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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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Club Director  
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Club Communications  
**Rtn. Rushit Nathwani**  
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Sergent At Arms  
**Rtn. Anup Joshi**  
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**CIRCULAR 28**



Programme : Khau Gali at Fern Hotel  
Date : 6<sup>th</sup> April, Thursday  
Time : 08:00 pm onwards  
Menu : Dinner  
Venue : The Fern Residency, Kuvadava Road, Rajkot  
Invitee : Rotarians, Anns and Annets



6<sup>th</sup> Apr : Khau Gali @ Fern Hotel  
15<sup>th</sup> Apr : Know Your Members (A Fulfilled Meet)  
23<sup>rd</sup> Apr : Picnic  
26<sup>th</sup> Apr : Dr. Deepak Vohra Speaker Meet



1 <sup>st</sup> Apr	: Rtn. Akshay Dhami	9824064222
1 <sup>st</sup> Apr	: Ann. Urvashi Jaydeep Vadher	8758010310
4 <sup>th</sup> Apr	: Rtn. Priyanka Upadhyay	9879250006
4 <sup>th</sup> Apr	: Rtn. Rajen Shah	9925377733
4 <sup>th</sup> Apr	: Rtn. Vimlesh Shah	9426264140
5 <sup>th</sup> Apr	: Ann. Sonal Bharat Hapani	9909964424
6 <sup>th</sup> Apr	: Ann. Urvi Mehul Buddhadev	9712964611
6 <sup>th</sup> Apr	: Rtn. Ravi Ganatra	9825553058
7 <sup>th</sup> Apr	: Rtn. Ashok Thaker	9825340769
7 <sup>th</sup> Apr	: Rtn. Vijesh Jadvani	9904225859
8 <sup>th</sup> Apr	: Rtn. Kusum Jayesh Jogia	9870296456
9 <sup>th</sup> Apr	: Ann. Suhani Rajendra Sonvani	8128425999
10 <sup>th</sup> Apr	: Ann. Meet Yogesh Ghodasara	9924029803

## UPCOMING

## Meeting

### Khau Gali @ Fern Residency 6<sup>th</sup> April, Thursday

Like every year **The Fern Residency**, Rajkot is organizing its talk of the town **Food Festival** named **Khao Gali** from 31<sup>st</sup> March to 16<sup>th</sup> April. RCRG has booked the **slot for the Greater Parivar** on **Thursday, 6<sup>th</sup> April** from 8 pm onwards. It is an **Unlimited Street Food Festival** and the only place in Rajkot to satisfy all your **Street Food Cravings** at one place. **Let loose the Foodie in**

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Rtn. Manish Patel

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PP Rtn. Amit Raja

The Rotary Foundation Chair  
PP Rtn. Sarju Patel

Literacy Chair  
PP Rtn. Ashwin Lodhiya

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PP Rtn. Dr. Yogesh Mehta

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Ann. Nivetha Amlani  
Rtn. Vishma Panchasra

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Rtn. Dr. Nidhi Jhala  
Rtn. Dr. Jigar Patel

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Rtn. Jaydev Shah

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Interact Club Chair  
Rtn. Killof Karia

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

District Conference Chair  
PP Rtn. Mehul Nathvani

you and eat all your favorite dishes with your fellow Rotary Members till your stomach hurts. Because what is Fun without Food, right!

## MEETING Reviews

### Musical Night 2.0

Rotary Club of Rajkot Greater along with Rotary Club of Rajkot Prime organized **Musical Night 2.0** for all its members at **Rotary Bhavan** on **Saturday, 18<sup>th</sup> March**. The singer **Virendra Verma** who entertained everyone with his soulful **Ghazals** was all the way from North India. In the world full of Bollywood, Hip-Hop and Rap, everyone enjoyed a fine night of **entertainment, culture** and **socializing** and kept the **essence of odes alive**. The ambience was **soulful** where everyone experienced the **strongest form of Magic**, that is **Music**. Almost **120+ members** were present in the meeting. **Rtn Ashish Joshi** treated everyone with **ice cream**.



