



Vision Fort

Monthly E-Bulletin of Rotary Club of Nagpur Fort, RID 3030

RI President: Jennifer E. Jones

**District Governor: Dr. Anand
Jhunjhunwala**

Club President: Dr Suresh Bhake

**Club Secretary: Ramkrushna
Nakkanwar**

September 04, 2022

From the President's Desk



**My dear fellow
Rotarians and Anns.**

**This time, the
Official Club Visit
(OCV) on 4th**

August'22 by RID 3030

**Governor(DG) Rtn. Dr. Anand
Jhunjhunwala was a novel
experience for me . The OCV went
smoothly and was appreciated by
the DG & AG Rtn. Shashank
Vishwarupe.**

**The DG said that Rotary is relevant
even after 100 years because of the
fundamentals laid down by the
founders of Rotary and adoption of
changed circumstances in
performing service to mankind.'**

**The DG emphasized that OCV is not
only inspection of a Club, but also
sharing the way of conducting the
Club with DG who in turn will share
with other clubs, so that Rotary will
function nicely. There will be**

**exchange of views for better
performance.**

**The OCV was an interactive meeting
where all were getting involved. We
were all delighted and charged. The
DG appreciated the functioning of
the club and meticulous planning for
the year. The co-operation by all club
members and their involvement is
required for fulfilment of targets.**

**The release of 'Vision Fort' August
'22 issue at the hands of D G was a
feather in the cap. The credit for this
goes to PP Rtn CA Mahesh Chandak
and his team. Inauguration of
Project 'Prerana' by the DG has given
impetus and boosted the morale of
members and Anns involved in the
team Chaired by PP Rtn. Meenakshi
Desai.**

**'Sneh-Jyoti' Project was inaugurated
on 10th August'22 on the eve of
'Rakshabandhan' at Bajaj Nagar
Police Station. This project is
Chaired by Rtn Major General Anil**

Bam,. 'Azadi ka Amrut Mahotsava' in collaboration with Antar Bharati Ashram was celebrated on 15th August '22..

The speech by PP Rtn Vishakha Rao on 'Visit to Bihar', in the regular club meeting on 20th August '22, was very informative and changed the perception of Bihar.

Rtn. Dr. Suresh Bhake

Travelling, My Passion

Tapola

I am fond of traveling and enjoy every moment of it. Even during the corona period, whenever it was permitted, I travelled with my family and friends. It gives me immense pleasure to meet different people, have different types of food, and experience different climates.

Sometimes new places of which we may never have heard before give us a surprise. One such place is "Tapola", a very beautiful but lesser-known place among travellers. It is just 25 km away from Mahabaleshwar, a famous tourist place for everyone in Maharashtra. When my better half told me about the place, I didn't show much interest in it because I have visited Mahabaleshwar several times but Tapola was never heard of. Even our taxi driver was not aware of it and wasn't interested to take us there, but we somehow convinced him to visit the place as it was just 25 km away from our hotel.

*After reaching Tapola, we were really surprised to see a very beautiful river, nature, and hills surrounded by beautiful trees. We hired a boat to cross over to the other side of the river. It was a really enjoyable moment to see the clean water of the beautiful river and wonderful surroundings. After reaching the other side we stayed there for about 2 hours and enjoyed every minute of that stay with delicious food available at the place, and came back with memories of the happy moments spent there. I have narrated this experience to my friends and some of them visited the place and thanked me for the wonderful experience they had at *Tapola*, a place so beautiful that it is often called the mini-Kashmir of Maharashtra.*

Rtn. Ram Nakkanwar

From the Editor ...

Friends,

After the launch of the August issue of Vision Fort by the DG on 4th August, I am happy to bring to you the September edition of VF, your monthly magazine. Once again, I would like to express my gratitude for your contributions to the magazine. The rains may soon go away, but please keep your contributions pouring in.

Please note that if for some reason, like shortage of space, your article could not be included, it will definitely be included (subject to approval of the editorial team) in the subsequent issue(s). Also, due to space constraints, it is desirable that you restrict your article to 350 – 400 words.

This month has been a very happening one, with lots of projects and activities.

One of the most important events of any Rotary Club is the DG's Official Club Visit. We had ours on 4th August. The President has covered this event at length. Detailed reports of other projects executed in August are also included.

So, enjoy this issue and do email us any suggestions for improvements at chandakmahesh@hotmail.com.

