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Club Bulletin
Editor : Rajvi Bharad
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GREATER

YEAR 2022/2023

TIMES

WEEKLY NEWS LETTER OF ROTARY CLUB OF RAJKOT GREATER

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Secretary

Rtn Apoorva Modi

RI President

Jennifer Jones

District governor

Rtn Shrikant Indani

RI. District : 3060 | Year : 2022 – 2023
Club Number : 24912
Chartered : August 26, 1987

36
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Vice President
Rtn. Bhavesh Mehta
+91 9974040257

Joint Secretary
Rtn. Ravi Chhotai
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+91 7878785078

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+91 9825447312

Club Director
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+91 9879049518

Club Communications
Rtn. Rushit Nathwani
+91 9898944453

Seargent At Arms
Rtn. Anup Joshi
+91 9099039991

CIRCULAR

3



Programme : Musical Night (Joint Meeting)
Date : 23rd July 2022, Saturday
Time : 08.00 pm Onwards
Menu : Dinner
Venue : D. P. Doshi Rotary Greater Auditorium
Invitee : Rotarians, Anns and Annets



Programme : Closed Business Meeting
Date : 28th July 2022, Thursday
Time : 08.00 pm Onwards
Menu : Dinner
Venue : D. P. Doshi Rotary Greater Auditorium
Invitee : Rotarians and Anns.



21 st July	: Rtn. Bharat Hapani	9825078998
23 rd July	: Rtn. Jaydendra Parmar	9824211992
24 th July	: Rtn. Chirag Patel	7600055555
25 th July	: Rtn. Pankaj Vagher	9427394979
25 th July	: Ann. Meera Kishor Amlani	9825873369
26 th July	: Rtn. Jaydeep Vadher	9824547312
26 th July	: Ann. Rekha Narendra Patel	9427213339
27 th July	: Rtn. Hrishit Amlani	9913342364
29 th July	: Ann. Sakshi Dharmesh Kotecha	9909219900
30 th July	: Rtn. Sunil Ambasana	9825216305



31st July : Rtn. Vimlesh and Sudha Shah
Rtn: 9426264140 Ann: 0281-2577204

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UPCOMING Meeting

Closed Business Meeting 28th July, Thursday

The first Closed Meeting of the Rotary year 2022-23 is scheduled to take place next week. An evening dedicated to the **Exchange of Ideas**, President Rtn. Kunal Ashok Mehta and his Board Members will share and discuss their **vision** and **ideas** for the coming year with the Club Members. In return the members can share their valuable **suggestions** and **feedback** with the team.



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PP Rtn. Yash Rathod
Rtn. Ravi Chhotai

District Conference Chair
PP Rtn. Mehul Nathvani

MEETING Review

PICNIC

A picnic with family and friends is the perfect antidote to our stressful everyday lives. **Sunday, 17th July** at **Lakeview Resort** was one such fun day with games, activities and yummy food. Our young Annets had a wonderful time swimming with their friends. RCC Member **Ms. Lovely Thakkar**, **Ann. Vidhi Nathvani**, **Ann. Grishma Nathwani**, **Rtn. Ashini Modi** and **Ann. Monika Mehta** kept all the Rotarians, Anns and Annets engaged with innovative and fun games like **Step on the Plate**, **Balloon Train**, **Pass the Hoola Hoop** and **Saree Draping Game**. The adults shared bouts of nostalgia while playing **Lemon and Spoon Race** with the Annets.



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●●●

The never ending conversations, the hooting, the jokes, the laughter, the singing, the teasing seemed to cheer up every single person present. The delicious food, the family-style serving, the knocking of elbows with each other as you reach for something made dinner time merry and memorable. The bonding between all our members during this fellowship meeting will surely re-energise our club.



PROJECT Pankh

PANKH
हम सब साथी TABOO के खिलाफ

- An Awareness Program for Menstrual Hygiene Management
- Using Environmental Friendly Products
- Differentiate Between Good Touch and Bad Touch
- Health Vaccines and Cancer Awareness Program
- Balanced Diet for Girls

An Initiative By :
Rotary Club of Rajkot Greater
in Association with **Self Finance School**
Management Association (Rajkot)

Project Pankh was launched at the Installation Ceremony by our Club President Rtn. Kunal Ashok Mehta. It is a small yet significant step taken by RCRG to create an awareness programme where young girls get a new outlook towards their **health, menstruation and diet**.

