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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**  
YEARS IN SERVICE  
TO HUMANITY

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Club Communications  
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**Rtn. Anup Joshi**  
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**CIRCULAR 20**



Programme : Comedy Night  
Date : 19<sup>th</sup> January, Thursday  
Time : 08.00 pm Onwards  
Menu : Dinner  
Venue : D. P. Doshi Rotary Greater Auditorium  
Invitee : Rotarians and Anns



19<sup>th</sup> Jan : Comedy Night  
26<sup>th</sup> Jan : Republic Day Celebration



12 <sup>th</sup> Jan	: Ann. Krishna Rajesh Somaiya	9428349293
13 <sup>th</sup> Jan	: Ann. Pratima Dinkar Desai	9825351419
14 <sup>th</sup> Jan	: Ann. Harsha Jayendra Parmar	9824211992
15 <sup>th</sup> Jan	: Ann. Hitesha Amar Bhalodia	9909333381
16 <sup>th</sup> Jan	: Rtn. Narendra Patel	9427213329
16 <sup>th</sup> Jan	: Ann. Isha Rishiraj Dhami	9574799943
16 <sup>th</sup> Jan	: Ann. Shilpa Nilesh Bhojani	9979881923
18 <sup>th</sup> Jan	: Rtn. Maulik Shah	9879162678
19 <sup>th</sup> Jan	: Rtn. Ketan Kataria	9825076527
20 <sup>th</sup> Jan	: Ann. Palak Yash Rathod	8140277177



16 <sup>th</sup> Jan	: Rtn. Maulesh Ukani and Ann. Sonal Ukani	
	Rtn : 9824400900	Ann : 8758700900
18 <sup>th</sup> Jan	: Rtn. Apoorva Modi and Rtn. Ashini Modi	
	Rtn : 8000801110	Ann : 8000701110
19 <sup>th</sup> Jan	: Rtn. Kushal Mehta and Ann. Deval Mehta	
	Rtn : 9924246620	Ann : 8866105817

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# UPCOMING Meetings

## Comedy Night

19<sup>th</sup> January, Thursday

RCRG presents **Comedy Nights**. It will be the **most kickass event** of the month where you will enjoy the most **amazing flavors of comedy** with **standup artist** from our **own Club, RCRG**! Let us give our emerging talents a non judgemental platform to perform and a chance to make you **laugh till your stomach hurts**. You don't want to miss the mindblowing performances because as they say **Laughter is the Best Medicine!!!**



Member Scrutiny/Devt Chair  
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PP Rtn. Darshan Lakhani

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Rtn. Manish Patel

Fundraising Chair  
PP Rtn. Amit Raja

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PP Rtn. Sarju Patel

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PP Rtn. Ashwin Lodhiya

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

Public Image Chair  
Rtn. Jaydev Shah

Bhavan Chair  
Rtn. Dhruv Kakkad

Interact Club Chair  
Rtn. Killof Karia

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

District Conference Chair  
PP Rtn. Mehul Nathvani

## MEETING Review

### Winter Fellowship 2.0

Whether it is a Farmhouse or a House or our very own Bhavan, the success of a Winter Fellowship is solely based on the warmth of the people present.



On **Saturday, 6<sup>th</sup> January** members of **The Greater Parivar** gathered at **Rotary Bhavan** to celebrate **Winter Season** with delicious and famous **Mahika na Pudla**. The yummy Pudlas with winter veggies added spice to the cold winter night. The fun and fellowship of these meetings is what makes **RCRG** what it is.



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## Hygiene and Skin Health Seminar

**Date:** 6<sup>th</sup> January, Friday  
**Time:** 12:50 pm onwards  
**Venue:** Sarvodaya School, Rajkot  
**Speaker:** Rtn. Dr. Priyanka Sutariya  
**Beneficiaries:** 100+ girls  
**Topics:** Winter Care Tips, Proper Sleep Cycle, Healthy Diet, Yoga and Exercise, Zumba, Aerobics, Importance of Exercise for Teenagers rather than Gymming  
**Attendees:** Rtn. Ashini Modi and Ann. Mayuri Tratiya



## Project Pankh

Informative sessions of Project Pankh were conducted on:

**Date:** 4<sup>th</sup> January, Wednesday  
**Time:** 10:30 am to 11:30 am  
**Venue:** Modi School (Ishwariya Branch)  
**Beneficiaries:** 100+  
**Speaker:** Ms. Ashika and Ann. Monika Mehta  
**MOC:** Ms. Ashika

**Date:** 5<sup>th</sup> January, Thursday  
**Time:** 09:00 am to 10:00 am  
**Venue:** Kalyan High School  
**Beneficiaries:** 120+  
**Speaker:** Ann. Dhruva Chag MOC: Ann. Monika Mehta

**Date:** 6<sup>th</sup> January, Friday  
**Time:** 10:30 am to 11:30 am  
**Venue:** Kalyan High School  
**Beneficiaries:** 150+  
**Speaker:** Ann. Dhruva Chag  
**MOC:** Ann. Grishma Nathwani





**Date:** 9<sup>th</sup> January, Monday  
**Time:** 04:30 pm to 05:30 pm  
**Venue:** Darshan Bhavi Vidhyalaya  
**Beneficiaries:** 150+  
**Speaker:** Ann Grishma Nathwani and Ann Monika Mehta  
**MOC:** Ann Grishma Nathwani



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 were also present to prove the tagline of Project Pankh, **Hum Sab Saath! Taboo ke Khilaaf!**



**RTN. NAVIL VAISHNAV**

## SOUL *Talk*

### The Impact of Social Media on Mental Health

Social media has become an integral part of many people's daily lives, with platforms like Facebook, Instagram, and Twitter allowing users to connect with friends and family, share news and information, and participate in online communities. However, there is growing evidence that the use of social media can also have negative impacts on mental health.

