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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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Rtn Kunal Ashok Mehta

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
YEARS IN SERVICE
TO HUMANITY

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Joint Secretary
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Imm. Past President
Rtn. Paresh Kalavadia
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President Elect
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Comm. Service Director
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Vocational Director
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International Director
Rtn. Kishan Kotecha
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Youth Director
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Club Director
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Club Communications
Rtn. Rushit Nathwani
+91 9898944453

Sergent At Arms
Rtn. Anup Joshi
+91 9099039991

CIRCULAR 22



Programme : Antakshari
Date : 4th February, Saturday
Time : 08.00 pm Onwards
Menu : Dinner
Venue : D. P. Doshi Rotary Greater Auditorium
Invitee : Rotarians, Anns and Annets



04th Feb : Antakshari
16th Feb : Dinner Meet at Mad Over Grills
26th Feb : Official Club Visit by District Governor
Rtn. Shrikant Indani



1 st Feb	: Rtn. Seema Paresh Kalavadia	9427435801
1 st Feb	: Ann. Juhi Jalev Soni	9004700006
2 nd Feb	: Ann. Smita Poonam Chhotai	9824801931
3 rd Feb	: Rtn. Bhavin Sabhaya	9825621380
6 th Feb	: Ann. Jalpa Rushik Antala	8511102062
6 th Feb	: Ann. Bhavyata Prakash Dangar	9998120884
7 th Feb	: Rtn. Rushik Antala	9925018146
7 th Feb	: Ann. Tanuja Pankaj Vagher	9978476399
8 th Feb	: Ann. Nidhi Niraj Mehta	9624001522
9 th Feb	: Rtn. Viral Doshi	9904269898
10 th Feb	: Rtn. Mahendra Kakkad	9879964257
10 th Feb	: Rtn. Pravin Patel	9824228866
10 th Feb	: Rtn. Vinod Amlani	9328970712



3 rd Feb	: Rtn. Bhavin Sabhaya and Ann. Gunja Sabhaya	
	Rtn : 9825621380	Ann : 9099921380
4 th Feb	: Rtn. Yash Rathod and Ann. Palak Rathod	
	Rtn : 9724277777	Ann : 8140277177
6 th Feb	: Rtn. Rahul Mehta and Ann. Sonal Mehta	
	Rtn : 9824280304	Ann : 9879836126
7 th Feb	: Rtn. Pravin Patel and Ann. Mita Patel	
	Rtn : 9824228866	Ann : 9925229966
9 th Feb	: Rtn. Jaydeep Vadher and Ann. Urvashi Vadher	
	Rtn : 9824547312	Ann : 8758010310
9 th Feb	: Rtn. Poonam Chhotai and Ann. Smita Chhotai	
	Rtn : 9824475931	Ann : 9824801931
10 th Feb	: Mr. Mahesh Kotecha and Rtn. Dipti Kotecha	
	Rtn : 9376788882	Ann : 9574108546

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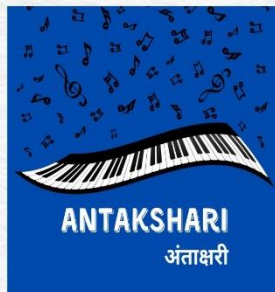
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UPCOMING Meeting

Antakshari

4th February, Saturday

Music brings us pleasure and releases our suffering. It calms us down and pumps us up. RCRG presents **Antakshari 2023** going to be conducted on **4th February, Saturday** by **Ann. Roopa Nagrecha**. The participants will be divided into groups and there will be different rounds with exciting new twists. To include the audience, we also have an audience round. There will be exciting prizes for the winners too. To chalo **EK SHAAM SANGEET KE NAAM!!**



Member Scrutiny/Devt Chair
PP Rtn. Dr Ketan Bavishi
PP Rtn. Darshan Lakhani

Global Grant Chair
Rtn. Manish Patel

Fundraising Chair
PP Rtn. Amit Raja

The Rotary Foundation Chair
PP Rtn. Sarju Patel

Literacy Chair
PP Rtn. Ashwin Lodhiya

Club Trainer Chair
PP Rtn. Dr. Yogesh Mehta

Women/Child Development Chair
Ann. Dr. Ami Mehta
Rtn. Ishita Chhotai
Ann. Nivetha Amlani
Rtn. Vishma Panchasra

Health/Medical Chair
Rtn. Dr. Rupesh Mehta
Rtn. Dr. Nidhi Jhala
Rtn. Dr. Jigar Patel

