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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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TO HUMANITY

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**Rtn. Bhavesh Mehta**  
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International Director  
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Youth Director  
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Club Director  
**Rtn. Jaydev Shah**  
+91 9879049518

Club Communications  
**Rtn. Rushit Nathwani**  
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Seargent At Arms  
**Rtn. Anup Joshi**  
+91 9099039991

**CIRCULAR 31**



Programme : Fellowship Meet  
Date : 6th May, Saturday  
Time : 08:00 pm onwards  
Menu : Dinner  
Venue : Chef Fatso, After Kataria Circle, Kalawad Road  
Invitee : Rotarians, Anns and Annets



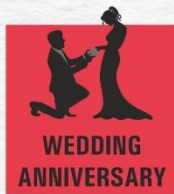
Programme : Budget Meet  
Date : 11th May, Thursday  
Time : 08:00 pm  
Menu : Dinner  
Venue : D. P. Doshi Rotary Greater Auditorium  
Invitee : Rotarians, Anns and Annets



6th May : Fellowship Meet  
11th May : Budget Meet  
21st May : Super Market Challenge



1st May	: Rtn. Hiren Khakhar	9825074353
1st May	: Rtn. Siba Rout	9099058461
1st May	: Ann. Chitra Praful Gohil	9879899652
2nd May	: Ann. Mita Pravin Patel	9925229966
5th May	: Rtn. Sudhir Vitthani	9824249358



2nd May	: Rtn. Dinkar Desai and Ann. Pratima Desai	
	Rtn : 9879595424	Ann : 9825351419
3rd May	: Rtn. Prakash Lodhia and Ann. Mayuri Lodhia	
	Rtn : 9925465988	Ann : 9904969704
4th May	: Rtn. Mukesh Panchasara and Ann. Meena	
	Rtn : 9824210794	Ann : 9924986299

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4th May : Rtn. Dhaval Bhanderi and Ann. Ameer Bhanderi  
Rtn : 9409102993 Ann : 9624555529

5th May : Rtn. Ashwin Lodhiya and Ann. Varsha Lodhiya  
Rtn : 9824210151 Ann : 9737043151

5th May : Rtn. Himanshu Mehta and Ann. Vaishali Mehta  
Rtn : 9426918989 Ann : 9426918989

7th May Rtn. Kirit Rajvir and Ann. Nisha Rajvir  
Rtn : 9879076858 Ann : 9428038961

7th May Rtn. Sagar Chag and Ann. Dhruva Chag  
Rtn : 9909700090 Ann : 9099092070

10th May Rtn. Dhiren Parekh and Ann. Nitaben Parekh  
Rtn : 9825078954 Ann : 9638868756

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

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**Rtn. Manish Patel**

Fundraising Chair  
**PP Rtn. Amit Raja**

The Rotary Foundation Chair  
**PP Rtn. Sarju Patel**

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**Ann. Dr. Ami Mehta**  
**Rtn. Ishita Chhotai**  
**Ann. Nivetha Amlani**  
**Rtn. Vishma Panchasra**

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**Rtn. Dr. Rupesh Mehta**  
**Rtn. Dr. Nidhi Jhala**  
**Rtn. Dr. Jigar Patel**

Public Image Chair  
**Rtn. Jaydev Shah**

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**Rtn. Dhruv Kakkad**

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**Rtn. Killof Karia**

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

District Conference Chair  
**PP Rtn. Mehul Nathvani**

## UPCOMING Meetings

### Fellowship Meet

6<sup>th</sup> May, Saturday

Everyone in RCRG knows that **Fellowship Meetings** means **Friends, Family, Food and Fun**. On **6<sup>th</sup> May, Saturday**, get set to explore the newest place in town, **Chef Fatso**. It is a **beach themed café** nestled in the heart of the city, a place where the aroma of **freshly brewed coffee** will mingle with the sound of **laughter and conversation**. The menu is filled with **great food, freshly baked bread** made with care using only **the freshest of ingredients**. It is the **talk of the town** already, and who better to explore this **amazing place** and its **chill vibes** than with the **Greater Parivar**.

### Budget Meet

11<sup>th</sup> May, Thursday

With the **Rotary Year 2022-23** nearing the end, and the year **2023-24** kickstarting soon, it is time for a very **important meeting of RCRG, The Budget Meet**. The meeting will be conducted by **Rtn. Nilesh Bhojani** (Club President 2023-24), **Rtn. Jaydev Shah** (Hons. Secretary 2023-24) and **Rtn. Ashish Joshi** (Treasurer 2023-24), who will be discussing the **Budget for Rotary Club of Rajkot Greater for 2023-24** on **11<sup>th</sup> May, Thursday**. It will include important factors like **Fee Structure, Project Funds** in addition to the overall Budget. The new team will be excited to **discuss their vision** with all the members of RCRG, so let us get together to **hear them out and encourage them**.