Rtn. PP CA Mahesh Chandak

At the helm of RCNF

(2022-23)

President: Suresh Bhake

Vice President: Devikant
Naranje

Secretary: Ramkrushna
Nakkanwar

Joint Secretary: Devayani Tak

Treasurer: Jayant Warankar

Directors

Club Admn. & Membership

Development: Sanjiv Deshpande

Medical: Pramod Misal

Non-Medical: Vinay Saraswar

Youth Services, PR & Public

Image: Atharva Pandit

TRF: Anil Jaiswal

IPP: Vaishali Barai

Rotary Projects Around the Globe

United States

The Rotary Club of Duvall, Washington, celebrated Valentine's Day by hanging 133 double-sided hearts from light poles along a mile-long stretch of Main Street, where they loomed large from late January through early March. Bearing messages sponsored by residents and businesses at a cost of \$50 each, the signs raised about \$13,500 for food pantries and other organizations serving youth, seniors, and the needy in the community northeast of Seattle. The club was inspired by a long-running fundraiser of the Rotary Club of Loveland Thompson Valley, Colorado, whose sign subscriptions routinely sell out within hours.



Venezuela

Since 2009 the Rotary Club of Barquisimeto-Nueva Segovia has overseen more than 350 surgeries to correct congenital craniofacial deformities in children. In late April the club, based in the capital of Lara state, administered nine cleft lip and palate surgeries. Patients and their mothers

are interviewed by club members who are specialists in children's maxillofacial surgery. Proceeds from the club's golf tournament fund the surgeries and follow-up care, which costs about \$150 per patient. "Children with these malformations generally require several surgeries, and our club guarantees them all," says Rafael Cárdenas, a club member. "Our goal is to change lives permanently."



Greece

After governmental delays hampered the replacement of critical firefighting equipment damaged in responses to two major fires in 2021, the Rotary Club of Kos stepped in. Rotarians staged a dance marathon and a musical, raising \$2,300 to purchase nearly 2,000 feet of firehose, nozzles, and pipe connections for the island's fire department. "It's better to prevent than to cure," says Stavros Amaris, immediate past president of the club, paraphrasing Hippocrates, a famous son of Kos. Emergency preparedness is top of mind for the club, which also has organized blood drives and directed money to the Kos ambulance service.



Madagascar

Addressing needs caused by recent famine, clubs in District 9220 delivered 800 packages of rice, water, cooking oil, and other staples, as well as hygiene products, to the community of Ankiliabo in April. “Lately, the kere [famine or hunger in the local parlance] has taken on a great magnitude because the climate conditions do not allow the population in this area to live properly through agriculture and livestock,” says Narindra Razafinimaro, immediate past president of the Rotary Club of Antananarivo-Anosy, which led the effort. The Rotary Club of Saint-Denis-La Montagne, in the French department of Réunion, another island in the district, contributed about \$2,700.



Kazakhstan

The Rotary Club of Astana in late 2018 inaugurated its first inclusive playground in a country sorely in need of such opportunities. Named Kunshyaq, or “Sunshine,” the playground has specialized swings, ramps, merry-go-rounds, and other equipment to accommodate children with and without disabilities and instill values of tolerance and empathy. While the municipal council of the capital city, now called Nur-Sultan, donated the land, Rotary members in Astana, led by Past President Lyazzat Alshinova, generated about \$55,000 from club members, other District 2430 clubs, embassies and other organizations, and proceeds from an art auction and ball. The playground is such a hit that the club, composed of Kazakhstanis and expatriates, raised funds for a second one in the capital.



Resource : <https://www.rotary.org/en/rotary-projects-around-globe>

ROTARY CLUB OF NAGPUR FORT ACTIVITIES AND PROJECTS DURING August, 2022

District Governor Dr. Anand Jhunjunwala's Official Visit To The Club (OCV)

DATE: 04.08.22

This was DG Sir's first OCV in Nagpur. He arrived in Nagpur in the afternoon and was present for the OCV well before time.

INAUGURATION OF PRERNA

PRERNA is RC Nagpur Fort's ongoing project. Covid brought a stop to it. On the 4th of August it was revived at the hands of DG Anand Jhunjunwala. Present also were First Lady Rtn. Monica and AG Rtn. Shashank Vishwarupe.

Project PRERNA is all about underprivileged children being guided by Rotarians, Anns and Rotaractors in their academic and non-academic activities. Children are also taught good manners and activities like dance, singing, cooking without fire and origami. All-round development of the child is the ultimate goal of this project.

A dance performance by the students of Antar Bharti Ashram welcomed the dignitaries. AG Rtn. Shashank Vishwarupe mingled with the children and advised them to cut their nails periodically. DG Sir interacted with the children and told them about the hand wash and its importance. The interaction was very lively and kept the children attentive. First Lady Monica Mam showed keen interest in the Origami presentation. She tried to fold paper into beautiful objects.

