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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**

*President*

**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

Vice President  
**Rtn. Bhavesh Mehta**  
+91 9974040257

Joint Secretary  
**Rtn. Ravi Chhotai**  
+91 9712277333

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+91 9426201691

President Elect  
**Rtn. Nilesh Bhojani**  
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Treasurer  
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+91 9426900500

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**Rtn. Kalpesh Bagdai**  
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+91 9638716456

Youth Director  
**Rtn. Jaydeep Vadher**  
+91 9825447312

Club Director  
**Rtn. Jaydev Shah**  
+91 9879049518

Club Communications  
**Rtn. Rushit Nathwani**  
+91 9898944453

Sergent At Arms  
**Rtn. Anup Joshi**  
+91 9099039991

**CIRCULAR 27**



Programme : Rotary Ullas  
Date : 23<sup>rd</sup> March, Thursday  
Time : 08:00 pm onwards  
Menu : Dinner  
Venue : D. P. Doshi Rotary Greater Auditorium  
Invitee : Rotarians, Anns and Annets



Programme : Closed Business Meeting  
Date : 30<sup>th</sup> March, Thursday  
Time : 8 pm onwards  
Menu : Dinner  
Venue : D. P. Doshi Rotary Greater Auditorium  
Invitee : Rotarians and Anns



24 <sup>th</sup> Mar	: Ann. Saroj Rajen Modi	8000701110
25 <sup>th</sup> Mar	: Mr. Dipak Karia	9824459600
30 <sup>th</sup> Mar	: Rtn. Rajesh Somaiya	9898008095



21 <sup>st</sup> Mar	: Rtn. Ashok Thakar and Ann. Neeta Thakar	
	Rtn : 9825340769	Ann : 7567520863

## UPCOMING

## Meetings

### Rotary Ullas 23<sup>rd</sup> March, Thursday

As promised by the **Club President Rtn. Kunal Ashok Mehta** at the beginning of the year, this year has been full of **Entertainment! Entertainment! Entertainment!**. And so will be the meeting of **Thursday, 23<sup>rd</sup> March, Rotary Ullas**. There are **stories to be told, songs to be sung, people to be honoured**. We also have a **Rotractor** coming all the way from **Vapi** to entertain us. The

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evening will not just be **Entertaining**, but also **Informative**. And how can there be Ullas without our beloved Greater Parivar? So everyone its time to buckle up for **Rotary Ullas**.

## Closed Business Meeting

30<sup>th</sup> March, Thursday

The **third Closed Meeting** of the Rotary year 2022-23 is scheduled to take place on **30<sup>th</sup> March, Thursday**. An evening dedicated to the **Exchange of Ideas, President Rtn. Kunal Ashok Mehta** and his Board Members will share an **annexure of Club/Trust Bylaws** and discuss their **vision** and **ideas** for the remaining year with the Club Members. In return the members can share their valuable **suggestions** and **feedback** with the team.

## MEETING

## Review

### Go Greater Gir

We started our trip from Greater Bhavan on the morning of **11<sup>th</sup> March**. For **Breakfast**, we took a halt at **Shree Restaurant** near Gondal. We had a lovely **lunch at the Resort**. After taking afternoon siesta, we had **Refreshments** and enjoyed the **Pool party** which consisted of **Live DJ** and **rain shower** in the Pool. The kids thoroughly enjoyed it and didn't want to come out of the pool. After **Dinner** we enjoyed the **traditional Siddi folk dance** of the native tribes.



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



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The property was **lovely, quiet and well-maintained** with all the amenities. Next day post breakfast we left for darshan to **Somnath Temple**. On the way we visited the **Bhalka Tirth Temple** which is the Last resting place of Lord Krishna where he was injured by an arrow of hunter named Jara.



We had a lot of **fun and fellowship** with fellow Rotarians and their families. It was a nice short refreshing break from your daily hustle and bustle.

