



# ***GREATER*** **TIMOS**

**WEEKLY NEWS LETTER OF  
ROTARY CLUB OF RAJKOT GREATER**

(For internal circulation only)

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**R.I. President**

**Rtn. Shekhar Mehta**

**District Governor**

**Rtn. Santosh Pradhan**

# Circular 30

## Meeting 40:

**Programme** : Close Business Meeting.  
**Date** : 16th March 2022, Wednesday.  
**Time** : 8:15 PM.  
**Menu** : High-tea.  
**Venue** : D. P. Doshi Rotary Greater Bhavan.  
**Invitee** : Rotarians and Anns.

## Birthdays:

<b>18-Mar</b>	Rtn. Aashish Joshi	94269 00500
<b>19-Mar</b>	Rtn. Rushit Dhulia	99099 04500
<b>24-Mar</b>	Ann. Saroj Modi	80007 01110

## Anniversary:

		<b>Rtn.</b>	<b>Ann.</b>
<b>21-Mar</b>	Rtn. Ashok and Neeta Thakkar	98253 40769	75675 20863

## Close Business Meeting:

- Close Business meeting agendas for the day would be:
  - Discussion and preparation of Inauguration of Digital Mammography Machine installed at Cancer Hospital.
  - Discussion of Last Close Business Meeting Suggestions and its progress.
  - Formation of Media committee Discussion.
  - Anything from Presidents desk.

**Dear Greater family,**

**After successful Khel Utsav at Rotary Greater Bhavan and Athletic Ground, RCRG has organized Chess and Carom competition for Ambardi School on Saturday, 19th March.**

**We will also visit our Global grant project done at Ambardi Campus.**

**All the interested members willing to join, please contact:**

**Rtn. Jaydev Shah on 98790 49518.**

## Club News:

Rtn. Pradeep and Ann. Priti Vasani have been blessed as Grandparents of a beautiful baby girl on 10th March 2022.

Wishing the whole Vasani family heartiest congratulations and God bless the baby with all the love and Happiness.

## Sad Demise:

Rtn. Rakesh Shah's Mother has passed for heavenly abode. May her soul rest in peace.

