



GREATER **TIMES**

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

(For internal circulation only)

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Meeting 45:

Programme : Close Business Meeting.
Date : 21st April 2022, Thursday.
Time : 8:15 PM.
Menu : Dinner.
Venue : D. P. Doshi Rotary Greater Bhavan.
Invitee : Rotarians and Anns.

Birthdays:

14-Apr	Rtn. Nishit Patel	98252 17273
15-Apr	Rtn. Karan Shah	98791 98989
15-Apr	Ann. Meera Kotecha	9428788568
15-Apr	Ann. Priti Amlani	98253 91009
16-Apr	Ann. Ushma Mehta	93276 91511
18-Apr	Rtn. Kiran Amipara	94282 10346
19-Apr	Ann. Hemal Parsana	95371 69202
21-Apr	Ann. Dr. Avni Mapara	99133 02919
22-Apr	Ann. Shital Ambasana	96876 05180
23-Apr	Ann. Vidhi Nathvani	94277 24836
24-Apr	Rtn. Bhavesh Pabari	98245 90990
25-Apr	Ann. Tejal Kothari	94280 38680

Anniversary:

		Rtn.	Ann.
16-Apr	Rtn. Ravi and Ishita Chhotai	97122 77333	97267 97978
19-Apr	Rtn. Nevil and Hinal Vaishnav	98251 79938	75748 79938
21-Apr	Rtn. Shyam and Archana Ghedia	93763 77777	93763 55555
23-Apr	Rtn. Rtn. Ashok and Jayshree Surelia	98250 74980	90990 76023

Close Business Meeting:

- As we gear up for the next year RCRG has planned for a close business meet up on 21st April 2022.
- The agendas for the close business meeting would be;
 - Budget planning for the upcoming year.
 - Anything from President's Desk.

DG Visit Review :

- It's that time of the year when Principal comes to visit the class and observes every minute details done throughout the session.
- Yes you are right. DG visit was held on 06th April 2022, Wednesday at Regency Lagoon where our RCRG members were present in a very large number.

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

- Throughout the day our DG Rtn. Santosh Pradhan along with our members visited various permanent projects as well as Pragyannam project at RMC school number- 69 and it seemed he was very happy by the work done by our members.
- At Regency Lagoon the meeting started on time.
- Rotary prayer was delivered by **Rtn. Aashish Joshi**.
- 4 way test was delivered by **Rtn. Rajen Shah**.
- Secretarial announcements were made by Secretary **Rtn. Dr. Hitesh Sapovadia**.
- **MOC was done by PP Rtn. Nilesh Sheth.**
- **PPTs were shown of all the projects done during the span of 9 months.**
- Thereafter President Rtn. Paresh Kalavadia gave a brief introduction about all the projects and thanked each of the member for their contribution.
- DG Rtn. Santosh Pradhan gave his feedback and acknowledged the work done.
- Meeting ended with the National Anthem.







Groom yourself Transform Yourself review:

- Groom yourself Transform Yourself, it was unique concept of self-grooming by Rotary club of Rajkot Greater, Rajkot Menopause Society and club 35 plus.
- Basic make-up and hair style were explained by Nayna Akbari.
- Sari draping in easiest way by Dr. Manisha Moteria and Dr. Shweta Patel.
- Aesthetic dressing was beautifully explained by Shruti Shah.
- Felicitation of All coordinators of greater family was done by Rajkot Menopause Society. It was attended by more than 200 delegates.
- Interesting and informative quiz on make-up and sari by Dr. Ami Mehta.
- Project chairs for the same were Rtn. Ashini Modi and Ann. Grishma Nathwani.



Pragyannam Project Updates:

Hair Cutting Project:

- Hair Cutting project was organized at School no.95 on 31st March 2022 where around 82 boys and girls were groomed.
- Another hair cutting seminar was organized on 01st April 2022 at School no. 96/b where 94 students were groomed.
- Another hair cutting seminar was organized on 06th April 2022 at School no. 69 where 48 students were groomed.
- Another hair cutting seminar was organized on 06th April 2022 at School no. Jaybharat where 87 students were groomed
- Another hair cutting seminar was organized on 11th April 2022 at School no. 94 where 46 students were groomed.
- Another hair cutting seminar was organized on 11th April 2022 at School no. 64 where 63 students were groomed.
- Another hair cutting seminar was organized on 13th April 2022 at School no. 87 where 67 students were groomed.
- Another hair cutting seminar was organized on 13th April 2022 at School no. Vavdi where 52 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.



Dental Checkup Project:

- Dental checkup camp was organized on 06th April 2022 by **Dr. Nupur at School no. 69** where **108 students were examined.**
- **Rtn. Ketan Kataria** was present and he coordinated the entire project.



Rutugyanam Updates:

Project 50:

Venue: School no.13 and 14

Date: 04th April 2022

- Rutugyanam seminar was held at School no. 13 and 14 where more than 80 girls were benefitted.
- Session was taken by **Rtn. Vishma Panchasara.**
- **We are thankful to Rtn. Vishma Panchasara and Ann. Chetna Kataria for their presence.**

Project 51:

Venue: School no. Vavdi

Date: 04th April 2022

- Rutugyanam seminar was held at School no. Vavdi where more than 40 girls were benefitted.
- Session was taken by Ann. Rachna Punatar and Good touch bad Touch were explained by Ann. Chetna Kataria.
- We are thankful to Rtn. Vishma Panchasara and Ann. Chetna Kataria for their presence.