## PROJECT

## Review

### Blood Donation Camp

**Donate Blood! Donate Life!** On **Saturday, 18<sup>th</sup> March** RCRG conducted a **Blood Donation Camp** at **Rtn. Vipul Kotak's** unit **Shyam Advisory-Rajkot**. A total of **34 units of blood** was collected. Members of RCRG, **Rtn Vipul Kotak, Rtn. Anup Joshi, Rtn. Rushit Nathwani** and **Rtn. Bhavesh Mehta** donated blood. RCRG heartily congratulates the team of Shyam Advisory and the Rotarians who donated blood, **you have saved a life!** We appreciate the efforts and inputs of everyone present for this noble cause.



  
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ONE MONTH  
ONE BOARD MEMBER

# One Project

## Project Save Life! Donate Blood!

With support from **President Rtn. Kunal Ashok Mehta**, **Hon. Secretary Rtn. Aporva Modi** and **Rtn Bhaveshi Mehta**, our team at **Kotecha Group** and I have worked to have organize **Blood Donation Camps** at all **three of our hotels** on the same day. What I really like about this is that all these locations are comparatively quite remote, where such activities don't take place very often. Even if there is a small chance that a single person from the participating hotel staff

members, those of other neighboring hotels, locals or guests develop a sense of giving, I think it can be impactful in the long run. People working at such remote locations often don't get to experience the joy of giving, maybe this may help in changing it.

## IN CONVERSATION WITH RTN. KISHAN KOTECHA

**Spouse Name :** Margi Kotecha

- 1 What is your current Profession and what is the name of your Company?**  
Working in our family business, Kotecha Group, focusing more towards expansion and streamlining of our company portfolio in real estate and hospitality.
- 2 What are 3 interesting (not widely known) facts about you?**
  - Love playing video games (pretty good at few).
  - Love being in open waters and participating in water sports, especially scuba diving and snorkelling.
  - Was one of the chartered members at Rotary Interact club of TGES.
- 3 What gives your life meaning?**  
Happiness.
- 4 Out of the positive emotions of compassion, positivity, enthusiasm, and initiative, which one is your biggest strength?**  
Enthusiasm.
- 5 What is the one skill that you wish to master in the coming years?**  
Self Control.
- 6 What is a piece of advice that you would like to give to the younger generation?**  
Don't care about what others think, do what you like as long as it doesn't hurt anyone.

  
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**7 What big or small lifestyle change have you been meaning to make this year?**

Exercising in morning, doesn't have to be too intense but just want to do it regularly to incorporate in my daily routine.

**8 What is the one thing that you always want to be remembered for?**

Nonchalance.

**9 Who is your biggest influence in RCRG and why?**

I have the pleasure of working closely and spending time with Rtn. Mehul Nathvani. I think there is always something to learn from him. I have always admired his positivity and calmness, especially during tough situations.

**10 If you could make one Rule in Rotary that everyone must follow, what would it be?**

Any outstanding dues from Members towards RCRG must be cleared before the end of every financial year. If after sufficient intimation there is no action from such member(s), RCRG should also have the liberty to take necessary actions.

**11 What is the one thing that you wish to achieve for RCRG this year?**

Not this year, but in the long run I would like to help establish a self-fulfilling & self-sustaining permanent project.



## SOUL Talk

### Family Time Need to be No Mobile Time

In today's fast moving life, our cell phones are never far from our reach, whether they're in our pocket, handbag or schoolbag, or just left sitting on the table nearest to you. We check them frequently and obsessively, whether it's to read an email, or to get an update on the ongoing cricket match, or just to mindlessly scroll through social media.

All of this attention on our phones is distracting all of us from the most important thing in life, quality **family time** with loved ones. We all picture ourselves as multitasking machines, doing a good job with everything all at the same time. But attention has limited capacity, When you're with someone and you're on the phone at the same time, you are where the phone is—in the virtual world. Having family time that's free of phones is more important than ever because

- it leaves less time for important things in life such as sleep, leisure time, work, and family time
- we have enough things that interfere with our family time - busy work schedules, homework, extracurricular activities. Let's not add Mobile phones to the list.