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## Picnic

The Picnic at Acrolawns of Sunday, 23<sup>rd</sup> April was a very exciting day for the Greater Parivar. As the summer temperature dropped in the evening, the spirits of the Greater Parivar soared up with a scrumptious High Tea. It was a memorable evening in the Beautiful Gardens of Acrolawns, where everyone played Housie. Ann Avni Mangtani had designed fun Group Games and all the Anns had fun going down the memory lanes playing these games. All those present also played Football, Cricket, and Basketball. All the while arrangements were made to play Live IPL Match on Big Screen for all the Cricket Enthusiasts. The evening ended with all the tired soul enjoying delicious dinner. It was a fun evening full of sunshine, joy, happiness, and smiles.



## PROJECT

## Reviews

## Public Image Project: Sessions by Dr. Deepak Vohra

One of the most successful Public Image Projects of Rotary Club Of Rajkot Greater was conducted between 25<sup>th</sup> to 27<sup>th</sup> April 2023. Under this Project a total of 8 sessions by well-known Indian Diplomat and Ambassador Dr. Deepak Vohra were conducted at different institutes in Rajkot city.

Dr. Deepak Vohra is currently the special advisor to Indian prime minister Narendra Modi. In all the sessions, the audience was held on to the edge of their seats throughout the 2 hours, as Dr Vohra shared scintillating stories from his international experiences. The transformation story of India from 1970s to 2023 flew in eloquently enough to captivate the audience. India's journey from being conquered to a self-dependent nation was well explained. Everyone who was present in these sessions had their hearts filled with pride when they understood India's capabilities to extend arms to the world when it looks up to India for any assistance.

He spoke about the strength of a nation and its Young Population in detail. He alerted the young people about striking the right balance between literacy and common sense, aggression, and procrastination, between past, present and future. Every narration, every fact and figure, every advice couldn't have come any better from anybody, but from a person who has seen India progress from close quarters.




Dr. Deepak Vohra who speaks **French, Spanish, Vietnamese, Arabic, Bahasa Melayu, Hausa, Motu and Armenian** fluently handled the questions from the audience with ease in the end. He captivated the audience with his **humour, storytelling abilities** and by his **rich experience of having travelled to different places**. He rose to a **deafening applaud** from his audience at the end of every session. RCRG is thankful to **Rtn. Bhavesh Mehta** for arranging all the sessions of Dr. Deepak Vohra.

The details of all the 8 sessions are mentioned below:

- **Date:** 25<sup>th</sup> April, Tuesday  
**Time:** 8:00 am to 10:00 am  
**Venue:** The Westwood School  
**Participants:** 300+  
**Brief about RCRG Activities:** Rtn. Nilesh Bhojani  
**Rtns/Anns Present:** Rtn. Ravi Chhotai
- **Date:** 25<sup>th</sup> April, Tuesday  
**Time:** 10:30 am to 12:30 pm  
**Venue:** Marwadi University  
**Participants:** 800+  
**Brief about RCRG Activities:** Rtn. Ravi Chhotai  
**Rtns/Anns Present:** Rtn. Nilesh Bhojani
- **Date:** 25<sup>th</sup> April, Tuesday  
**Time:** 5:00 pm to 7:00 pm  
**Venue:** Atmiya University  
 (by Rajkot Self Finance School Association & Atmiya University)  
**Participants:** 150+  
**Brief about RCRG Activities:** Rtn. Manish Patel  
**Speaker Introduction by:** Ann Mayuri Tratiya  
**Rtns/Anns Present:** Rtn. Manish Patel
- **Date:** 26<sup>th</sup> April, Wednesday  
**Time:** 10:00 am to 12:00 pm  
**Venue:** Sunshine College  
**Participants:** 150+  
**Brief about RCRG Activities:** Rtn. Jaydeep Vadher  
**Speaker Introduction by:** Rtn. Ishita Chhotai  
**Rtns/Anns Present:** Rtn. Anup Joshi, Rtn. Apoorva Modi
- **Date:** 26<sup>th</sup> April, Wednesday  
**Time:** 12:00 pm to 02:00 pm






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**Venue:** Genius School  
**Participants:** 100+  
**Brief about RCRG Activities:** Rtn. Ishita Chhotai  
**Rtns/Anns Present:** Rtn. Anup Joshi, Rtn. Apoorva Modi, Rtn. Jaydeep Vadher