Menstrual hygiene management (MHM) is now a major public health priority for women and adolescent girls globally. It's 2022 and gender equality is a relatively hot topic, but the word **Periods** is still something that makes people uncomfortable. The subject of menstruation is still considered a taboo and although many organisations are doing what they can to end the shame and eradicate period poverty, there is still a long way to go.

●●●

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We at RCRG are firm believers that what is needed is to help **break the silence, raise awareness and change negative social norms** surrounding menstrual hygiene around the world, so that women and girls feel empowered to manage their periods safely, hygienically, with confidence and without embarrassment. We should live in a world where no woman or girl is limited by something as natural and normal as menstruating.

To support this belief, we have created a session on MHM in association with **Rajkot Self Finance School Association** to help over **700 schools** across the Rajkot to **raise awareness and educate students** around periods and good menstrual hygiene. We also want to make the students aware about the various kinds of touch they experience from people around them and how to differentiate between **Good Touch** and **Bad Touch**. We will also be delivering sessions on **Cancer Awareness** and on Tips and Tricks for **Balanced and Healthy Diet**.

Project Pankh is not only about menstruation or taboos. We are facing huge environmental issues because of the use of **disposable sanitary pads**, which we want to curb. It is high time we learn, understand and use environment friendly products. The **first meeting** of our dedicated MHM team was conducted on **14th July 2022** to come up with new ideas, to come out of their comfort zones and to share their experiences. **Renowned Gynaecologist Ann. Dr. Ameet Mehta** guided the team; that included **32 Anns** and **4 RCC girls**, on how to make Project Pankh a huge success.

ANN. MONIKA MEHTA



CLUB *News*

Sad Demise : With profound sorrow we inform you of the sad demise of **Krishnaben Maganlal Amlani, Mother of Rtn. Kishor Amlani and Grandmother of Rtn. Hrishit Amlani.** May the soul of the departed rest in eternal peace. Om Shanti.


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THE BETTER

Halves

RTN. ASHINI MODI

1 Spouse Name : Rtn. Apoorva Modi
Children's Names : Arham & Aahna Modi

2 3 interesting (not widely known) facts about you.

- I read articles written by Dr. Sharad Thakar without fail.
- I like to follow Bollywood celebs on Instagram and read gossips about them
- I do not like to cook. But still I make new different varieties of dishes

3 How do you enjoy spending your alone time?

Listening to music

4 4.What is your favorite way to spend time with your family?

At a nice resort, preferably with sea view, sitting with the family enjoying a cold coffee.

5 Which traits of your parents (mother or father) do you hope to adopt?

- Father – His particularity about keeping things
- Mother – Her patience

6 If you turn into your partner for a day, what would you do?

I will enjoy a night out with my friends

7 What is a virtue that you think everyone should have?

Patience

8 What movie title best describes your life?

Mujhe life mein sab kuchh kar lena hota hai. So I would say “Zindagi Na Milegi Dobara”

9 If you were stranded on an island, what 1 thing and 1 person would you choose to take with you?

- Person – Apoorva
- Thing – Carvaan

10 If you had to delete all but 3 apps on your phone, which 3 will you keep?

Instagram / Facebook / Whatsapp

11 What is the best and worst thing about getting older?

- Best Thing – Getting Wisdom
- Worst Thing – Decrease in Stamina / White hairs

12 What does Rotary mean to you?

Rotary is a great platform to have a balance between fun with friends and doing something good for the society. It gives a very good balanced satisfaction. RCRG is the perfect example of extended F-R-A-M-I-L-Y (Friends and Family)

13 What is your fondest memory of RCRG?

Talent evening practices and Navratri Garbas at Bhavan.

14 If you could make one rule in RCRG that everyone has to follow, what would it be?

RIP messages in personal and not in Anns group.

