



# ***GREATER*** **TIMES**

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

(For internal circulation only)

**Club President**

**Rtn. Paresh Kalavadia**

+91 94262 01691 | designersview@yahoo.com

**Club Secretary**

**Rtn. Dr Hitesh Sapovadia**

+91 98253 28595 | drsapovadia111@gmail.com

**R.I. President**

**Rtn. Shekhar Mehta**

**District Governor**

**Rtn. Santosh Pradhan**

# Circular 38

## Meeting 49 :

**Programme** : AA-BHAR.  
**Date** : 26th June 2022, Sunday.  
**Time** : 7:00 PM.  
**Menu** : Dinner.  
**Venue** : Saraza, Kalawad Road.  
**Invitee** : Rotarians, Anns and Annets.  
**:: Dress Code ::**  
**Male** : Blazer.  
**Female** : One Piece Gown.

## Meeting 50 :

**Programme** : Close Business Meeting.  
**Date** : 30th June 2022, Thursday.  
**Time** : 8:15 PM.  
**Menu** : Dinner.  
**Venue** : D. P. Doshi Rotary Greater Bhavan.  
**Invitee** : Rotarians and Anns.

**Agenda :**  
 - Account of Rotary Year 2021-22.  
 - General discussion.  
 - Any thing from desk of President.

## Birthdays :

<b>09-Jun</b>	Rtn. Sagar Chag	99097 00090
<b>09-Jun</b>	Ann. Sonal Patel	94295 79453
<b>10-Jun</b>	Rtn. Ankoor Sanghvi	98250 77116
<b>11-Jun</b>	Ann. Dr. Bindiya Mehta	97277 24777
<b>11-Jun</b>	Rtn. Nilesh Bhojani	98252 17496
<b>11-Jun</b>	Rtn. Kalpesh Bagdai	78787 85078
<b>12-Jun</b>	Rtn. Jashmin Dattani	98240 13139
<b>12-Jun</b>	Ann. Sonal Ukani	87587 00900
<b>14-Jun</b>	Rtn. Anup Joshi	90990 39991
<b>15-Jun</b>	Mr. Pratik Khandal	81410 33522
<b>15-Jun</b>	Rtn. Sahadevsinh Vaghela	98250 78926
<b>17-Jun</b>	Ann. Anjana Vithlani	97235 92027
<b>17-Jun</b>	Ann. Urvashi Lakhvani	90990 98507
<b>18-Jun</b>	Rtn. Nilesh Sheth	99251 10404
<b>18-Jun</b>	Ann. Neha Sheth	99096 10404
<b>21-Jun</b>	Rtn. Ashwin Lodhiya	98242 10151
<b>22-Jun</b>	Ann. Avani Vasant	99799 17131
<b>25-Jun</b>	Rtn. Yogesh Ghodasara	98240 42117
<b>25-Jun</b>	Dr. Kartik Sutariya	90999 44121

Club President  
**Rtn. Paresh Kalavadia**  
 +91 94262 01691  
 designersview@yahoo.com

Club Secretary  
**Rtn. Dr Hitesh Sapovadia**  
 +91 98253 28595  
 drsapovadia111@gmail.com

Vice President  
**Rtn. Ishita Chhotai**  
 +91 97267 97978  
 ishita@chhotai.com

Joint Secretary  
**Rtn. Dr Priyanka Sutariya**  
 +91 90999 44211  
 drpriyanka@skinexperts.in

Immediate Past President  
**Rtn. Mehul Nathvani**  
 +91 94269 18628  
 mehulnathvani78@gmail.com

President Elect  
**Rtn. Kunal Ashok Mehta**  
 +91 98244 77779  
 kunal.am1982@gmail.com

Treasurer  
**Rtn. Nilesh Bhojani**  
 +91 98252 17496  
 nhbhojani@yahoo.co.in

MSP Director  
**Rtn. Ketan Kataria**  
 +91 98250 76527  
 katariaketan\_7@yahoo.co.in

Comm. Service Director  
**Rtn. Vishma Panchasara**  
 +91 99798 49920  
 Yamunagears@yahoo.com

Vocational Director  
**Rtn. Jaydev Shah**  
 +91 98790 49518  
 shahjaydev@yahoo.com

International Director  
**Rtn. Bhavesh Mehta**  
 +91 99740 40257  
 bhavesh242000@outlook.com

Youth Director  
**Rtn. Ashini Modi**  
 +91 80007 01110  
 modi.ashini@gmail.com

Club Director  
**Rtn. Dr Anil Savalia**  
 +91 98250 82454  
 dranilsavalia@yahoo.com