• **Date:** 26<sup>th</sup> April, Wednesday  
**Time:** 09:00 pm to 10:30 pm  
**Venue:** D. P. Doshi Rotary Greater Auditorium  
(by Rotary Club of Rajkot Greater, Rotary Club of Rajkot,  
Rotary Club of Rajkot Midtown and Rotary Club of Rajkot Prime)  
**Participants:** 200+

• **Date:** 27<sup>th</sup> April, Thursday  
**Time:** 10:00 am to 12:00 pm  
**Venue:** ICAI Bhavan (By ELTAI and ICAI)  
**Participants:** 100+  
**Brief about RCRG Activities:** Rtn. Apoorva Modi

• **Date:** 27<sup>th</sup> April, Thursday  
**Time:** 12:00 pm to 02:00 pm  
**Venue:** Gardi College  
**Participants:** 200+

## Project Hunf

From **1<sup>st</sup> April** RCRG started **Project Hunf** that was carried on for the entire month of **April**, till **30<sup>th</sup> April** at **Padmakubarba Hospital**. On **Saturday, 1<sup>st</sup> April**, **15 sets of Basic Clothing for Newborn Babies** and **15 Wholesome Protein Rich Kit** for new **Mothers** were distributed for the first time. The **same kits** mentioned before were then given on **regular basis** to **each and every mother** who delivered babies at Padmakubarba Hospital during the month of April. A total of **300 such kits** were donated under this Project. The Project was headed by **Rtn. Rajesh Parsana** along with **Club President Rtn Kunal Ashok Mehta** and **Hon. Secretary Rtn. Apoorva Modi**.

The **Anns of RCRG** were present in huge numbers for this Project on **1<sup>st</sup> April, 11<sup>th</sup> April** and **21<sup>st</sup> April**. RCRG



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wants to thank **Ann. Monika Mehta, Rtn. Ashini Modi, Rtn. Dipti Kotecha, Ann. Heena Dhakan, Ann. Grishma Nathwani, Ann Priti Amlani and Ann. Hetal Joshi** for helping to distribute these kits.

## Magic Shows

With the vacation time approaching for kids all around India, **Rotary Club of Rajkot Greater** came up with a **unique project** to cheer up the kids of rural areas in a different way. On **Friday, 21<sup>st</sup> April** **Three Magic Shows of One Hour** each were arranged at the **Government Schools** of following villages on the **Jamnagar Highway**.

1. **Shree Metoda Prathmik Shala,**
2. **Sarapdad Prathmik Shala &**
3. **Pati Rampar Prathmik Shala**



This project brought **smiles on the faces of more than 350 young kids** who witness magic for the first time in their lives. They were also provided **snacks** after the show.

## Inauguration of L R Machine

The **Motto** of **Rotary Club of Rajkot Greater** is **Service Above Self**. Taking this motto one step forward, RCRG donated **L R Machine** to the **Blood Bank Department** of **PDU GOVT Hospital – Rajkot** on **23<sup>rd</sup> April, Sunday**. This project will be a **boon** for **Thalassaemic Children/Patients** in and around Rajkot. RCRG is grateful to our **Generous Donor Maneshbhai Madeka - Rolex Rings Limited** for giving us this opportunity to serve the society. This is joint project with **Shrimad Rajchandra Foundation**. **RCRG** is also thankful for this foundation for the great support.





# Blood Donation Camp

**Donate Blood! Donate Life!** On **Monday, 24<sup>th</sup> April** RCRG conducted a **Blood Donation Camp** at **Rtn. Bhavesh Pabari's** unit **Ganga R.K. Industries Pvt. Ltd.-Metoda**. A total of **60 units of blood** was collected. RCRG appreciates the efforts and inputs of **Rtn. Bhavesh Pabari** for organising this noble cause on his **Birthday** and also for donating blood. We also heartily **congratulate** the entire team of **Ganga R.K. Industries Pvt. Ltd** and those who donated blood, **you have saved a life!**



## FROM WHERE I *Stand*



### Why Laughter is the Best Medicine?

On **World Laughter Day** that falls on **8<sup>th</sup> May**, let us look at some **reasons** why people say that **Laughter is the best medicines**:

- **Laughter relaxes the whole body.** A good heart laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection fighting antibodies, thus improving your resistance to diseases.
- **Laughter triggers the release of endorphins, the body's natural feel-good chemicals.** Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases the blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** Okay, so it's no replacement for going to the gym, but studies have found that laughing for 10-15 minutes a day can burn approximately 40 calories-which could be enough to lose 1-2 kgs over the course of a year.
- **Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlives those who didn't laugh as much. The difference was particularly notable for those battling cancer.
- **Laughter is also good for Mental Health.** It adds joy and zest to life. it eases anxiety, tension and relieves stress. It also improves mood and strengthens resilience.



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