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## Rotary Ullas

- An **Informative** yet **Entertaining** evening was organised on **23<sup>rd</sup> March, Thursday** named **Rotary Ullas**.
- The meeting started with Rotary Prayer by **Rtn. Mehul Buddhdev** followed by the Secretarial announcements by **Hon. Secretary Rtn. Apoorva Modi**.
- A session on **The Rotary Foundation (TRF)** was taken by **Rtn. Sarju Patel**. He explained to RCRG **what is TRF** and **how are the Funds collected and utilised**. An appeal was made by him to all the **members to contribute** to TRF.
- **Certificates** and **Pins** were presented to all the **donor of TRF** from last year.
- Next **Rtn. Manish Patel** gave information on **how to create My Rotary Account** and urged everyone to make an account.
- It was then time for the **Entertainment part**, where **Rotractor Joel Joseph** from **Vapi** took up the stage. He came up with an interesting concept where he **related different and catchy Bollywood songs to the relations between Board Members**.
- The meeting ended with **National Anthem**.



## PROJECT

## Reviews

### Project Save Life! Donate Blood!

The **Project of the Month for March** was conducted by **Rtn Kishan Kotecha** with the help of **RCRG President Rtn Kunal Ashok Mehta**, **Hon Secretary Rtn Apoorva Modi**, **Rtn Bhavesh Mehta** and the **team of Kotecha Group**. **Blood Donation Camps** were organised at **3 Hotels** belonging to **Rtn Kishan Kotecha**. The Camp was a **huge success** with a total of **84 units of blood** collected from the Hotels at **Dwarka (38 units)**, **Gir (26 units)** and **Polo Forest (20 units)**. **RCRG** congratulates all those who donated blood and helped **save a life!**



# JJ CORPORATE

## SINCE 1976

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# Project Pankh

Informative sessions of Project Pankh were conducted on:

**Date:** 27<sup>th</sup> March, Monday  
**Time:** 09:30 am to 10:30 pm  
**Venue:** Sunshine School  
**Beneficiaries:** 35 Girls and Their Mothers  
**Speaker:** Dr. Krupali Bhalara  
**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, **Ann Priti Amlani** and **Ann Riddhi Bagdai** was also present to prove the tagline of Project Pankh, **Hum Sab Saath! Taboo ke Khilaaf!**



## THE BETTER

## Halves

**ANN. MARGI KISHAN KOTECHA**

- 1 Spouse Name :** Rtn. Kishan Kotecha
- 2 Tell us 3 interesting (not widely known) facts about you.**  
State level basketball player in school.  
Maggie lover.  
Have swam with sharks.
- 3 How do you enjoy spending your alone time?**  
Reading books and watching TV series.
- 4 What is your favorite way to spend time with your family?**  
Having Dinner together.
- 5 Which traits of your parents (mother or father) do you hope to adopt?**  
Patience And compassion.
- 6 If you turn into your partner for a day, what would you do?**  
Take my partner on a date.
- 7 What is a skill that you think everyone should have?**  
Self control.



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- 8** What movie title best describes your life?  
Zindagi na milegi dobara.
- 9** You can have unlimited supply of anything, what should it be?  
Sleep.
- 10** If you could eat one food for the rest of your life, what would you choose?  
Chinese bhel.
- 11** If you had to delete all but 3 apps on your phone, which 3 will you keep?  
Instagram, Whatsapp, Netflix.
- 12** What is the best and worst thing about getting older?  
Best, wisdom. Worst, mistakes you need to make to gain wisdom.
- 13** What does Rotary mean to you?  
Opportunity to learn and interact.
- 14** What is your fondest memory of RCRG?  
Installation ceremonies.
- 15** If you could make one rule in RCRG that everyone has to follow, what would it be?  
Follow all rules.
- 16** If you could dedicate your life to solving one national or global problem, what problem would you choose?  
World Hunger.

## CLUB News

It is a matter of great pride that many members of **RCRG** participated in the **Rajkot Night Half Marathon 2023 on 25<sup>th</sup> March 2023**. We heartily congratulate them for completing the Marathon.