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**Club Trainer**

**P.P. Rtn. Nilesh Sheth**

**Member Scrutiny**

**P.P. Rtn. Dr. Ketan Bavishi**

**P.P. Rtn. Darshan Lakhani**

**Global Grant**

**P.P. Rtn. Sarju Patel**

**Rtn. Manish Patel**

**Dist. Conference**

**P.P. Rtn. Yash Rathod**

**Rtn. Nevil Vaishnav**

**Vaccination / Polio**

**P.P. Ashvin Lodhiya**

**Rtn. Aashish Joshi**

**Rtn. Vimlesh Shah**

**Club Sports**

**P.P. Rtn. Dipen Patel**

**Rtn. Ravi Ganatra**

**Health / Medical**

**P.P. Rtn. Dr. Yogesh Mehta**

**Dr. Kartik Sutariya**

**Rtn. Dr. Rajiv Shah**

**Rtn. Kishor Kundaria**

**Literacy**

**P.P. Praful Gohil**

**P.P. Rtn. Pravin Patel**

**Rtn. Rajen Shah**

**Rtn. Kalpesh Bagdai**

**Environment**

**Rtn. Ankur Sanghvi**

**C.S.R.**

**P.P. Rtn. Dipen Patel**

**P.P. Rtn. Bharat Hapani**

**Rtn. Kamalnayan Sojitra**

**Rtn. Prashant Parsana**

**Rtn. Rajesh Parsana**

**Fund Raising**

**P.P. Rtn. Amit Raja**

**P.P. Yash Rathod**

**Rtn. Chirag Patel**

**Rtn. Jaydeep Vadher**

**Bhavan Chair**

**Rtn. Binesh Patel**

**Interact / Rotaract**

**Rtn. Apoorva Modi**

**Ann. Rajvi Bharad**

**Rtn. Anup Joshi**

**Rtn. Rushit Nathwani**

**Foundation Chair**

**P.P. Rtn. Sarju Patel**

**Club Executive**

**Rtn. Manish Patel**

**Club Membership**

**Rtn. Ravi Chhotai**

**Club Service**

**Rtn. Vishma Panchasara**

**Public Image Chair**

**Rtn. Jaydeep Vadher**

**Wellness & Woman**

**Dr. Ami Mehta**

**Book/ Movie Talk**

**P.P. Rtn. Dipak Kothari**

**P.P. Rtn. Pravin Patel**

**Rtn. Rajen Shah**

**Ann. Nivetha Amlani**

## Bone Mineral Density Camp Review:

- Rajkot Menopause Society in collaboration with Rotary club of Rajkot Greater organized a Mega camp for screening of Bone Mineral Density in the women above 40 years of age, on 12th March, 2022 at D. P. Doshi Rotary Greater Bhavan, Rajkot.
- 130 women were registered, examined and given proper advice for bone health, diet, Vitamin D and Calcium, along with Physiotherapy advice. All the enthusiastic volunteers from RMS and RC Rajkot Greater started the work from 10 am and worked untiringly till 4.0 pm.
- Dr. Jyotiben Shah, Dr. Krupali Bhalara, Dr. Priyanka Nandaniya, Dr. Hina Popat and Dr. Ami Mehta attended and examined all the patients.
- Registration process and time settings for all were efficiently performed by Anns. Puja Patel, Ann. Shilpa Bhojani at greater Bhavan.
- A big team of physiotherapist from MZ fitness under guidance of Dr. Mulrajsinh Zala and Dr. Pinal Patel demonstrated the required exercise to the needy ladies.
- We are also thankful to the Pharma & Medical Representatives team for their valuable support to organize this mega event.



## PET-SET Review:

- Adishree, President Elect Training Seminar (PETS) and Secretary Elect Training Seminar (SETS) was held at Vapi and hosted by RC Vapi on 12th and 13th March.
- 2 days training seminar was there where on various topics of Official Club Visit, Important dates of the year, how to plan your year, leading from the front, Imagine Rotary etc. was informed.
- Special sessions on My Rotary was held for technical aspects. Four avenues of The Rotary Foundation, Membership Development, Service Projects and Public Image was done on 13th March at class rooms in the rooms of Incoming AG + DS, Incoming Club Presidents and incoming Club Secretaries.

- Thereafter, proper Graduation ceremony was kept for all incoming Club Presidents.
  - Many PDG from our and other Districts were speakers on these 2 days.
- Special entertainment and Gala evening was kept at Daman on 12th March evening.
- From RCRG, Incoming Club President Rtn. Kunal Mehta, Incoming Club Secretary Rtn. Apoorva Modi, Incoming Assistant Governor Rtn. Mehul Nathvani, Incoming District Secretary Rtn. Yash Rathod and Incoming District Public Image Chair Rtn. Nilesh Sheth who was also speaker in 3 classes attended the PETS SETS.



## Rutugyannam Project Updates:

### Project 30 :

**Venue : School no. 28**

**Date : 11th March 2022**

- Rutugyanam seminar was held at school no. 28 where many girls were benefitted.
- Session was taken by **RCC girls Lovely Thakkar and Aashika Patel, Tamanna and Bhumi.**
- **We are thankful to RCC girls Lovely Thakkar and Aashika Patel for their presence.**

### Project 31 :

**Venue : School no. 95**

**Date : 14th March 2022**

- Rutugyanam seminar was held at school no. 95 where more than 80 girls were benefitted.
- Introduction and insights of good touch and bad touch was taken by **Ann. Vidhi Nathwani**.
- Session was taken by **RCC girls Lovely Thakkar and Aashika Patel, Tamanna and Bhumi**.
- **We are thankful to Ann. Vidhi Nathwani, RCC girls Lovely Thakkar and Aashika Patel for their presence.**



## Pragyannam Project Updates:

### Hair Cutting Project :

- Hair Cutting project was organized at Tirupati School on 10th March 2022 where around 253 boys and girls were groomed.
- Another hair cutting seminar was organized on 11th March 2022 at School no. 76 where 144 students were groomed.
- Rtn. Ketan Kataria was present and he coordinated the entire project.
- We are thankful to Rtn. Ketan Kataria for his never-ending support.



## From the desk of Editor:

As I had said earlier to have new articles in the newsletter let me start the upcoming newsletters with much fun.

As the exams are near, I came across a beautiful poem for our lovely Annets!

Do give it a read

The topper of the class,  
is a happy homemaker.  
Back bencher of the lot,  
Is an entrepreneur.

The flamboyant fashionista,  
Became a dreaded Lawyer.  
Often ignored Joe,  
Turned into a well-known author.

The one who failed in math paper  
Is a Fashion Designer.

And the one who got to stand outside  
The class, is a respected Army Officer.

The reunion taught me,  
How people come with many layers,  
And told me why we should never judge a book by its cover!  
Each child out there has a different Success Story...

## Pictures with no caption needed :



## Book Review:

# ઇકિગાઇ

દુનિયામાં એવી જગ્યાઓ છે જ્યાં ૧૦૦ વર્ષથી ઉપરનું જીવન અસાધારણ નથી. જાપાનમાં ઓકીનાવા જેવા પ્રદેશમાં લોકો નોંધપાત્ર રીતે લાંબુ જીવન જીવે છે આ પ્રદેશની આયુષ્ય રેખા ઉંચી છે, એટલું જ નહિ સો વર્ષ પુરા કરી ચુકેલા લોકોની તંદુરસ્તી અને મનદુરસ્તી પણ લીલીછમ છે.

