



Rotary Surat Riverside

RI District: 3060

Charter Date: 26-Jun-1996

Club No.: 31734

Shekhar Mehta
RI President

Santosh Pradhan
District Governor

Rajesh Mehta
President

PP Bankim Vashi
Hon. Secretary

PP Manoj Jain

Ritu Talwar

Purvi Dalal

Bulletin
Editorial Team



Riverside Ripples

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Rotary Theme 2021-22



SERVE TO CHANGE LIVES

Celebrating **25** Years of
Service above Self

Rotary Foundation Month

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi

Projects Carried out in the month of October

12th October

HUMF

HUMF Aanganwadi Kids: Distributed YOYO Biscuits - Heartfelt Thanks to Nirupaaa ,and fruits.



16th October

Navratri

With the gracious presence of the Rotarians, Anns and Annets, Interactors, this evening was a wonderful, gracious one.

The enthusiasm was full on.

The organizers did a superb job with the arrangements of the DJ and the lovely food. The judges Ms. Shefali Ojas Jhaveri , Ms. Smital Shah did a wonderful job, and the Dj was played to the tune and we all danced to the tune of the garba.



Projects Carried out in the month of October

23rd October

Happiness and Relationship Coach

Happiness and Relationship motivational session at Hexa Geo family, The session was on 'HAPPINESS DEMYSTIFIED', highlighting the true essence of happiness. The session turned out to be a very satisfying experience for me, since it allowed me to share important tips on happiness gathered from around the world.



24th October

Celebrating WORLD POLIO DAY!!!

Friends, As you all are aware that we at Rotary has put in efforts towards Eradication of polio from the world. It is a project close to the Heart of Rotarians. We salute the efforts of Rotarians who have taken up this onus to End Polio and we are "THIS CLOSE" now in our efforts to End Polio. As we celebrated the world polio day, at RSR by replacing the DP and social media postings with the pictures of a few members of RSR family and spreading the Awareness to end Polio.



Projects Carried out in the month of October

29th October Diwali with Kids

Celebrated Diwali with Aanganwadi Kids: Kudos to First lady and President Rajesh for the gifts of fruits and Diwali Crackers for all the kids. Thanks to the Interactors and PP Rashika for joining in the celebrations with goodies and crackers for the kids. I am sure the enjoyment was mutual. The presence of Rtn Rupalben Damani - Area Coordinator, Cluster 5 was much appreciated.



30th October RSR Diwali Celebration

A well organised Diwali Event by the core members PP Manoj Gajiwala, First Lady Dhwani, Ann Nirupa, Rtn. Ritu, Rtn. Tejashribhabhi, & Rtn. Charubhabhi.

The fun games planned were too much fun and Binaifer and Hiral just rocked everyone with their strategic games.

The dance by both the Manoj, and Nimisha was just too good.

The arrangements of food was like a different experience in itself. The core team really did a wonderful job and sincere thanks to all the friends for making this evening a wonderful one.

More than 60 persons from RSR Family along with guests DLC Tusharbai, President Nehal Shah, Rtn Rupal Damani, PP Rtn Devang Muni & PP. Prakshbhai celebrated the event with us.



Projects Carried out in the month of October

30th October

BLS - Basic Life Support

Rotary Club of Surat Riverside had conducted BLS session by their own Rtn. Dr. Prashant Kariya and the session gave an insight with hands on practicals on life saving methods like CPR, and methods to get relief in case of choking. This would help save lives of many in case of emergencies.



Activities planned for the month of November

- 19th November Board Meeting
25th November Official Club Visit of DG Santosh Pradhan



Birthday & Anniversary of November



Birthday

- 3rd Nov. Rtn. Ankur Marfatia
4rd Nov. Ann. Vaishali Kariya
7th Nov. PP Rtn. Dr. Niyati Desai
7th Nov. PP Rtn. Sanjay Pandya
16th Nov. Rtn. Dr. Kuldeep Desai
22th Nov. PP Rtn. Amit Adhiya
24th Nov. Ann. Pooja Singh

Anniversary

- 17th Nov. Rtn. Vijay Zanzarukia
18th Nov. Rtn. Pranav Lineswala
21th Nov. Rtn. Manish Dalal
25th Nov. PP Rtn. Jugal Shinglot
26th Nov. Rtn. Mdyen Lokhandwala

Proud Moments

*Donations by the RSR Family towards Girls Education *

Thanks to all the members and non members of RSR who contributed 20 kits of 2500/- each for the cause of Girl education.



Congratulations Sangeetabhabhi is promoted as Executive Engineer.

Deputy Engineer (Technical), DGVCL, Rander division

Executive Engineer (Operations & Maintenance), DGVCL, Surat Rural Division.

Ann Sangeeta Acharya has been promoted from Deputy Engineer (Technical), DGVCL, Rander division to Executive Engineer (Operations & Maintenance), DGVCL, Surat Rural Division.



Sad Moments

Dr. Purnima Nadkarni is no more

Ann. Dr. Pooja Nadkarni lost her mother on 22nd October'2021.

Dr. Purnima Nadkarni was a mother, a wife, a grandmother, a doctor to many, a god mother to many families, a friend, a teacher and overall a large hearted happy human being.