One concern is the pressure to present a perfect image online, which can lead to feelings of inadequacy and low self-esteem. Research has shown that the more time people spend on social media, the more likely they are to compare themselves to others and feel worse about their own lives. This can lead to a range of negative emotions, including anxiety, depression, and loneliness.

Another issue is the constant stream of information and stimuli that social media provides, which can be overwhelming and lead to feelings of stress and anxiety. The pressure to constantly be connected and respond to notifications can also contribute to feelings of burnout and exhaustion.

There is also the risk of cyberbullying, which can lead to feelings of isolation, anxiety, and depression. In some cases, the negative impacts of social media on mental health can be severe, with some research linking social media use to an increased risk of self-harm and suicidal thoughts.

Overall, while social media can be a useful tool for staying connected and informed, it is important to be aware of the potential negative impacts on mental health and to take steps to mitigate them. This might include setting limits on the amount of time spent on social media, being mindful of the content being consumed, and seeking support if negative feelings persist.

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## Makar Sankranti in Different States of India

- **Gujarat:** Makar Sankranti is celebrated for two day, Uttarayan, and Vasi-Uttarayan. It is celebrate with –flying “Patang” and eating “Undhiyu” and “Chikkis”.
- **Maharashtra:** People celebrate by exchanging *til-gud* and greeting each other with “til-gud ghyaa, aani goad-goad bola” meaning, 'Accept these sweets and utter sweet words.' The underlying thought is to forgive and forget the past ill-feelings, resolve the conflicts, speak sweetly and remain friends.
- **Andhra Pradesh:** It is celebrated for 4 days.
  1. Day 1 - *Bhogi Panduga*, when people throw away old items into a bonfire.
  2. Day 2 - *Pedda Panduga*, meaning 'Big Festival,' is celebrated with prayers, new clothes, and by inviting guests for feasts.
  3. Day 3 - *Kanuma*, is very special for farmers. They worship and showcase their cattle that symbolises prosperity.
  4. Day 4 – On *Mukkanuma*, farmers offer prayers to the elements such as soil, rain, and fire for helping the harvest.
- **Punjab:** On the night before Sankranti or *Maghi*, Lohri is celebrated with people fondly singing famous folk songs and performing “*Giddha*” and “*Bhaṅgrā*” around the bonfire. Farmers start their financial new year on the day after *Maghi*.
- **Karnataka:** Makara Sankranti is celebrated with a ritual called “*Ellu Biorodhu*” where women exchange “*Ellu Bella*” (regional sweet delicacies) with at least 10 families. Farmers celebrate as “*Suggi*” or 'harvest festival' and decorate their bulls and cows in colourful costumes.
- **Kerala:** On this day thousands throng to see the *Makara Vilakku* (flame on *Ponnambalamedu* hill) near the Sabarimala temple when the Makara Jyothi, the celestial star appears in the sky. The belief is that Lord Ayyappa Swami shows his presence in the form of this celestial lighting and blesses his devotees.
- **Bihar and Jharkhand:** On the first day, people bathe in rivers and ponds and feast upon seasonal dishes as a celebration of a good harvest. Kites are also flown. The second day is celebrated as *Makraat*, when people relish special khichdi served with *chokha* (roasted vegetable), *papad*, ghee and *achaar*.



FREE

Wings



ANNET AKSHAT BHAVIN BHALODIYA



ANNET AARNA BHAVIN BHALODIYA



ANNET REIAN RUSHIT NATHWANI





# RANGMANCH

# Pravesh

Rtn. Mihir Nagrecha, Ann Roopa Nagrecha and their family invite you all to the **Rang Manch Pravesh** of their daughter **Annet Harshvi Mihir Nagrecha** on **15<sup>th</sup> January, Sunday (9 pm sharp)** at **Hemu Gadhvi Hall**, Tagore Road, Rajkot. The word Rang Manch Pravesh literally means **ascending or entering the stage**. It is a culmination of many years of **disciplined training** and **hard work**. It marks an important milestone, both in the life of a dancer as well as the guru. **It demands complete control and command over the intricacies and nuances of Kathak**. It's elemental meaning is **Convocation Ceremony**.



**Annet Harshvi Nagrecha** started pursuing the divine art of **KATHAK** at the age of **11**. For her, this precious art is a **form of spiritual meditation** which has imparted her **to express with greater self confidence and discipline**.



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