### 21Kms

- Rtn Mehul Nathwani → 02:55:00
- Ann Vidhi Natwani → 03:45:00



### 10Kms

- Rtn. Virendra Kothari → 02:00:00
- Rtn Hitesh Sapovadia → 01:27:00
- Ann Meera Sapovadia → 01:38:00
- Annet Tanmay Sapovadia → 01:15:00
- Rtn Nilesh Bhojani → 01:37:42
- Annet Om Natwani → 01:30:00
- Ann Ishita Ganatra → 01:40:00
- Rtn Sanjeev Nandani → 01:29:00
- Ann Nitika Nandani → 02:02:00
- Ann Nittal Patel → 01:58:58
- Ann Meet Ghodasara → 01:25:47



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**ANN. DR. DEEPA RAJA**

## Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder which is characterised by having persistent impairment in reciprocal social communication and restricted, repetitive patterns of behaviour, interests, or activities. They may experience difficulties in three areas, the so-called triad of differences, communication, thought and behaviour and social interaction. It can also impact

sensory processing. These symptoms affect the person from childhood and interfere with everyday functioning.

Impairment in social communication includes avoiding or lack of eye contact, lack of empathy, difficulty in maintaining social contact, unable to show facial expressions, difficulty in social interactions, difficulty in or lack of displaying affection, and using few or no gestures for expression. Examples of repetitive and/restricted behaviours can include repeating words or phrases over and over (called echolalia), unusual speech patterns, playing with toys the same way every time, getting upset by minor changes, having obsessive interests, flapping hands, rocking body, or spinning oneself in circles, changes in routines may cause stress or fear. Difficulties in sensory processing may include, delayed response, difficulty in hearing, sight (for example, is sensitive to pulsations in lighting, touch (avoids touch/contact), taste (eats only certain foods), and anger, stress or anxiety reactions.



Some sources say that up to 80% of those with autism suffer from executive function disorder. Difficulties in executive function may include difficulties in planning, problem solving, working memory (for example, forgetting to brush teeth everyday), managing time, completing tasks, cognitive flexibility (rigid thoughts, routines, etc.).

It is true that there are differences in the three areas mentioned above, but these do not have to be difficult. If there is understanding on both sides and appropriate teaching, and if strategies are in place, understood and used effectively then these difficulties can be turned around.

At iSEN Multisensory Lab we use a holistic learning approach with children with ASD. We use stages of Sensory Integration Therapy and Brain Gym exercises to enhance the child's attention and concentration and eye contact. We also use Behaviour Modification Therapy to replace undesirable behaviour with desirable behaviour. Lego Based Therapy is used as an evidence-based approach that aims to develop social communication skills in autistic children, such as sharing, turn-taking, following rules, using names and problem-solving.

To celebrate "World Autism Awareness Day" we at iSEN Multisensory Lab are hosting a FREE consultation session for all on 31st March 2023, Friday to give everyone the opportunity to identify their child's special educational needs and get personalised recommendations from Dr. Deepa Raja.



## World Siblings Day

10<sup>th</sup> April Monday

## Ways to Navigate your Sibling Relationships as an Adult

People often talk about handling different forms of relationships as they get older, like marriages, friendships or the bond they share with their parents. But we rarely hear about **navigating our adult sibling relationships**— with those who we grew up with! The ones who have most likely seen the absolute worst and even the best of us! So on this **World Siblings Day** which falls on **10<sup>th</sup> April**, let us learn how to maintain good sibling relations as adults:

- **Focus on the positive!** Be accepting and let go of old resentments. Don't fall back into childhood roles. Accept your siblings for who they currently are and who they may become at any given moment
- **Create a group chat** just for you and your sibling(s). **Text** your sibling(s) randomly. Plan times to **talk on the phone** or just call randomly to say hello
- **Meet them** where they are. **Plan visits/trips** to see each other from time to time. When you're in the same place, plan to **spend time with each other**.
- **Time is the best gift** you can give someone! **Make time for Each Other** and take a genuine interest in **what's going on in their lives**. Get to **know your siblings family**. Spend time with your nieces and nephews.
- Use **events** to reach out. **Celebrate each other** (birthdays, accomplishments, etc.)
- Set **clear boundaries** by honouring each other's personal space. Learned to respect each other. **Avoid controversial issues**. Don't bring up anything that could create conflicts, like politics, religion or traumatic childhood memories. Accept that some topics will be off-limits when you grow up.
- **Don't compare** yourselves with your siblings or your siblings with yourselves.
- Broaden your relationship by **creating new memories**. But also **revive old rituals and traditions**. Relive your childhood by doing so.
- **Verbalize your appreciation** and **minimise the criticism**.
- **Lean on them**. Being vulnerable is rarely easy, but surely your siblings would be more than happy to at least try and help you with something that you're going through.
- Cultivate a friendship. **Become more than siblings**. You should **become friends**.


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