વાત છે જાપાનના લાંબુ, સુખી અને સાર્થક જીવનની વાત કરતા પુસ્તક ઇકિગાઇની. ઇકિગાઇ પુસ્તક આજે બેસ્ટ સેલર પુસ્તક છે અને ખુશીની વાત છે કે તેનું સરસ ગુજરાતી રાજ ગોસ્વામી દ્વારા આર. આર. શેઠ એન્ડ કંપની દ્વારા પ્રસિદ્ધ કરવામાં આવ્યું છે.

આ પુસ્તક મને ગમે છે અને તેમાં આપવામાં આવેલ વિચારો અપનાવી શકાય તેવા સરળ છે, ત્યારે પુસ્તક જરૂર વસાવજો અને વાંચજો.

ઇકિગાઇ એટલે જાપાનીઝ ધારણા ઓકીનાવાના લોકોને તેની ઇકિગાઇ મળી ગઈ છે. આપને શોધવાની છે શું તમારે તમારી ઇકિગાઇ શોધવી છે? તો તમારે વાંચવું જોઈએ ઇકિગાઇ.

સાદા શબ્દોમાં કહીએ તો, ઇકિગાઇ એટલે સવારે ઊઠવાનું તમારું પ્રયોજન શું છે? તે પહેલાંનું. વ્યાપક અર્થમાં જીવનનો ઉદ્દેશ શોધવો અથવા જીવનનો આનંદ લેવાનું પ્રયોજન પણ કહી શકાય. ઇકિગાઇ એક ફિલોસોફી છે. ઇકિગાઇ એટલે કામ કરવાનો આનંદ અથવા રોજીંદા કામોમાં પારસમણી શોધવાને જ ઇકિગાઇ કહી શકાય.

ઇકિગાઇ એટલે તમારી રૂચી, તમારી આવડત, તમારી જરૂરીયાત અને તમને મળતું વળતરનો સમન્વય. ટૂંકમાં, ઉપરની ચારેય શરતો પરિપૂર્ણ થાય ત્યારે તમારી ઇકિગાઇ ફળી એવું કહેવાય.

ઓકીનાવાના લોકોની દિનચર્યા શું છે? તે કેવી રીતે જીવન જીવે છે? તેનો ખોરાક કયો છે? તેમના શોખ શું છે? તેનું ખુબ જ રસપ્રદ વર્ણન ઇકિગાઇ પુસ્તકમાં છે.

ઓકીનાવાના લોકો સાદો ખોરાક લે છે, શારીરિક પ્રવૃત્તિ કરે છે, સોયાબીનનો પ્રયોગ વધુ કરે છે, સામુદાયિક ભાવનાથી જીવે છે. તડકામાં રહે છે, સક્રિય રહે છે. રીટાયર્ડ થવાનું વિચારતા નથી, બાગકામ કરે છે, નુત્ય કરે છે, સ્ટ્રેચિંગ જાપાનીઝ કસરતો કરે છે, ચાલવા જાય છે વગેરે.

ઓકીનાવાના દીર્ઘાયું જીવતા જાપાનીઝની આ ઇકિગાઇને ન્યુરોલોજિસ્ટ વિક્ટર ફ્રેન્ડલની લોગો થેરાપી અથવા જાપાનીઝ ગુરુ શોમાં મોરીટાની મોરીટા થેરાપી સાથે સરખાવેલ છે, જે જીવનના અર્થ શોધવાની વાત છે.

ટૂંકમાં મન મસ્ત મગન અથવા તલ્લીનતાના તાલ સાથે જીવન જીવવા માંગતા હો તો, ફૂલોમાં રહેવું કેટલું અગત્યનું છે તે આ પુસ્તક તમને શીખવી શકે છે.

નીચેના ૪ સવાલના જવાબ શોધો.

૧. તમને શું કરવાનું ગમે છે?

૨. તમારામાં શું સ્કીલ છે?

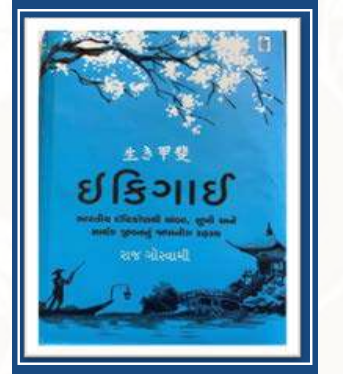
૩. દુનિયાને તેની જરૂર છે?

૪. તમને એમાં વળતર મળશે?

અને શોધી કાઢો તમારી ઇકિગાઇ.



-Rtn. Pravin Patel.



**Thought of the Week:**

**Happiness** is an  
inside job. Dont  
assign anyone else  
that much power  
over your life