Live demonstration of how to wash hands was done. The children themselves showed it.

PP. Rtn. Meenakshi Desai, being the Director for this project, presided over the proceedings.

PP. Rtn. Capt. Milind Hastak enlightened the Audience about the working of Antar Bharti Ashram.

After some refreshments, DG Sir proceeded for the closed-door meeting at President Sir's residence.



Dr Jhunjhunwala inaugurates 'Project Prerna'



Capt Milind Hastak speaking at the programme at Antarbharati Ashram. Dr Anand Jhunjhunwala, Meenakshi Desai and others are seated on dais.

CLOSED DOOR MEET AT PRESIDENT'S RESIDENCE

DG Sir, First Lady Monica Mam, AG sir, Club's President, Hon. Secretary, Treasurer, IPP and First Lady of the club, were present for this meeting. Financial matters of the club were discussed. The Club's Charter, Constitution and Bye-Laws were checked. Present year's theme banner and the Club's Flag were in display. DG sir advised us

1. to have a checklist for the things to be handed over from one President to the other. This would ease the handing over process.
2. To have the District Byelaws and go through it.
3. The minutes of the closed-door meeting should be shared with the club members.
4. The post of Treasurer is very important.
5. The MOP of the Club is due this year. It is received once every three years.
6. During the Joint Board Meeting
 - the Club Bye-Laws are to be passed.
 - Any changes to it can be made during this meeting.
 - An Auditor can be appointed
 - Pass the Resolution for change of signatures.
 - Pass the Club Budget
7. We need to work on the Data System and maintain soft copy of:
 - Financial Documents like Club Budget, Invoice and the receipt of SAR, Rotary News Trust and District Funds.
 - List of Club Asset
8. Appoint an Internal Account Auditor.
9. Send the Audited copy to Nathani Sir as soon as possible.

10. Club is bigger than the District. Hence Clubs need to be strong.
11. Presidents need to be active
12. The name of Interact School advisers needs to be filled in Rotary.org.
13. Club to have a PAN Card since it helps in long term.

MEET WITH CLUB'S DIRECTORS

Some of the main points discussed were:

1. Fellowship is necessary. It is keeping us together for more than 115 years.
2. The core values of Rotary are related to the heart and so are very valuable.
3. The Assembly is important since it helps to clarify the vision, is interactive and helps in exchange of views.
4. The Assembly should be held at least 4 times in a Rotary Year.
5. The fund for Polio needs to be collected even when there is no Polio in India. It is still present in Pakistan and Afghanistan. The fund is directed towards the complete eradication to stop it's spread.
6. DG sir pointed out the only difference between Rotary organisation and any other organisation is that we felicitate heroes from Vocational Services.
7. DG Sir debated on whether the OCV should be held at the beginning or the end of the Rotary Year.
8. All the Directors were present and they actively participated in the talk.
9. Smokeless Chulha, Singer Machine and Free specs for children are the three main projects of the District.

For Club Administrator

Need to make the Regular Meetings interesting to increase attendance.
Some of the ideas are:

- Arrange for inhouse and out house speakers. Members can also participate in classification talk
- Have group discussions on social topics. Can appoint someone as a facilitator.
- Achievers can be felicitated.
- Have sessions to make members digitally literate.
- Spread awareness for cyber crime
- Discuss new projects of other Rotary clubs. We can also invite the key person of the club for a discussion.

For Community Services

- Concentrate on Preventive medicines when arranging Rural Health Camps

- District / Regional level Career Guidance programs to be held offline.
- Special Career Guidance prog. for disabled people.
- Find out the need in the community and work on it.
- The Career Guidance can also be taken for a specific topic.
- Felicitate unsung heroes like the Sneha Jyoti project.
- Do the signature project and scale it up.
- Permanent projects are also to be done (like the skill development and involvement)
- Farmer welfare projects to be taken up.

For Youth Services

- Digital Expertise to be developed
- Entrepreneurship also to be taken care of

For Membership

- Top most internal priority are members.
- Top most external priority is POLIO.
- Lost 50 members in the last 5 years. Need to work on retention.
- Keep them engaged
- Give them opportunity according to their liking.
- Take the Members Subscription Survey
- Accept change
- Brainstorm on further opportunities.
- Appreciate members then and there.

For Public Image

- Make members visit the Facebook page of the club.
- Report in Rotary.org and also in Rotary India.

For Foundation

- We need to give to the Foundation in order to take from it.
- Global Grant is available.
- District Grant is more difficult.

MEET WITH ROTARACTORS AND INTERACTORS

DG Sir noted that only 5% Rotaractors become Rotarians.

