privately owned, well maintained and have retained their old-world charm.

It was purely coincidental that we went for the heritage walk on the very first day of World Heritage week that is celebrated every year from 18-25 November. Ar Nitika Ramani, an authority and a passionate advocate for the heritage buildings of Nagpur, was our lovely guide.

So here we are, getting reintroduced to our Nagpur, after having lived here for more than 30 years, only this time, the introduction is so much more awe inspiring.

As we entered the wada through its gigantic wooden doors into a courtyard, we were greeted by a champa tree in full bloom. The main entrance to the building is east-facing, as is the deoghar (puja room) inside the building. There is an exquisite hand carved wooden pola bull at the footsteps to the entrance, and as we make our way through the corridor into the first “chowk” or courtyard, Nitika tells us about the history of the Chitnavis family. “Chitnavis” was an administrative post and involved in the maintenance of documents and management of properties and collection of taxes etc. Rakhmaji Ganesh Randive (1729-1771) was the first Chitnavis of the Bhonsales of Nagpur. He came to Nagpur along with Raghuji I in 1744. And the name Chitnavis was adopted by the family thereafter.

The Wada is built in the traditional style with 3 courtyards. The first courtyard has many paintings of Shri Krishna adorning the walls. Old Lithographs beautifully framed are also hanging on the carved wooden beams. The



ceilings are also wooden paneled. Even the door frames are made of hand carved teakwood.

Within the wada is a beautiful Murlidhar temple in the northwest, built in sandstone, and has a mandap with

carved wooden columns and a tiled roof. Ancillary temples dedicated to Garuda and Hanuman are also beautifully kept. The walls made of traditional limestone were at least two feet thick. I don't think they really needed coolers or Air conditioners back then, because the construction was so climate-friendly!

The second courtyard (chowk) was basically only for the use of the family members and outsiders weren't welcome there. More like a gupshup chowk for the ladies of the house. And the centre of the courtyard was open to the sky! The third courtyard was for the utilities such as the cooking, cleaning etc.

As we made our way back to the ground floor, the beautiful sunset hues cast a glow on this old-world structure making it look even more imposing. In fact, the management of the wada also organizes traditional Maharashtrian gatherings on request at nominal charges. It would be lovely if we could have a TRH type of evening

here in such statuesque surroundings!

And as they say in Marathi “Pudhachya vele paryanta”.

Rtn Ann Vinita Bahri



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Tastebud Ticklers

Andhra Tomato Chutney...

An all-time side dish with Breakfast, Lunch and Dinner.

Ingredients...

Tomatoes ..7-8,
Garlic pearls...7-8,
Green chillies...4,
Curry leaves...few,
Cumin seeds (jeera).. 1tea spoon,
Oil....., Salt.....,
Red chilli powder...,
Turmeric....

Method -

Cut tomatoes, green chillies to medium size pieces. Heat oil. Take appropriate quantity according to the amount of tomatoes. Put Cumin seeds (Jeera) garlic pearls, Green chillies, curry leaves and cut tomatoes. Sauté all these till the tomatoes get soaked in oil. Put turmeric, red chilli powder and salt as per taste . Cook the tomatoes on low flame till it becomes soft and you see oil on the sides of pan. Very important do not cover at any point of time while cooking. Once the tomatoes are totally cooked let the Chutney cool. You may cover it with mesh and keep it aside. Once cool grind the mix into fine paste. Your chutney is ready.

Store it in any airtight container. It remains fresh for 3to 4 days if covered properly and refrigerated every time after use. Enjoy it with pakodas, sandwich, rice, dosa, uttapams.



Chef...Rtn AnnGeeta Rao



Beauty with Brains

Dr. Rozina Rana, at 53, brings laurels to our city by winning the title of Mrs. India (Classic) 2022, contest held by GlammOnn at Phuket, Thailand. Dr. Rozina is a mental health expert and life coach, conducting trainings since last 22 years.

Rozina went an extra mile in her speaking and presentation skills. She keenly prepared herself for traditional and talent rounds as well and bagged the subtitle of “**Beauty with Brain**”.

Rtn. Rozina Rana was felicitated by the Club at the “Sinjara Celebrations “ and was presented with a prize sponsored by **Spacewood, of Rtn Kirit Joshi**. We are proud of achievements and wish her best always.



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Rotary Buzz

This month has been an action packed one. Full of achievements and celebrations.

Quite a few of our families have seen wedding bells ring in their homes.

Cherag, son of Tauby and Naushad Bhagwagar took the vows with Stephanie in Mexico.

Abhishek, son of Neeta and Atul Gupta got married to Jhanvi in Udaipur.

Feroza, daughter of Vindhya and Jimmy Sanjana tied the knot with Christoph in Nagpur.

Manveen, daughter of Neeta and Pavneet Singh got wedded to Dalip in Chandigarh.

There are some notable achievements too.....

Jasmira Bhutani, daughter of Rakhi and Pankaj Bhutani received the

Brave Girl Award for a 43 metre jump.

Yatharth Javery, son of Archana and Rajeev Javery continues to bring laurels to his team in the game of cricket. He recently took 7 wickets for his team of Ambedkar College.