Project 52:

Venue: School no. Sarvoday College:

Date: 07th April 2022

- Rutugyanam seminar was held at School no. **Sarvoday College** where more than 150 girls were benefitted.
- Session was taken by **Ann. Dr. Ameer Mehta.**
- **We are thankful to Ann. Ameer Mehta, Ann. Hinal Vaishnav, Ann. Mayuri Tratiya, Ann. Chetna Kataria, Ann. Shital Patel, Ann. Purvi Lakhani and Ann. Rachna Punatar for their presence.**



Book review: Atomic Habits by James Clear.

As an entrepreneur and self-development junkie, I'm constantly looking for great non-fiction books that give new perspectives, tangible strategies, and proven methods for improving your life. I recently struck gold when I discovered "Atomic Habits by James Clear" Clear takes a deep-dive into actionable ways to create good habits and break bad ones. Best of all, he breaks it down into tiny steps that make it seem ridiculously easy. Throughout the book, Clear emphasizes the impact that small steps can have on creating remarkable results. I would argue that Atomic Habits is one of the most practical self-improvement books I've ever read. Throughout the book, clear explains his 4 Laws of Behavior Change, which are somewhat of an instruction manual for how to create a good habit.



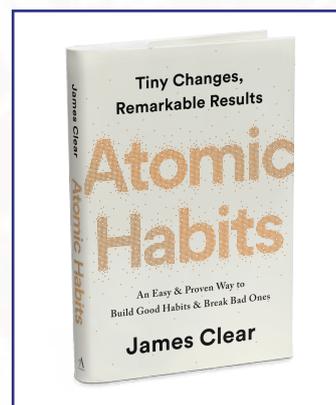
-Rtn. Nevil Vaishnav

1. Make it obvious: First off, you must take notice of your daily habits by writing them down or bringing awareness to them. Then, you use what Clear calls an "Implementation Intention." This means, you clearly articulate (out loud or written down), "I will [BEHAVIOUR] at [TIME] in [LOCATION]." By stating your specific intention to start a habit, it makes it much more likely that you will follow through. For example, if you say, "I will go for a 3-mile run at 5:00 through my neighborhood, immediately after I close my laptop for the workday," it is much more effective than saying, "I'll go running tomorrow," or than not stating your intention at all. Make your habit obvious by saying it out loud to a friend or writing it down. Clear also mentions that creating an environment that will make your good habits obvious and visible is extremely important. If you want to start a new medicine or supplement, put it right next to the faucet where it's impossible to miss. If you want to improve your guitar skills, put your guitar out in the living room, not in your closet. Design your environment to set you up for success.

2. Make it attractive: By pairing an action you want to do with an action you need to do, Clear states that you can trick your mind into being tempted to adopt the habit. For example, if you want to start meditating (something you need to do), commit to yourself that you will meditate for 10 minutes immediately before drinking your morning coffee (something you want to do). Additionally, the people around you and the community you spend time with deeply impact your habits. For this reason, Clear suggests that you join a culture where your desired behavior is the normal behavior. If you want to start exercising regularly, spend time around people who value fitness and workout frequently. If you want to start reading more often, join a Book Club, visit a library, or start spending more time with readers. Make the good habit you are trying to adopt an attractive behavior to those around you.

3. Make it easy: Clear suggests reducing any friction that could get in the way of you and good habits. If you want to start going to the gym regularly, pick a gym that is conveniently located on your way to work. By reducing the friction, you are more likely to stick with the habit. He once again suggests that your environment contributes greatly to creating a good habit, and you should prime your environment to make it easy to start a habit. For example, if you want to build a habit to start reading before bed each night, leave a book on your pillow so it is nearly impossible to miss. Clear also mentions automating as many habits as possible and making one time purchased that lock in future behavior. With the technology available to us today, it becomes possible to do this. If you're looking to save money for your retirement, you can usually work with your employer to create an automatic wage deduction to contribute to your retirement account. Automating as many good habits as possible makes it so the effort is on technology and machines, not on you, making creating a good habit easier on you.

4. Make it satisfying: Lastly, Clear writes that we are much more likely to repeat a behavior when the experience is satisfying, particularly immediately satisfying. Our brains will repeat what is immediately rewarded. Therefore, he suggests giving yourself an immediate reward when you complete a habit in order to train your brain. Clear writes about a couple who wanted to stop eating out and start making home-cooked meals more often. They created a savings account called "Trip to Europe" and each time they decided to cook at home rather than eating out, they put \$50 in the account. At the end of the year they put that money towards a vacation to Europe! Clear writes that you can also make a habit satisfying by tracking it. You can keep track of your habits in your planner, calendar, or any other method of your choice. When you can visibly see your habits being tracked, it makes you want to keep the streak alive. If you're looking to integrate productive and healthy habits into your daily life, I couldn't recommend this book enough. Clear makes each step so tangible and so practical that you will have a clear plan of action towards developing your good habits. Happy Reading!



Thought of the Week:

INHALE 
Confidence
EXHALE DOUBT

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