

MILESTONE

NOV
2022
ISSUE 05

ROTARY CLUB OF VALSAD MAGAZINE



Club ID.: 15159 | RID: 3060 | RIY: 2022-23

#beinspired

EVENT BY: VALSAD CITY MARATHON

MANAGED BY: Rotary Club of Valsad

TITLE SPONSOR: Merit

MOBILITY PARTNER: Eminent Cars

SPONSORED BY: Merit

ACCREDITED BY:

MEDIA PARTNER: infinizoo

Rotary VALSAD CITY MARATHON

EVENT BY VALSAD RACERS GROUP

13TH NOV 2022 @ SHANTI RESORT, TITHAL, VALSAD.

HELP LINE NO.: +91 99090 14357 REGISTER NOW:

FULL MARATHON | HALF MARATHON | 10KM | 5KM | 42KM CORPORATE RELAY

DEVELOPED BY: PARAM HOSPITALITY

FULL FOOD & FUDGE: HOLD ON

VENUE PARTNER: shanti

MEDICAL PARTNER: LOTUS HOSPITAL

FOOD PARTNER: AGNEE BAKERS

SUPPORTED BY: GUJARAT POLICE TRAFFIC BRIGADE GUJARAT



PRESIDENT MESSAGE

Dear fellow Rotarians,

Valsad is famous for Alphonso mangoes. The month of November holds a special place in the mango harvest cycle. Tiny flowers starts appearing on the mango trees which ultimately becomes delicious and yummy mangoes with time. It is in this spirit of new season that we celebrated the month of November at Rotary Club of Valsad.



Rotary Club of Valsad was the lead sponsor of Marathon held by Valsad Racers Group and it was appropriately titled "ROTARY MARATHON". Thousands of marathoners from the city and beyond participated in this marathon. DG Shrikant Indani was present to flag-off the event and motivate the marathoners. This was the biggest public image project organized by Rotary Club of Valsad till date and it was a huge success. Most of the club members participated in the event both as runners as well as volunteers for the event.

We continued this awareness towards healthy living by organizing a panel discussion on Diabetes Awareness alongwith Valsad Medical Association. Rtn. Dr. Kalpesh Joshi moderated the event. The other doctors on the panel were Rtn. Dr. Sanjiv Desai, Dr. Kantibhai Patel, Dr. Devang Desai and Dr. Nishit Patel.

We had three HUMF events during the month. Twice at Vejalpore and one at Nandawala. This remains our forever commitment towards well being of pregnant women. Back to School another flagship project of Rotary Club of Valsad was held at DMDG Ghaswala Municipal High School, Valsad.

Other projects conducted during the month were plastic collection for recycling and saree distribution to needy women. Our regular project of Table Tennis training and first permanent project of the club, Rotary Physiotherapy Centre, are going full swing.

In our regular club meeting titled "Guruvaar ka Gyaan" we had a wonderful speaker Mrs. Aditi Desai who guided us about the stress management which is so important in our daily life.

Last but the most important of all the events during the month was felicitation of DGN Tushar Shah by the members of the Rotary Club of Valsad. It was wonderful to hear his plans for his upcoming year 2024-25 as DG of RID 3060.

Members also enjoyed wonderful fellowship with him prior to the event.

December in winter is always fun and hope to enjoy the month with zeal and enthusiasm.

Rtn. Swati Shah
President (2022-23)
Rotary Club Of Valsad

MEETINGS OF NOVEMBER 2022

Dear Stress.... Let's Breakup!!

An Insightful Talk on Stress by Rotarian Aditi Jain, Renowned Consulting Psychologist of Vapi & Member of Rotary Club of Vapi Phoenix - **Dear Stress... Let's Breakup** was organized by RC Valsad.



New Member Induction

Membership is the lifeline of Rotary. Membership of Rotary develops leadership, public speaking, social, business, personal and vocational skills as well as improving cultural awareness.

Rotary is fun, friendship and travel opportunities!

RC Valsad inducted 3 new members who share the same interests.



Felicitation of DGN Tushar & Nehal Shah

Rotary Club of Valsad felicitated District Governor Nominee of RID 3060 Tushar Shah & Nehal the pure examples of Rotary's Motto "Service Above Self". It was a pleasure listening to Tushar as he spoke about Rotary and the exemplary Service Projects.



PROJECTS FOR THE MONTH OF NOVEMBER 2022

Project HUMF

Rotary Club of Valsad continues to care for the Maternal & Child Health. We at our adopted village Vejalpore continue with HUMF project. We guide the pregnant women & explain them the importance of nourished food. We give them Nutrition kits (Dates, Chana, Ghee, Rava, Jaggery). Few children face the problem of being underweight too. We give them Protein Powder, Multivitamin Syrup & Iron Syrups.