Samira, daughter of Meeta and Krishnendu Shaw won the International Youth X Competition of Chefs and won a cash prize of 15000 dirhams excelling in her chosen field of catering.

PP Sudhir Bhiwapur retains his position as Treasurer of the Maharashtra State Lawn Tennis Association (MSLTA).

Shahan, son of Dr Rajasi and Dr Shantanu Sengupta represented his school team in Table Tennis and was a part of the winning team at the District Level TT Tournament DSO.



Rtn Jumana Shakir

Birthdays

Reema Sial	2nd Dec
Rajan Minocha	3rd Dec
Ratna Joshi	3rd Dec
Rajeev Aggarwal	3rd Dec
Gayatri Deodhar	4th Dec
Shahrukh Cassad	6th Dec
Rina Sinha	7th Dec
Bhawana Khosla	8th Dec
Sanjay Bhargava	10th Dec
Anne Wilkinson	10th Dec
Sanjay Wankhede	10th Dec
Prashant Banthia	10th Dec
Vineeta Jaiswal	12th Dec
Bipin Giri	12th Dec
Prashish Charade	12th Dec
Neena Chowdhary	13th Dec
Shabbir Vali	14th Dec
Dr.Rajesh Singhania	15th Dec
Ashok Mrig	16th Dec
Dr.Sudhir Bhiwapurkar	17th Dec
Girish Deodhar	19th Dec
Geeta Rao	20th Dec
Kusum Pande	22nd Dec
Ramakrishnan, R.	22nd Dec
Vishal Bhatia	23rd Dec
Priti Ramakrishnan	23rd Dec
Abha Choudhary	24th Dec
Pooja Neb	27th Dec
Parag Date	28th Dec
Shiraz Doongaji	28th Dec
Mehru Bapuna	4th Jan
Rachana Singh	4th Jan
Gurumukh Singh (Gogi) Bhasin	5th Jan
Satindar Khanna	6th Jan
Meenu Varma	6th Jan
Arpita Bangde	6th Jan
Kartik Balakrishnan	7th Jan
Archana Jain	8th Jan
Dr. Surajit Kumar Hazra	9th Jan
Rajeev Chand	11th Jan
Rakesh Bahtia	11th Jan
Dr. Anant Gade	14th Jan
Richa Sethi	14th Jan
Rukshad Bhagwagar	15th Jan
Jimmy Sanjana	15th Jan

Anniversaries

Alok & Sunita Khandelwal	1st Dec
Reena Singh & Sanjay Singh	1st Dec
Dr. Pritam & Monica Chandak	1st Dec
Rachana & Sanjay Singh	2nd Dec
Dr. Harish & Lata Rathi	3rd Dec
Dipesh & Sonal Ajmera	3rd Dec
Dr. Sameer & Dr. Sonali Paltewar	4th Dec
Mayank & Shweta Jain	6th Dec
Meeka & Ranjan Kale	6th Dec
Bipin & Kavita Giri	6th Dec
Pritesh & Shipra Tank	6th Dec
Satish & Vidhya Laddhad	6th Dec
Dr. Iqbal & Humaira Khan	7th Dec
Rajesh & Kshama Yadav	7th Dec
Suruchi & Dinesh Agarwal	7th Dec
Rupinder Singh & Navpreet Tuli	8th Dec
Jasbir Singh & Renu Arora	8th Dec
Kapil & Vinita Bahri	9th Dec
Anjuli & Rajan Minocha	9th Dec
Amitabh & Rina Sinha	11th Dec
Gurumukh Singh & Sonia Bhasin	11th Dec
Nimish & Anupama Maheshwari	11th Dec
Kirit & Ratna Joshi	12th Dec
Satindar & Reeti Khanna	13th Dec
Pranav & Chetna Singhal	14th Dec
Ashwin & Kashmira Mankeshwar	15th Dec
Atul & Shefali Shah	15th Dec
Rukshad & Monica Bhagwagar	17th Dec
Dr. Sameer & Smita Chaubey	19th Dec
Dr. Rafat & Dr. Naheed Khan	20th Dec
Dr. Ruxana & Shahrukh Master	20th Dec
Dr. Anant & Dr. Shubhada Gade	21st Dec
Dr. Rizwan & Dr. Lubna Haque	24th Dec
Gurjeet Kaur & Bhaskar	26th Dec
Manoj & Meenu Moryani	26th Dec
Dr. Jaspal Arneja & Dr. Indu Arneja	27th Dec
Dr. Raju & Dr. Anne Wilkinson	27th Dec
Sanjay & Smita Bhargava	29th Dec
Purushottam & Varsha Rohera	30th Dec
Dr Alok & Dr Ashwini Umredkar	3rd Jan
Moinuddin & Farzin Malak	3rd Jan
Melissa & Brain Lancelot	4th Jan
Manjot Singh & Mamta Kahai	5th Jan
Shiv Kumar & Geeta Rao	5th Jan
Rozina & Shamsuddin Rana	6th Jan
Jehangir & Dilshad Doongaji	10th Jan
Shiraz & Annahita Doongaji	10th Jan
Rajiv & Urvashi Yashroy	14th Jan
Akash & Shilpa Agrawal	15th Jan
Ashish & Mamta Mehadia	15th Jan

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