Public Image Chair
Rtn. Jaydev Shah

Bhavan Chair
Rtn. Dhruv Kakkad

Interact Club Chair
Rtn. Killoi Karia

Skin Bank Chair
PP Rtn. Yash Rathod
Rtn. Ravi Chhotai

District Conference Chair
PP Rtn. Mehul Nathvani

MEETING Review

Comedy Nights

On Saturday, 19th January RCRG presented the **most kickass event** of the month **Comedy Nights**, where **standup comics** from our **own Club** put their best foot forward to tickle the audience's funny bones, and succeeded. The night opened with **MOC, Ann. Nivetha Amlani**, who impressed everyone with her jokes and her comic timings. The list of performers included:

- **Rtn. Ashwin Lodhiya** who shared his comical anecdotes on Rotary Events.
- The **guest speaker Alex**, a Gujju Mallu cracked everyone up by sharing his experiences as a mallu gujju in Gujjuland.
- Then there was **Rtn. Ankoor Sanghvi** who narrated how funny incidents take place when a Gujaratis speaks in Hindi while travelling.
- Next the stage was taken up by **Rtn. Apoorva Modi** who hilariously described his journey travelling from a dry state with friends.
- **President. Rtn. Kunal Ashok Mehta** lent a very chilled out fun approach describing his journey from bachelorhood to getting married.



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- The closing act was by our very own **Ann. Pooja Manish Patel** who had everyone in splits with her impromptu and improvised set.



Comedy is the most difficult form of acting or expression. It takes a different level of **courage, confidence, and spontaneity** to make your viewers laugh especially on a live platform. We **absolutely commend** all the challengers for **attempting comedy** and **making us laugh till our stomach hurt..**

Republic Day Celebration

On, **26th January**, Thursday, the occasion of **Republic Day**, members of **RCRG** celebrated the **spirit and unity** of our beloved country **India** and the opportunity to express ourselves by gathering at **Rotary Bhavan**. The **Flag was unfurled** as per the customs of the day. Everyone gathered were high in spirits of **patriotism**. The event ended follow by **light refreshments**.



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Dhamaal Gali

All the **5 Rotary Clubs of Rajkot** joined hands to organize **Dhamaal Gali** on **22nd January 2023, Sunday** at **Race Course**. The event was held to take everyone down the **memory lane**, to reminiscence **childhood days** and to **celebrate the inner child** in everyone. There were **30 games** like lemon and spoon race, sack race, musical chairs, nargol, etc being played by old and young ones like. In addition to all the fun games there were **Zumba Sessions** (by **Dr. Mulrajsinh** and team from **M. Z. Fitness**), **DJ dancing**, **Selfie Booths** for everyone. More than **1500 people** joined in with their family and friends to become children again. There were happy faces everywhere you looked.



Project Pankh

Informative sessions of Project Pankh were conducted on:

Date: 21st January, Saturday
Time: 08:15 am to 09:15 am
Venue: Parth Vidhyalaya
Beneficiaries: 300+
Speaker: Ann Dhruva Chhag
MOC: Ann. Monika Mehta



The seminar delivered **crisp yet clear information** about **Menstrual Hygiene Management**, **Good Touch Bad Touch** and **Cancer Awareness**. To help the girls become **physically and mentally fit**, **tips and tricks regarding Balanced and Healthy Diet** and **Yoga Asanas** were also given. Members from our dedicated MHM team, **Anns** were also present to prove the tagline of Project Pankh, **Hum Sab Saath! Taboo ke Khilaaf!**

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Halves

ANN. BINDU JAYDEV SHAH

- 1 Spouse Name :** Rtn. Jaydev Shah
Children's Names : Annets Niyati and Samyak Shah
- 2 How do you enjoy spending your alone time?**
Creating new crafts and Learning new recipes
- 3 What is your favorite way to spend time with your family?**
Eating lunch or dinner with my family
- 4 Which traits of your parents (mother or father) do you hope to adopt?**
Selfless Service
- 5 What is a skill that you think everyone should have?**
Cooking
- 6 What movie title best describes your life?**
Wabi sabi [imperfection is beautiful]
- 7 You can have unlimited supply of anything, what should it be?**
No doubt...Crafting Materials
- 8 If you were stranded on an island, what 1 thing and 1 person would you choose to take with you?**
Notebook, Pen and my Daughter Niyati
- 9 If you had to delete all but 3 apps on your phone, which 3 will you keep?**
Pinterest, Youtube and Jain Stavans
- 10 What does Rotary mean to you?**
Rotary means to gain different opportunity
- 11 What is your fondest memory of RCRG?**
At the time of Board Declaration of Rtn Kunal Mehta (now President), answered 1st correct answer about know your board members and got 500 Rs Pantaloon gift voucher as gift.
- 12 If you could make one rule in RCRG that everyone has to follow, what would it be?**
Every member must get involved in one activity of their choice during every President's year.
- 13 If you could dedicate your life to solving one national or global problem, what problem would you choose?**
Illiteracy