15 If you could dedicate your life to solving one national or global problem, what problem would you choose?

Human Trafficking



FREE

Wings

ANNET HARSHVI MIHIR NAGRECHA
VISHARAD - A JOURNEY

I dance because there's no greater feeling in the world than moving to a piece of music and letting the rest of the world disappear. **Kathak**- A classical dance form wherein an artist conveys a specific story through dance movements. **Visharad** means **Bachelors in Kathak**, which takes **7 years** to complete. For me it has been a journey of **7 years, 70 new steps, 700 new lessons, 7,000 new learnings** and **7 billion memories**.

The hours I spend dancing are the best hours of the day. It is as if I'm in my own world where there is just **pure happiness** and '**Sukoon**'. Kathak lets me pour out all my **emotions via dance**, something which I cannot express through words. And Visharad is by far the greatest and the most favourite achievement of my life.

Usually dancers get inspired from other dancers. In my case it was the protagonist 'Naira' from the TV show 'Yeh Rishta Kya Kehlata Hai'. I became awestruck seeing her dance and felt a connection to it. Upon reading about her, I got to know that she is a Kathak Visharad. So at the age of 10, I started my journey of kathak and promised myself to complete Visharad and become a dancer like her. And I will forever be thankful for the support and the encouragement I received from my parents and my teacher.

After giving the 1st and 2nd year exam together, I realised the challenge that the 3rd and 4th year exam posed in the form of theory exams. But when you are passionate about something, things automatically fall into its right places. Two years later, it was time for my Visharad exam, but Covid-19 had different plans. With covid restrictions were lifted my theory exam, that has 2 papers of 100 marks each, clashed with my 11th Prelims. It was challenging, but when the Visharad results were announced it was all worth it. I was extremely elated to make my family and my teacher proud and ecstatic to fulfil the promise I made to myself.

I think people should try learning classical dance once in their life because it gives a different level of **maturity** to oneself, a different level of **satisfaction**. Over the years Kathak as a dance form has started to get the **recognition** and **respect** that it deserves within and outside India. It helps a person to know themselves better.



41/A, New Jaghnath Plot, Opp. Chandubhai Bhelwala,
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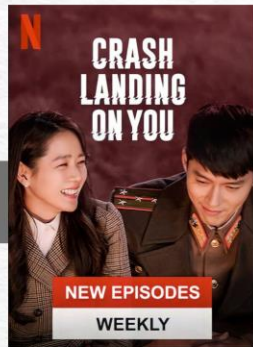
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YOU Critic

K-Drama Wave!

ANN. POOJA PATEL



How did it start? I was surfing YouTube when I came across a clip from a K-drama. That was it. I searched on Netflix and voila! But, as my son was preparing for his board exams, I started to watch on mute by reading the subtitles. Then came lockdown. The dramas literally kept me sane. Watching K-dramas you can pick up on the **cultural nuances**. They also offer **insight into the key societal issues** like bullying, education, appearance, and status. And the most important, Koreans are known for being beauty junkies. Seeing the pore less, chiseled – to – perfection male stars are simply too hard to resist. Koreans dress up in a way that looks straight of a magazine or a runway show.



The storylines and plots are **unique** and **creative**. K-dramas range from **rom-com**, **sci-fi**, **action**, **historical** & **melodramas**. There is **something for everyone**. K-dramas have only **16-20 episodes**. So, they are not boring. K-dramas teach us **family values**, **friendships** and maintaining **relationships**. There is something so addictive about K-dramas that you will gladly sacrifice sleep to binge watch. And just after you have watched two K-dramas I'm sure you will add Korea to your travel list.

My first watch was “**Crash landing on you**”, a dramatic show with the background of **tension between North and South Korea**. The male and female leads are from very well-known families in their own countries which add difficulty to their situation. The story revolves around an heiress of S. Korea who accidentally lands in N. Korea while paragliding. The show is about the attempts to get her back to South and the longer she stays with the male star, she grows close to him, his friends, and the villagers. The romance, comedy, music is just on another level. I don't know if I've seen or read a piece of fiction that has the longing that this show has. The main stars do so much for love and for each other. Do watch the show, I am sure you will not be disappointed.



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