ROTARACTORS

Explained why Rotaractors are to pay for membership from this year.

- More opportunities are available
- Involvement of new generation would bring a long-term change.
- Meet at least twice a month.
- Meeting regularly is very important.
- Arrange for events and meetings in one semester.
- Rotaractors should be invited in the guest speaker meets of RCNF.
- Rotaractors are invited to District Conference at a subsidized rate.

INTERACTS

NAVYUG SCHOOL

- Started in 2019
- Classes involved are from 8th to 10th
- Can make traditional games as a signature project.
- Do more competitions.

SMITA PATIL SCHOOL

- Started in 2017
- Classes involved are from 8th to 10th

DG Sir explained how and why to carry out projects. The Project for eye check-up can be taken up. Free specs would be distributed to the needy within a month.

PUBLIC MEET WITH CLUB MEMBERS, ANNS, MEMBERS WHO HAVE JOINED ROTARY IN THE LAST TWO YEARS AND FAMILY MEMBERS.

RELEASE OF DIGITAL NEWSLETTER, VISION FORT, AUGUST EDITION

Our digital Magazine, Vision Fort was released by the click of a button. PP Rtn. CA Mahesh Chandak worked hard for its timely release.



****Project Snehyoti****
Date: 04.07.22

Project Snehyoti is a sustainable project of RC Nagpur Fort (RCNF). It is conceptualized and executed to promote cordial relations between the citizens and Police and to remove misconceptions about the Police personnel from the minds of the citizens by presenting positive image of the force.

First episode of the project was carried out at Bajaj Nagar Police Station of the city on the occasion of Rakshabandhan on 11th of August, 2022. Tying Raakhis to the Police staff, who protect the Society, is most solemn symbol of auspicious Rakshabandhan.

The program started with introduction by Club President, Rtn Dr Suresh Bhake. Keynote address was delivered by Rtn Major Gen. Anil Bam. Senior Police Inspector Shri Pande spoke about cyber-crimes and how to keep oneself safe from cyber

criminals.

Club Secretary Rtn Ramkrushna Nakkanwar proposed Vote of Thanks.

After Vote of Thanks, ceremony of Rakshabandhan was commemorated. Lady members of RCNF tied Raakhis to Police personnel while ladies of Police staff tied Raakhis to Club Members. Program culminated with distribution of refreshments to all present.



***Independence Day Celebration – Azadi Ka Amrit Mahotsav
Date : 15.08.22***

Completion of Independent India's 75 Years, Swatantrata ka Amrit Mahostava, was celebrated on 15th of August, 2022 with great fervor and national spirit by RC Nagpur Fort (RCNF) at Antarbharti Ashram School.

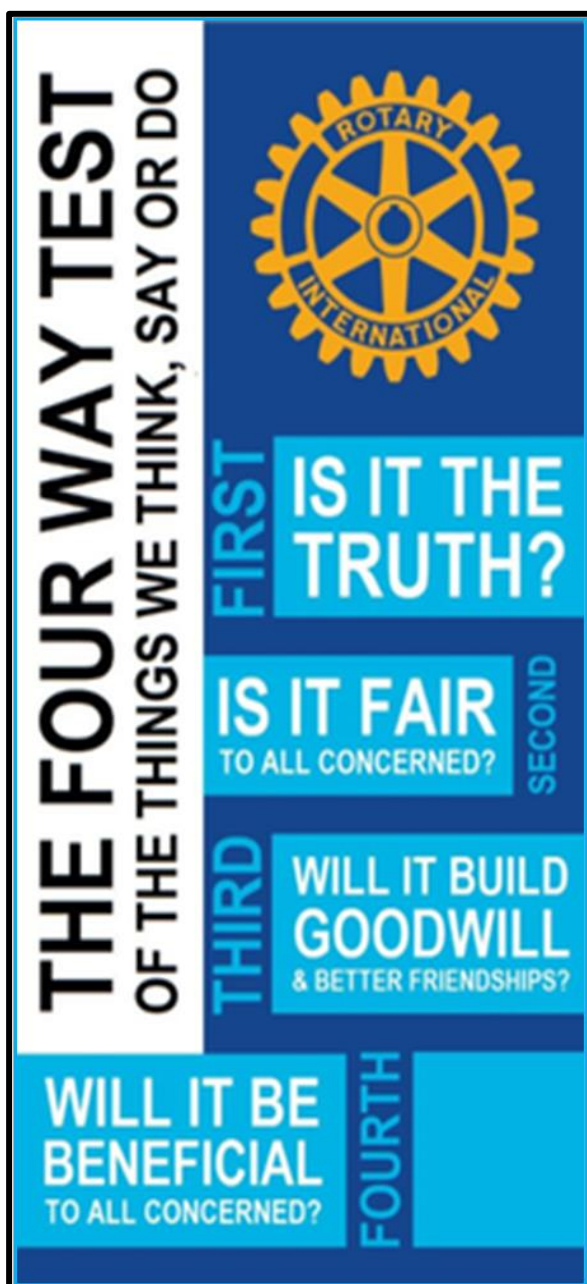
Ceremonial Flag Hoisting was performed by Brig Suhas Kulkarni. Salute to National Flag and recital of National Anthem were offered by all present.