RTN. PRIYANK BHARAD

AI Revolution

Artificial intelligence (AI) refers to the ability of a computer or machine to perform tasks that would normally require human-like intelligence, such as learning, problem-solving, decision-making, and natural language processing. AI has the potential to revolutionise many aspects of society, including healthcare, transportation, education, and entertainment.

One of the main benefits of AI is its ability to process and analyse large amounts of data quickly and accurately. This can lead to more efficient and effective decision-making and can help to improve the quality and speed of services in a variety of industries. For example, AI can be used to analyse medical records and help doctors diagnose diseases more accurately, or to optimise transportation routes to reduce fuel consumption and traffic congestion.

However, there are also concerns about the potential impact of AI on employment and privacy. As AI technology becomes more advanced, there is a risk that it could automate many jobs currently done by humans, potentially leading to widespread job loss. Additionally, the use of AI to collect and analyse personal data raises concerns about privacy and the potential for abuse.

Overall, AI has the potential to bring many benefits to society, but it is important that its development and deployment are carefully managed to minimise negative impacts and ensure that the benefits are shared by all members of society.

FREE *Wings*

How to Cope with Exams

Most of us have a complicated relationship with studies. Exams have an important role in the process of learning and the whole educational institution. From the smiley faces and stars to when we were tots to the As and Bs and pluses and minuses we navigate the turnstile of percentages and percentiles. Exams have been the bane of



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existence for many students, to put it strongly. That's because they have a level of uncertainty. You need that particular exam result to gain entry into a course or career path or clear a grade. You feel pressure from family, society, teachers, peers. Sometimes your own expectations for yourself can turn you into wreck before exams. This leads to anxiety, leading to poorer physical, social and emotional health.

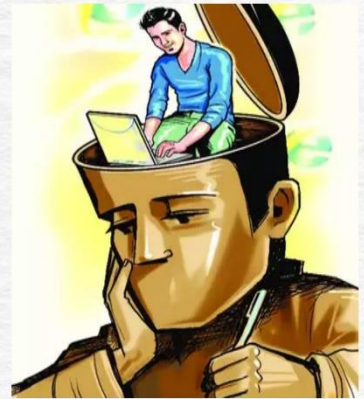
Of course, exams are not the best indicator of a student's ability. They are more or less a test of memory, but they do provide a valuable benchmark against which teachers can assess students, and give feedback to improve understanding and rectify errors. Exam stress can be alleviated to help prepare and perform better.

Preparedness goes a long way. While studying everyday may not be in everyone's repertoire, some amount of planning and timeliness may reduce the study load right before an exam, so it does not seem so frightful. Listing exam dates, timetables, holidays immediately before exams eases your routine and may help you plan better.

Comparisons with others should be avoided. What works for you as a method of study, or helps you to remember may be entirely different from someone else, and that's ok. It helps to know the full scope of the syllabus, to avoid any rude surprises, during the actual exam.

Talking helps. Maybe about the exam, your fears and anxiety, maybe about something totally unrelated. Talk to a friend, sibling, parent, teacher, counsellor. Video call, if you are living away from home. Socialising helps maintain a semblance of daily routine, and reminds you that hey it's ok. It's just an exam.

Eat healthy, try to sleep well, exercise. Breathe. Take time off. Almost everything will work again if you just unplug it for a few minutes, including you. The greatest weapon against stress is our ability to choose one thought over another. So choose positivity. And lastly, reward yourself for your hard work by doing something you enjoy.



AADITYA CHARI (Interact Student)

CLUB *News*

RCRG heartily congratulates Grand Parents Rtn. Dr Yogesh Mehta and Ann. Dr. Amee Mehta and Parents Nisarg and Shailja Mehta on the birth of baby boy Evaan. May his angelic presence bring enormous joy and happiness in all your lives.



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