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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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CIRCULAR 29



Programme : Jaano Khelo Jeeto (Know your Members)
Date : 15th April, Saturday
Time : 08:00 pm onwards
Menu : Dinner
Venue : D. P. Doshi Rotary Greater Auditorium
Invitee : Rotarians, Anns and Annets



23rd Apr : Picnic
26th Apr : Dr. Deepak Vohra Speaker Meet



11 th Apr	: Rtn. Dr. Priyanka Sutariya	9099944120
11 th Apr	: Ann. Varsha Ashwin Lodhiya	9737043151
12 th Apr	: Rtn. Dhruv Kakkad	9099560605
13 th Apr	: Ann. Divya Rajiv Zaveri	9099096449
15 th Apr	: Rtn. Karan Shah	9879198989
15 th Apr	: Ann. Meera Purvesh Kotecha	9428788568
15 th Apr	: Ann. Priti Vinod Amlani	9825391009
16 th Apr	: Ann. Ushma Sanjay Mehta	9327691511
19 th Apr	: Ann. Hemal Bhavesh Parsana	9537169202



16 th Apr	: Rtn. Ravi Chhotai and Rtn. Ishita Chhotai	
	Rtn : 9712277333	Ann : 9726797978
19 th Apr	: Rtn. Nevil Vaishnav and Ann. Hinal Vaishnav	
	Rtn : 9825179938	Ann : 7574879938

UPCOMING Meeting

Jaano Khelo Jeeto (Know your Members) 15th April, Saturday

This year **11 new members** and their families are becoming a part of **Greater Parivar**. Let us get to know them a little more closely and give them a chance to know our **Beautifully Crazy Greater Family**. And what better to know

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someone, than **playing games with them**. RCC member **Lovely Thakar**, Rtn. **Priyank Bharad** and **Ann Rajvi Bharad** invite you all to join in for a night of **Crazy Fun Games** and **Rib-tickling Laughter** on **Saturday 15th April**. This Game Night is as much for the **Old Members** as for the **New Ones**. Let us all **Get Together** and **Play as a Family** and **Challenge each other** while making long lasting new friends.



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 *Reviews*

Closed Business Meeting

- The **third Closed Meeting** of the 2022-23 took place on **30th March, Thursday** where the Rotary Prayer was recited by Rtn. Ashok Surelia
- The **Secretarial Announcements** were made by **Hon Secretary Rtn Apoorva Modi**. **President Rtn Kunal Ashok Mehta** gave details about **Project Hunf** for **April**. He also wished good luck to the **Rtn Nilesh Bhojani** and **Rtn Jaydev Shah** for **Pets-Sets**.
- **Rtn. Jaydev Shah** shared his views on the **importance of RSVP** for Club Meetings and Projects and **appealed everyone** to do the same.
- **Rtn Dhruv Kakkad** appealed the members to **use Bhavan only for Rotary Greater meetings, projects and to generate Rental Income** without asking



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- for discounts. He invited members to give their **suggestions to increase the Bhavan Income.**
- **Club by-Laws:** Discussions were held about giving authority to the committee appointed in the board meeting to sign the draft by-laws and circulate the signed copy to the members. General members demanded the draft copy to be circulated first for the reading reference and later providing the signing authority to the committee approved by the general in the relevant close business meeting. **Rtn. Nilesh Sheth** proposed to make a new committee to draft the new by-laws.
- **Rtn Amit Raja** provided the details of **Donation of Blood Component Extractor** to the **Civil Hospital** for the **Thalassemia patients.** This will be the **third permanent project** for the current year.
- The night ended with the **National Anthem.**

RTN. APOORVA MODI

Khau Gali @ Fern Residency

This year **The Fern Residency**, Rajkot has organized its talk of the town **Food Festival** named **Khau Gali** from 31st March to 16th April. RCRG had booked the slot for the **Greater Parivar** on **Thursday, 6th April** from 8 pm onwards. Being at the **Unlimited Street Food Festival** held on the Hotel Terrace was like being in a **Foodies Dreamland.** The décor transported everyone to Juhu Chowpaty and Manekchowk. There was **Chat, Momos, Gathiya, Barbeque, Nachos, Sliders, Chinese, Sandwiches, Gola, Soda, Chai, Paan** and what not. It was a place to satisfy all the **Street Food Cravings** at one



place. Every one present **let loose the Foodie in them** and ate all their **favorite dishes** with fellow **Rotary Members** till their **stomachs hurt eating** and **faces hurt smiling and laughing.**

Project Pankh

An Informative sessions of Project Pankh were conducted on:

Date: 5th April, Wednesday
Time: 10:30 am to 11:30 am
Venue: Sunshine International School
Beneficiaries: 120+ Girls
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 Nivetha Amlani** and **Rtn. Ashini Modi** was also present to prove the tagline of Project Pankh, **Hum Sab Saath! Taboo ke Khilaaf!**



CLUB News

Farewell Function of Dr. Vijay K. Gupta

On 2nd April, Sunday a Rajkot Cancer Society organized a Farewell Function at Hotel Saraza for Dr. Vijay Gupta, the Medical Director of Rajkot Cancer Society. After years of selfless service, he has decided to shift back to his hometown. Members of RCRG were present there to thank him for his service and to wish him the best for his future.