Later, tiny tots of the school performed dance movements on the song Hum Honge Kaamyab. PP Rtn Milind Hastak, Rtn Veena Khandekar and others sang patriotic songs. Rtn Capt Devikant Naranje also spoke on the occasion.

Club Secretary Rtn Ramkrushna Nakkanwar proposed Vote of Thanks.

Sweets were distributed to the kids of the school. Program was well attended by School students, members of RCNF Family, staff and citizens of the locality.





YOGA FOR TREATING HIGH BLOOD PRESSURE

People who have high Blood Pressure are more at the risk of developing heart problems. Blood Pressure is the force of blood inside the arteries when the heart beats. The heart pumps blood into the arteries. If the pressure inside the arteries goes above the normal range, then this situation is called Hypertension. Blood is recorded in two measurements, Systolic and Diastolic. When the heart beats and fills the arteries with blood that pressure is called systolic, when the heart rests between beats that pressure is called diastolic. The normal reading of systolic and diastolic for an adult is 120 and 80.

People with high blood pressure usually don't develop any symptoms, but sometimes people with elevated blood pressure may develop headache, nausea, blurred vision, chest pain, or dizziness. Also, people with elevated level of blood pressure

may show the symptoms of hypertension - getting irritated and angry easily.

YOGA FOR TREATING BLOOD PRESSURE: -

Yoga has the remedy for many physical ailments. People who have problems in controlling their blood pressure can benefit from regular practice of yoga.

Through asanas, pranayama and meditation, blood pressure related problems can be kept at bay.

YOGA ASANAS:-

In Yoga, every muscle is relaxed and the requirement for blood and oxygen goes down. This reduces the strain in the mind and the mind becomes stable. The functioning of all other organs also improves. When flow of oxygen in the body is regulated through Yoga, the pressure of blood is also regulated. Asanas like Badhakonasana, Viparitkarni, Halasan, Virasana, etc. should be regularly practiced by people who have high blood pressure, but care should be taken to practice and learn under the guidance of a qualified and competent Yoga guru only. Also, before Yoga, body warm up is essential through some exercise.

PRANAYAMA:-

Pranayama means controlled breathing technique. It also affects the blood circulation. Proper breathing and heart function have a close relation. Hence if the breathing is normally maintained and controlled then blood circulation and heart rate can be maintained. The stability of mind and mental activities also comes under control. Simple breathing techniques in yoga help to reduce the mental strain and stress. With regular practice of Pranayama, the pranic force in the body is balanced. It restores the physical and mental balance. Pranayama also reduces the need for oxygen and hence production of carbon-dioxide is reduced. Respiration becomes normal. Ujjayi Pranayama is very useful for people having blood pressure problems.

Some tips for regulating blood pressure: -

- . Exercise regularly.*
- . Do not let your weight increase because it puts pressure on the heart.*
- . Eat a well-balanced diet which is low in fat, cholesterol and salt.*
- . Quit any addiction to beverages.*

These will reduce tension in life and the strain in mind. In this way the heart will be relaxed and there will be no blood pressure related problems.

PP Amol Dharkar

Lecture by PP Rtn. Vishakha Rao

Date: 20.08.22

PP Vishakha Rao shared her experience of the rich heritage of Bihar in the regular club meeting on 20th August.



September Smile.....

(from the internet)

Dedicated to few Clueless Husbands 🤔🤔🤔



THERAPIST: Your wife says you never buy her flowers. Is that true?

HUSBAND: To be honest, I never knew she sold flowers.



Wedding Bells
(September)



2nd : Rtn Dr. Deepak & Ann
Himani Muthreja

**Birthday Babes and
Babas**
(September)

2nd: Rtn. Anil Ambatkar
3rd : Rtn. Ashish Bhisey
10th : Rtn. Shyam Joshi
10th : Ann Rashmi Abhay
Kshirsagar
13th : Rtn. Milind Khasnis
28th : Rtn. Dr Rajesh
Swarnakar

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