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- mindful real life conversations are important for great family dynamics.
- smartphones are powerful mind- and mood-altering devices that can be as addictive. It is easy to lose track of time while using smartphones.
- pulling out your cell phone in the middle of a conversation is just bad cell phone etiquette
- kids learn by watching what we do. If you overuse phones, don't blame your children when they do.
- constant screen use is especially worrisome because all that screen time is making it less likely that you'll find time to do activities that encourage you to exercise creativity and use your imagination.
- too much screen time can lead to a number of mental and physical health issues.



## FROM WHERE I Stand



**We make a living by what we get,  
but we make a life by what we give**

Often confused to be the same thing **“To make a Living”** and **“To make a Life”** are very **different concepts**. **To live means to survive**, for which, we need a lot of resources like air, water, food, etc. Living is the symbol of all the efforts that a person makes to earn an income, be it a job or a business or any other activities. It is basically the **“money” aspect of your life** to bring you comfort and luxury, in addition to the basic resources. Therefore, it can be safely said that **the main aim of “living” is to always get**.

**“We make a living  
by what we get.  
We make a life  
by what we give.”**

—WINSTON CHURCHILL



On the contrary, **making a life means to make it meaningful and satisfying**. And for that we must do something for others, without expecting anything in return. The best way to feel motivated, energized and have a sense of purpose in life is by **standing with people who need you, sympathizing with the needy, and helping people in whatever little ways that you can**. Having money, success, social status are important but **true joy and happiness always comes from giving**. Generosity is as much a gift to the giver as it is to the receiver because when you focus on someone else's problems your problems automatically become very small.

In simple words **“making a living” is only a small part of “making a life”**. When we make a living, we focus on how to get things from the environment and others around us. On the other hand, when we make a life, we tend to walk on the path of humanity. We see to it that we are able to grow ourselves while allowing others to grow along with us. So the next time you see someone in need, **lend a helping hand and see the world around you turn beautiful and full of love**.

## CLUB News

RCRG heartily **congratulates** parents **Rtn. Navil Vaishnav** and **Ann Hinal Vaishnav** and grandparents **Rtn. Ashok Vaishnav** and **Ann Bhavna Vaishnav** on the **birth of baby boy**. May his angelic presence bring enormous joy and happiness in all your lives.

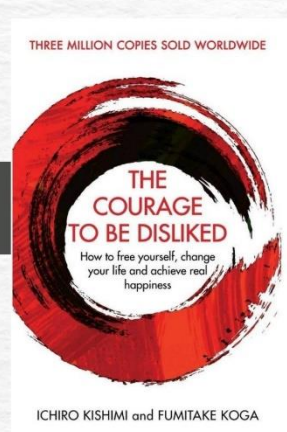




RTN. RAVI CHHOTAI

YOU Critic

## The Courage to Be Disliked



The **Courage to Be Disliked: How to Free Yourself, Change your Life and Achieve Real Happiness** by Ichiro Kishimi and Fumitake Koga keeps popping up as a recommendation from various people and sites, so I figured I did like to give it a try.

The book covers a lot. But, the most controversial aspect of the book is that our choices and even emotions are exactly what we *want in a particular moment*. We create narratives around our past emotions and trauma to justify the emotions and actions we choose in the present. In our current culture of victimhood, people believe that it's perfectly fine and totally valid to live a life of mediocrity, as long as you have enough victimhood points to justify it.

**The Courage to Be Disliked** if read and understood well can become a great cure to "blame anybody but yourself" mindset of the modern world. I don't say that all trauma is invalid. I believe that PTSD from war and other serious abuses do exist. But the world has completely stripped the concept of trauma of all meaning to the point of being effectively worthless.

The book puts complete responsibility for a person's happiness directly on the person. But it also makes it clear that not everybody who experiences trauma and abuse are defined by it. Many people who have experienced horrific atrocities go on to live full, happy, complete lives. Not everyone excuses their choices because of their past, bringing the past in to present and letting it control them.

**The Courage to Be Disliked** essentially means that, to live happily and make your way in life, you have to be okay with not everybody liking you. In fact, not being liked takes a decent amount of strength and courage that most people don't have. It's far easier, more convenient to simply blame everybody else for your problems and never take personal responsibility.

I'd say this book is worth reading especially for those who believe their past is holding them down. I also believe it will help everyone who wants to shake themselves out of mediocrity and excuse-making.



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