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ONE MONTH
ONE BOARD MEMBER

One Project

Project Hunf

While coming up with the ideas for **Project of the Month for April**, **President Kunal Ashok Mehta**, **Hon. Secretary Apoorva Modi** and I decided to do something for the backbone of our society, **Women!** And when we asked ourselves **"What is something only women can do?"** we got the answer **"Giving Birth to a New Life"**. Under **Project Hunf** we will provide **A kit (containing a Basic Set of Clothing for Newborn Babies and a Wholesome Protein Rich Kit for New**

Mothers) to all the mothers who give birth at **Padmakubarba Hospital** during the month of April. Everyday these kits will be distributed **to fight the prevailing malnutrition** in New Mothers, thus bringing Smiles to their faces, because **A Healthy Mother means a Healthy Child!**

IN CONVERSATION WITH RTN. RAJESH PARSANA

Spouse Name : Ann. Alpa Parsana

Children's Names : Annet Kush Parsana and Annet Krishna Parsana

1 What is your current Profession and what is the name of your Company?
I am a businessman and my company's name is Club One

2 What gives your life meaning?
The things that give my life meaning are passion and dedication in whatever I do. Maintaining lifelong and healthy relationships and even social interactions is a very important aspect of life. And other leisure activities are as essential part of life. This might include learning new skills, challenging myself to overcome obstacles, or pursuing a journey of self-discovery

3 Out of the positive emotions of compassion, positivity, enthusiasm, and initiative, which one is your biggest strength?
My biggest strength is enthusiasm. I am energetic and have always shown it

4 What is the one skill that you wish to master in the coming years?
I want to become even better at sports and improve my business skills

5 What is a piece of advice that you would like to give to the younger generation?
My advice to the younger generations is to put your heart and soul into anything and everything that you do. Always be passionate and dedicated towards your goals. Small steps towards your goals will help you achieve your goals



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

To improve my health, I want to take up walking as a hobby

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

The way I want to be remembered is about how I put efforts into everything. I also want to be remembered for my fellowship

8 Whose is the most dialed number on your phone presently?

My wife Alpa

9 Which previous RCRG project is close to your heart and why?

The dialysis project in BT Savani

10 Who is your biggest influence in RCRG and why?

There is no particular person and everyone influences me in all the positive aspects. Everyone has an impact on me whether it is in Rotary or my personal life

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

The rule would be that as it is a social platform, everyone should mandatorily take part in every social activity

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

I want complete the tasks with utmost respect and efforts and be involved in it



ANN. MONIKA MEHTA

SOUL *Talk*

How to get Children to Eat a Rainbow of Fruits and Vegetables

Many of us are not aware that **7th April** is celebrated as **World Health Day**. It is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world. WHO decided a theme every year, and this year's theme was **Health for All**. When I saw the theme "Health for All" it crossed my mind that many of us don't discuss Health of young children. And almost

nobody discusses Health with Young Children in the language that they understand. So how do you get young kids to eat a Different Fruits and vegetables?

- Repeating the same foods for extended periods of time can become dull for both the child and the parent and can cause deficiencies if followed in the long term. **New ways of presenting foods**, including different shapes, colours, containers and serving utensils can encourage children to eat new foods.
- **Growing food with kids** teaches them where food comes from. If space is limited, **teach children an awareness of the seasonal implications of food** and encourage eating fruit and vegetables that are in season.

kids.eat.in

MAY NOT HELP		MAY HELP A LOT
"Apples are good for you."		"Red food gives you a strong heart."
"Carrots will turn you into a bunny."		"Orange food helps you see in the dark."
"This food will help you grow."		"Yellow food helps your body heal cuts."
"Salad is healthy."		"Green food helps you fight off sickness."
"Blueberries have antioxidants in them."		"Blue & purple foods give you a strong brain."
"White food isn't good for you."		"White foods give you energy."

Kids Eat in Color

- **Make food interactive;** include your children in the planning, purchasing and preparation of meals with age appropriate responsibilities.
- Often **new foods will need to be presented on between five and ten occasions** over time to a child before they will try it.
- **Using the rainbow** is a great starting point for food choices as it encourages variety. Colour comes from different components in fruits and vegetables. Talk to them about fruits and vegetables in the language that they understand (**examples are provided in the image**)

FROM WHERE I Stand



Financial Literacy is not a skill, it's a lifestyle

I wouldn't have been writing on this topic if the calendar showed a date from 20 years ago. However the concept of **Financial Literacy** has now become a priority for all developing nations. India is home to almost a quarter of the world's population but almost $3/4^{\text{th}}$ of its adult population does not understand basic financial concepts. A classic example of this is that most people in India accumulate piles of cash at home. The value of this cash is never going to increase unless invested carefully.

Financial Literacy is the ability to understand various **financial skills** like **budget, investment, taxation, credit, debit, loans**, etc and to **use them effectively** as and when required. Simply, it is the foundation of your **relationship with money to make informed and effective decisions** with your financial resources.

There is a misconception in India that Financial Literacy is important only for the development of a country or big companies. We falsely believe that a Chartered Accountant is the only one that needs to be Financially Literate. But **financial literacy is a concept beyond age, gender or profession**. A financially literate housewife can efficiently run a low income household. A financially literate child will understand the concept of saving money early on. A financially literate teenager will make a more informed career choice. A financially literate senior citizen can lead a life of luxury without a steady income.

So if you are financially literate you can **ensure economic security for yourself and your family**. You can manage your income to **meet your needs and dreams**. You can create wealth for your **future with a comfortable cushion** for any emergency. It helps you achieve various life goals like educating your child in the university of his or her choice, buying your dream house, going for that long awaited Europe tour, protecting your loved ones in case of a medical emergency or planning a stress free retirement life.

So **get yourself a Finance teacher** in the form of a **person, an institute, a book, a website or a mobile application**, because the earlier you start the better.



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