Rotary Valsad City Marathon

Rotary Club of Valsad associated with Valsad Racers Group to support the Rotary Valsad City Marathon. 1400+ Participants registered in various categories. Hydration booths throughout the route were efficiently managed by Rotarians, Rotractors & NCC with continuous cheering for the participants. District Governor Shrikant Indani & Sarikaji joined for the Flag off. Rotary Public Image Coordinator Zone 4 Pinky Patel was present for the Flag off and Prize Distribution. AG Siddharth Mehta & Ruchi Mehta were also present. Valsad District Collector Kshipra Agreji was also present for the prize distribution. Project Chairs - Rtn. Utpal Thakor & Rtn. Utpal Patel.



Panel Discussion - Diabetes Awareness

Rotary Club of Valsad and IMA Valsad jointly organized a panel discussion to spread awareness about Diabetes on the World Diabetes Awareness Day. This program was held with the good intention of spreading awareness and knowledge about diabetes among the people of Valsad. Various questions were answered regarding the silent killer diabetes. The program was conducted by the top physicians of Valsad - President of IMA Dr. Devang Desai, Dr. Nishit Patel, Dr. Kantibhai Patel, Dr. Sanjeev Desai and Dr. Kalpesh Joshi of Lotus Hospital as moderator.



Back To School

There are many local families in Valsad whose children cannot afford school fees due to poverty, so to help such students not drop out of school, members of RC Valsad collect donations to help students start the school year with their fees paid. The Rotary Foundation's mission is to support basic education and literacy, reduce gender & race disparities in education, and strengthen the capacity of communities to increase literacy. Thus, by paying a fee of Rs.94,750/- for a total of 41 students, it has been made easy for the students to study again in the school. Chairman of Back to School project Dr. Premal Shah worked continuously & hard from July to November to make the future of these 41 students bright.



Students' Talent Search

At Valsad Pardi Primary School, the Rotary Club of Valsad conducted an elocution competition as a talent search for the students of classes 6th, 7th and 8th, with the help of their teachers. According to the teacher who prepared the students for this competition, this competition was held for the first time in school. Rotary members Devangi Desai and Gaurang Patel served as judges in this competition. At the end of the competition, Rtn. Gaurang Patel encouraged the students by giving an insight on how to participate in the competition and become a winner.



Saree Donation

Rotary Club of Valsad donated 100 sarees to the needy women of a village called Peth near Nasik. Members of club always find ways to help and serve the community at large.



MEDIA COVERAGE

વલસાડ રેસર્સ ગ્રુપ અને રોટરી ક્લબ દ્વારા મેરેથોન, ૧૪૦૦ નાગરિકોએ ભાગ લીધો

વલસાડ રેસર્સ ગ્રુપ અને રોટરી ક્લબ ઓફ વલસાડ દ્વારા તા. ૧૩મી નવેમ્બરને રવિવારના રોજ વલસાડ સિટી મેરેથોનનું આયોજન કરવામાં આવ્યું હતું. પ્રોજેક્ટ અધ્યક્ષ ઉત્પલ દાકરે અને સહઅધ્યક્ષ ઉત્પલ પટેલના નેજા હેઠળ યોજાયેલી આ મેરેથોનમાં ૫ કિ.મી., ૧૦ કિ.મી., ૨૧ કિ.મી. અને ૪૨ કિ.મી.ની મેરેથોન દોડની સાથે એક રિલે ૨૪૦૦થી નીચે ગોઠવવામાં આવી હતી. કુલ ૧૪૦૦થી નીચે પૂરા વધારે સહભાગીઓએ આ મેરેથોનમાં ભાગ લીધો હતો. તમામ સહભાગીઓને મેડલ અને ફૂડ બોક્સ લે આપવામાં આવ્યા હતા. ઉપરાંત વિવિધ કેટેગરીમાં ટ્રોફી અને રોકડ ઉનામો પણ આપવામાં આવ્યા હતા.

રોટરી ડિસ્ટ્રિક્ટ ગવર્નર શ્રીકાંત અને સારિકા ઉનામીએ સ્વેગ ઓફ આયોજન કર્યું હતું.