Communication Director  
**Rtn. Priyank Bharad**  
 +91 90990 96426  
 priyankbharad@gmail.com

Editor  
**Ann. Rachna Punatar**  
 +91 99786 34078  
 rachnapunatar0303@gmail.com

Sergeant-At-Arms  
**Rtn. Seema Kalavadia**  
 +91 94274 35801  
 seema.kalavadia@gmail.com



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. Pratul 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**

## Anniversary :

		Rtn.	Ann.
12-Jun	Rtn. Bhavin and Simca Bhalodiya	99250 00005	99250 00005
12-Jun	Rtn. Maulik and Pankita Shah	98791 62678	99799 61029
20-Jun	Rtn. Shekhar and Poonam Mehta	97263 63222	90335 07778
24-Jun	Rtn. Rajendra and Suhani Sonvani	97275 60999	8128425999
24-Jun	Rtn. Manoj and Nilpa Solanki	98252 16767	98242 19696

## Shreenathji ni Jankhi Review

- Shrinathji ni Jankhi was organized by RCRG where the manifestations of Shriji Bava took place at Pramukh Swami auditorium on Sunday 5.6.2022.
- The project was chaired Rtn. Nilesh Sheth under the leadership of President Paresh Kalavadia and Secretary Rtn. Dr. Hitesh Sapovadia.
- All the details were minutely taken care by the chair. All Rajkotians were openly invited to watch the program.
- The singers and their musical companions performed beautifully. People enjoyed and felt uplifted.
- Ras was performed during the program followed by good bye to meet next time.















## Review of Plastikay swaha 2.0

- RCRG along with RED FM 93.5 carried out the drive for no plastic by a cycle ride on Sunday 19th June 2022.
- It was a fun ride with a deep message to save our Earth.



## From the editor's Desk :

Yoga in your life

Yoga is a vast science, an infinite journey that takes you more and more towards the unknown. Towards the state of supreme bliss. But its beauty lies in the fact that it starts with very small steps than anyone can take."

Yoga is made from the word Yuj, which means the act of joining. In spiritualism this word is used to unite soul and supreme soul. The detachment of soul from the supreme soul is the cause of all problems and sinful actions, disharmony, crime, immorality, etc. arise due to these. Everybody wants to live happily but due to ignorance they search for happiness in temporary things. They search for happiness in wealth, fame, respect name, woman, son, relatives, society etc. but in the end they get sorrows only. This soul is limited within the body. When it goes beyond this limit and reaches the supreme soul then it becomes separate from the body. Yoga is important from both physical and world point of view.



Yoga is not about bending and twisting your body or holding your breath. It is a mechanism and a technology to get you to that state of experience where you see reality just the way it is. Among the Yoga Sutras, which form the bedrock of today's yoga, only one sutra is dedicated to asanas. All Patanjali said was "Sthiram sukham asanam" – a posture which is comfortable and firm that is your asana. Asanas are a very preparatory step, but unfortunately they are being propagated as the whole of yoga. Yoga means to be in perfect tune. Your body, mind and spirit and the existence are in absolute harmony. When you fine-tune yourself to a point where everything functions so beautifully within you, the best of your abilities will naturally flow out of you.

Yoga can be practiced by anyone as it is irrespective of age, religion or health circumstances. It improves the discipline and sense of power as well as provides a chance to live healthy life without physical and mental problems. Yoga needs to be practiced in a very subtle, gentle way, not in a forceful muscle building way, because this is not about exercise. The physical body has a whole memory structure. If you are willing to read this physical body, everything – how this cosmos evolved from nothingness to this point – is written into this body. Yoga is a way of opening up that memory and trying to restructure this life towards an ultimate possibility. It is a very subtle and scientific process.

Practicing yoga can make a huge difference to an individual, as its benefits are felt on every level. Yoga with its combinations of asanas, kriyas, pranayama, bandhas, relaxation techniques and meditation, helps the systems and organs of the body to function more effectively. Yoga believes that maintaining flexibility of the spine is paramount and keeping the spinal cord flexible heals many health problems. An effective functioning of the spine and improved functioning of circulatory, digestive, lymphatic and other systems takes an individual to better health. Kriyas help cleanse the internal organs. Pranayama strengthens the respiratory system while bandhas restore the hormonal balance in the body. Relaxation techniques help individuals to relax and distress and meditation helps to calm and balance the mind.

"Your soul is your best friend. Treat it with care, nurture it with growth, and feed it with love"

**-Ann. Monika Kunal Mehta.**



**Thought of the Week:**

" The way to happiness : Keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Scatter sunshine, forget self, think of others. Try this for a week and you will be surprised."

**- Norman Vincent Peale**



# ***GREATER TIMES***