Motivational Article

How to become the best when life gives you its worst

The thought of writing this article came in my mind today when my eyes got glued reading an article on a person named Dr Sai Kaustuv Das Gupta. He is an international graphic designer, author, singer and a certified happiness coach. We have many such people in our society who are multitalented and multi-faceted. What distinguished this man from others was a unique disease which he has been suffering through. Sai has osteogenesis imperfecta (also known as the brittle bone disease) since birth. He has suffered more than 90 fractures since birth and has made him 90% disabled. He was under depression for six years. But nothing could dampen his spirit as he changed his mindset by accepting the facts which were beyond his control and began his mission to spread smiles and increase awareness to make the lives of differently abled more friendly and easy. He has given more than 1000 motivational talks to inspire people.

I realized from this story that in the journey of our emotional maturity that life doesn't always give us what we desire, but we can surely learn to enjoy with what we are having at our disposal by changing our mindset. **We all need to realize that life is not a comfort centric experience but a growth centric experience and all growth comes with pain. Mindset is the key to handle all the adversities. Hellen Keller could be found as the biggest example of winning over the adversities and becoming the best version of herself.**

By working on our mindset, we could harness our power of acceptance. It's futile to complain for the things which have already happened. **By resisting, we waste our energy as the things we resist more persist more.** Rather, with a changed mindset, we could channelize our energy to the next best alternative by accepting the things which we cannot change. **Napoleon Hill said- Every adversity carries with it the seeds of an equivalent or greater benefit.** The challenge with most people is that they are mainly focused on their adversities and don't water the seeds of opportunities. **And it's very rightly said, where our focus goes, energy flows. If we put our focus on the seeds of opportunities, our energy will start getting in that direction.**

Unfortunately In our day to day life, we are more focusing on improving our skills to compete better in this competitive world. And this is no doubt important but what is forgotten in this process is that we ignore working on our mindset. **We all need to realize that mindset is more important than skill set.** A terrorist whose only focus is improving his skills on killing and spreading terror is very good in his work because his focus is on skill set but is that what world needs? Had he worked on his mindset set in a positive manner, he could have used this skill to save humanity rather than destroying it.

What we can learn from the life of Dr Sai Kaustuv is that the moment he realized it's futile to be depressed for the things which he has no control over, and started seeing life with a different perspective- found his life purpose- a mission to spread smiles, spread happiness and motivate other differently abled people, his life changed. And now he is transforming lives of many other people.

Remember, your environment doesn't define you. It's your own identity that defines you. Our actions and behaviors are determined by our own identity, how we see ourselves in a given environment. Our environment gives us an opportunity to find ourselves. Strongest trees don't grow on the best soil, they grow in the strongest winds. To get the best out of life, don't complaint about the adversities when they show up. Learn to ask better questions- like what we could get from this rather than we could lose.

Happy reading

- PP Manoj Jain



Gyan Section

Understanding "RMB: ROTARY MEANS BUSINESS"

PAUL HARRIS FELLOW

A Paul Harris Fellow is a person who has been recognized as having done something significant for others. The Foundation recognizes them for the contribution of \$ 1000, which will be spent on Humanitarian efforts around the world. A club recognizes them for service to the club and or the community. Individual Paul Harris Fellows recognize others for many reasons; admiration, service, love or whatever. In ALL cases the recognition is significant and something to be proud of.

Who was Paul Harris? Paul Harris was the founder and organizer of the first Rotary Club in Chicago in 1905. He was founder of the Rotary idea, and the first president of the worldwide organization, Rotary International. Paul Harris died in 1947. Upon his death, memorial gifts poured in to honor the founder of Rotary. From that time, the Rotary Foundation has been achieving the noble objective of furthering "understanding and friendly relations between peoples of different nations".

In 1957, the idea of Paul Harris Fellow (PHF) recognition was first proposed as a means to promote voluntary giving to the Rotary Foundation. Although the concept of making \$1,000 gifts to the Foundation was slow in developing, by the early 1970s the program began to gain popularity. The distinctive Paul Harris Fellow medallion, lapel pin and certificate have become highly respected symbols of a substantial commitment to The Rotary Foundation by Rotarians and friends around the world.

Individual Members are encouraged to make contributions to The Foundation to gain Paul Harris Fellow recognition. Alternatively, many clubs provide recognition for outstanding service by contributing in the name of a Rotary member or in the name of a citizen of the community. The companion to the Paul Harris Fellow is the Paul Harris Sustaining Member (PH/SM) which is the recognition presented to an individual who has given, or in whose honor a gift is made, a minimum contribution of \$100/year, with the intention of making

additional contributions until \$1,000 is reached. At that time the Paul Harris Sustaining Member becomes a Paul Harris Fellow, or a multiple Paul Harris Fellow.

A Multiple Paul Harris Fellow is a Paul Harris Fellow who has contributed, or in whose name is contributed \$1,000. A Multiple Paul Harris Fellow is recognized with a lapel pin with one or more sapphires or rubies, depending on the level of contribution.

Members may also become a Benefactor to The Rotary Foundation by making The Foundation a recipient of an outright gift of \$1,000 through a gift left to The Rotary Foundation in their will or final estate plans. A Benefactor is recognized by an insignia that may be attached to a Rotary or Paul Harris Fellow pin, or worn alone.

Members wishing to provide over \$ 10,000 to the Foundation in their estate planning become members of the Bequest Society. A special pin with Paul Harris's features on a Blue border is awarded. The number of diamonds indicates the value of the Estate donation.



Team RSR !!!