રોટરી ક્લબ ઓફ વલસાડના ઉપક્રમે ડાયાબિટીસ જાગૃતિ કાર્યક્રમ યોજાયો

વિવિધ ડાયાબિટીસ જાગૃતિ દિવસ નિમિત્તે રોટરી ક્લબ ઓફ વલસાડ અને ઈ-ગીવન મેડીકલ એસોસિએશન-વલસાડના સંયુક્ત ઉપક્રમે ડાયાબિટીસ અવેરનેસ કાર્યક્રમનું આયોજન રોટરી ક્લબ, વલસાડ ખાતે કરાયું હતું. વલસાડના ડાયાબિટીસ વિશે જાગૃતિ ફેલાવવા અને તે અને શાન આપવાના આશયથી યોજાયેલા આ કાર્યક્રમનું સંચાલન વલસાડના ટીચના કોલેજના તબીબો, આઈ.એમ.એ.ના પ્રમુખ ડૉ. દેવાંગ દેસાઈ, ડૉ. નિશિલ પટેલ, ડૉ. ક્રીતિમાઈ પટેલ, ડૉ. સંજય દેસાઈ અને મોડરેટર તરીકે શોહસ ઓસ્તિવલા ના કાર્યક્રમમાં સાથ આપ્યું હતું. કાર્યક્રમમાં, સાયબર કિલ્લેટ ડાયાબિટીસ અને વિવિધ યાત્રાના જવાબ આપવામાં આવ્યા હતા.

વલસાડમાં 5થી 42 કિમીની સિટી મેરેથોનમાં 1400 રનર્સ જોડાયા

વલસાડ રેસર્સ ગ્રુપ- રોટરીના સંયુક્ત ઉપક્રમે આયોજન થયું હતું. વલસાડ રેસર્સ ગ્રુપ અને રોટરી ક્લબ ઓફ વલસાડ દ્વારા વલસાડ સિટી મેરેથોનનું આયોજન કરાયું હતું. પ્રોજેક્ટ અધ્યક્ષ ઉત્પલ દાકરે અને સહ અધ્યક્ષ ઉત્પલ પટેલ ના નેજા હેઠળ 5 કિમી 10 કિમી, 21 કિમી અને 42 કિમીની મેરેથોન દોડ સાથે એક રિલે ૨૪૦૦ થી નીચેના રનર્સ ગોઠવવામાં આવી હતી. વલસાડ ખાતે યોજાયેલી આ સિટી હાજર રહ્યા હતા. રોટરી પબ્લિક ઈમેજ કોઓર્ડિનેટર જોન-૪ ના પિકી પટેલ અને વલસાડ ક્લેક્ટર શિખા આરે પ્રમુખ સ્વામી શાહ ડૉ. કલ્પેશ જોષીનો ઉપસ્થિત રહ્યા હતા. મેરેથોન ટૂટ આખર વ્યક્ત કર્યો હતો.

RC VALSAD AT ARTHSHREE



arthશ્રી

TRF & SERVICE PROJECT SEMINAR

DISTRICT: 3060
CLUSTER:- 10

INVITEE:

12th Nov. (SATURDAY)

3 PM TO 7 PM

RG LANDMARK, GIDC
ROTARY CLUB OF UMBERGOAN

RTN SHRIKANT INDANI

DISTRICT GOVERNOR

RTN MILIND SONPAL

HOST CLUB PRESIDENT

RTN JWALANT JADAV

HOST CLUB HON. SECRETARY

RTN SIDDHARTH MEHTA

EVENT CHAIR

RTN LALIT TAPARIA

EVENT CO-CHAIR

ROTARY CLUB OF UMBERGOAN
HOST CLUB

REGISTRATION DETAILS

Till 11th Nov :- Rs. 600 per person

On or after 12th Nov :- Rs. 700 per person

Spot Registration :- Rs. 700 per person

BANK DETAILS

A/c. Name :- ROTARY CLUB OF UMBERGOAN

A/c No :- 31308032706

A/c type: Current

IFSC Code: SBIN0009306

Bank: STATE BANK OF INDIA

Branch: GIDC - UMBERGOAN

SECRETARIAL ANNOUNCEMENTS

Dear Rotarian Friends,

We would like to thank all the Rotarians, whose birthdays & anniversaries have been in the month of November for their generous contribution to the club. The contributions are as follows-

1. Rtn. Tushar Desai - Rs. 1100/-
2. Rtn. Dr. Ankita Marjadi - Rs. 2000/-
3. Rtn. Mahendra Bulsar - Rs. 2000/-

So the total contribution received is Rs. 5100/-



Thanks once again!

Rtn. Nirali Gajjar,
Club Secretary.

SPECIAL ACHIEVEMENTS & RECOGNITIONS

Rotary India Service Project Updation Data

(01/07/2022 to 30/11/2022)

Rtn. Shrikant & Sarika Indani
(District Governor)

Club Category : 0-25 Members		Club Category : 26-50 Members		Club Category : 51-75 Members	
Bharuch Femina	372	Amreli Gir	96	Chikhli River Front	560
Halvad	50	Surat Tapi	78	Baroda Sayajinagari	64
Shindakheda	17	Bharuch Narmada Nagari	69	Rajkot Prime	56
Club Category : 76-100 Members		Club Category : 100+ Members			
Bhavnagar Royal	86	Bharuch	204		
Navsari	67	Valsad	85		
Surat	43	Rajkot Greater	41		

Rtn. PDG Ashish Roy
Counsellor : Service Projects

Rtn. Pankaj Shah
Dist. Service Project Chair

* Club groups created as per the 1st July Membership count.

FROM THE EDITORS...

There are three responses to a newsletter – Yes, No and WOW !!

We have always aspired for the WOW but we leave it to the readers how successful we have been. Looking forward to the reviews from all our dear readers.

Thanks!
Team Milestone -





રોટરી ફિઝિયોથેરાપી સેન્ટર



મુખ્યા દાતા : સ્વ. યોગેશ પારીખ (નવદીપ ઘરઘંટી) ની યાદમાં

રોટરી ફિઝિયોથેરાપી સેન્ટરની વિશેષતાઓ :

- ✓ દુઃખાવો – ખભો, કોણી, કાંડુ, થાપા, ઘુંટણ, એડી, ગરદન, કમરના સાંધા તથા સ્નાયુનો દુઃખવો
- ✓ લકવો-હાથ-પગનો લકવો, મોઢાનો લકવો, પોલીયો, બાળ લકવો, જન્મજાત ખોડખાંપણ.
- ✓ સંધિવા, સાયટીકા, ગાદી ખસી જવી
- ✓ કમરના મણકાનો ઘસારો, નસ દબાઈ જવી
- ✓ જોઈન્ટ રીપ્લેસમેન્ટ, સાંધા બદલ્યા પછીની કસરત
- ✓ રમત-ગમત દરમ્યાન થતી તમામ ઈજાની સારવાર
- ✓ ફેકચર બાદ જકડાઈ ગયેલ સાંધાની સારવાર
- ✓ Covid-19 ફિઝિયોથેરાપી સારવાર
- ✓ AC ફિઝિયો સેન્ટર તેમજ ટ્રેઈનડ ફિઝિયોથેરાપીસ્ટ

Treatment
starting
from
RS.100/-

📍 : ગાયત્રી બુક સ્ટોરની પાછળ, હાલર સિવિલ રોડ, વલસાડ.

☎ 97241 70500 | Email : physio.rcv@gmail.com



Rotary Club Of Valsad

Rotary greetings from host team of District sports event



DISTRICT-3060 SPORTS EVENT

4th & 5th March 2023

Rtn. Shrikant Indani
District Governer 3060

@ Valsad

Rtn. Harish Kothari
District Sports Chair

Registration Amount
WITH ACCOMMODATION
2600/-
WITHOUT ACCOMMODATION
2100/-
per person

SPORTS ACTIVITIES :

Sr. No.	Game	Details	Host Team Coordinator
1	Tennis Ball Cricket	8 -8 over match will be played. Knock Out Rounds format will be played.	Rtn Pratik Parekh 98791 05383
2.	Carrom Tournament	Singles and Doubles will be played Knock Out Rounds format will be played.	Rtn Bhavin Shah 98244 93134
3.	Chess Tournament	5 Round Swiss Tournament will be played Time control 15+ 5 Chess board must be bought by the players	Rtn Dipesh Shah 98255 72703
4.	Table Tennis	Singles and Doubles will be played Knock Out Rounds format will be played.	Rtn Rishikesh Vibhandik 74051 41608
5.	Badminton	Singles and doubles will be played Knock Out Rounds format will be played.	Rtn Nishant Patel 90990 42311
6.	Lawn Tennis	Singles and doubles will be played Knock Out Rounds format will be played.	Rtn Dr. Mehul Solanky 99250 49270
7.	Box Cricket	It will be played in box Team need to bring Bat only 6 lady members team	Rtn Dr. Dhara Ashra 78740 77766
8.	Swimming open	2 laps competition will be there Free style swimming competition	Rtn Mahesh Bhanushali 98241 43333
9.	Race	100 and 400 Mts Race will be there Club can register maximum for this race	Rtn Sunil Jain 93758 10206

A player can take part in Cricket + maximum 2 sports events. For each sports event need to register on google form. We wish your kind support and cooperation for the same.

Special Attraction : Saturday Night will be Music Masti at Daman.

Rtn Swati Shah
President

Rtn Hitesh Patel
Event Chair

Rtn Dharmin Shah
Event Co-Chair

Rtn Nirali Gajjar
Hon. Secretary