



SAYAJI SWAR

CLUB NO. 30298/RID: 3060 | CHARTER DATE: 30/06/1994

MONTHLY BULLETIN OF ROTARY CLUB OF BARODA SAYAJINAGARI





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Rtn. Nisha Amin

Ann Hetal Gandhi

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President Reflects



Rotary greetings,
Rotary Theme for month of April is “Maternal health and Child care”

RCBS has been executing Project HUMF from 2011, started by PP Rtn. Dr. Ashwin Shah and named by PP Rtn. Pulin Shah. Sharing some details of the Project “HUMF”- Humanitarian Aid to Underprivileged Maternity wards Females. In Gujarati it means warmth or support associated with child care.

At Present we execute this project mostly twice a month (1st & 3rd Wednesday) at GMERS hospital of Vadodara. Health foods like Dates (Khajoor) and Chana are given along with daily sample diet plan leaflets in Gujarati to all mothers of newborns. Dates, and roasted chana are distributed keeping in mind the increased dietary needs of proteins and iron of lactating Mothers, with an advice to eat a handful every day.

The idea was to make them aware that such simple additions in their diet will help to keep them healthy. Rotarians, Ann's, Annets and our Rotract Club members also come and help in distribution.

Health Foods are given in cotton reusable bags with Rotary and Club Logo along with Name of the Project. This helps to promote Rotary and the club's name.

RCBS is a pioneer of the Project HUMF taken up by our District 3060, where all clubs are requested to execute this project at least once a month.

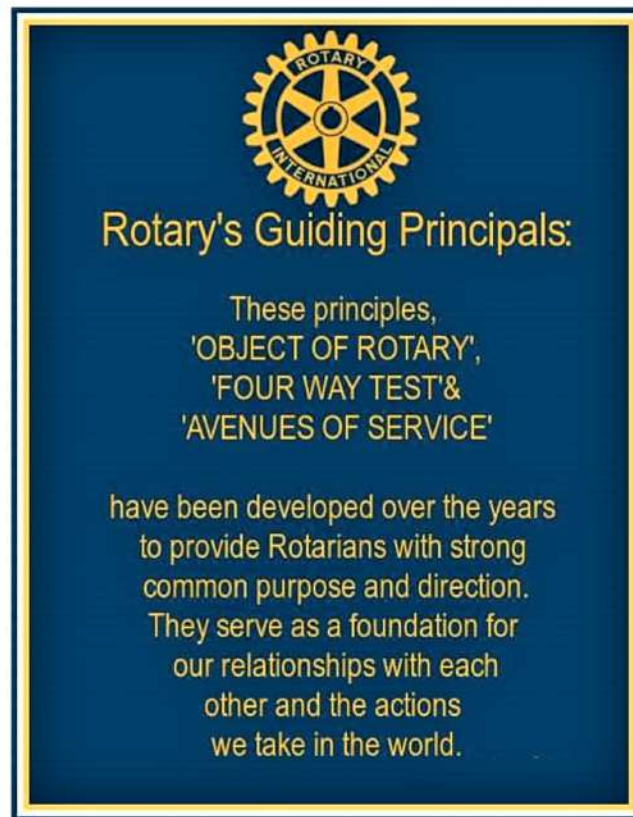
Almost 12 Years since inception of Project HUMF, we have sensitised and reached almost 1800 mothers annually.

I Believe that

“HEALTHY MOTHER & CHILD builds a Foundation of a Strong Nation”



Editorial



Dear RCBS'ians

It is not often that we think about our environment until 'the environment' forces us to think about it.

The future Earth will have to have a courageous attempt to combine the social and natural sciences along with as well other considerations, to combat the repercussions due to environmental deterioration.

The untimely rains, hail storms, earthquakes, intense droughts, water scarcity, severe fires, rising sea levels, flooding, melting ice caps.... One can just go on with the list.. In spite of knowing the repercussions, we tend to give a deaf ear and a blind eye.

Let's get together and use just a little less of everything we borrow from our globe. Let's seriously take simple measures and influence people around us to follow these simple measures.

"What you do makes a difference, and you have to decide what kind of difference you want to make." - Dr. Jane Goodall

Achivements



Rtn Nisha Amin

Rtn Nisha Amin was awarded for Most Inspirational & Emerging Woman entrepreneur 2023 by the Ministry of MSME & India SME Forum. She was felicitated by Hon'ble Union Minister Shri Narayan Rane.





Rtn Nishant & Rtn Kalpesh

Rtn Nishant Ramani - Executive Directors Award and Rtn Kalpesh J Shah - Core Value Award from Corporate Connections Baroda received the awards as mentioned against their respective names during India National Convention of Cultivation, Collaboration, Celebration at Corporate Connections held on 24th & 25th February 2023 at Hyatt Regency, Gurgaon.

RCBS Rhythm



HUMF

1st Mar

R. C. Baroda Sayajinagari Flagship HUMF...

55 Neo-mothers were made aware about their Diet in this phase through a simple leaflet on easily available nutritious food items...Usual kit of चना - खजूर was handed over to them. Project was attended by Rtn Minal Shah, Ann Priya Dedhia, Ann Manjoo Shah, Ann Sonal Amin and a guest Mrs Tejal Amin.

Sponsored by Rtn Dharmendra & Sonal Amin and Rtn Chetan & Priya Dedhia.



Mom & Me

RC Baroda Sayajinagari in association with Proctor and Gamble held workshops on Menstrual health and Hygiene at various Schools. The young Girl students were made to understand the basic facts linked to the menstrual cycle and how to manage it with dignity and without discomfort or fear. Short video explaining the Menstrual Cycle and correct disposal of Sanitary napkins were shown. Free samples were also distributed to all girls and some were given to Teachers so girls can use incase of emergency use.

Schools and no of Students benefited is as follows

- 9th March: Silver oak school - 135
- 10th March: Shreyas Vidyalaya English Medium - 260
- 11th March: Maa sarswati prathmik shala (Morning) - 85
- 11th March: Maa sarswati prathmik shala (AfterNoon) - 81
- 14th March Sardar Vallabhbhai Patel Prathmik Shala Karelibaug - 40
- 16th March Samiyala Prathmik Shala - 93





Prize Distribution for Essay Competition



An Essay competition was held at various Gyan Jyot Schools attached with RCBS on the occasion of Gandhi Jayanti. Topics given were

- શું ગાંધી માર્ગે જીવન જીવવું શક્ય છે ?
- જો ગાંધીજી આજે જીવતા હોત તો ?
- ગાંધીજી અને તેમના આંદોલનો
- ગાંધીજીના જીવનના પ્રેરક પ્રસંગો
- ગાંધીજી પાસે આજના રાજકીય જીવન જીવનારા વ્યક્તિઓએ શું શીખવું જોઈએ.

An overwhelming response was received from schools. 70 - 80 students each participated per school. Our own Rtn Deval Shastri was gracious enough to undertake the humongous task to evaluate all the entries.

Top Three Essays from each school were awarded along with a few consolation Prizes. Certificates and branded pens were given to all winners, kind courtesy Rtn Dr Parag Shah who Sponsored these Prizes.



Books for Mobile Library:

19th Mar

English language easy to read with Good Pictorial books were donated to Sahaj- an NGO which runs Society for Health Alternatives—works with communities by educating them on their rights and empowering them to claim their entitlements in the Health. - Clothes were also donated for women in Bastis.





Medical Camp

20th Mar

R.C. Baroda Sayajinagari conducted a Medical Camp in association with Ganga Jamna Hospital. HbA1C and Bone density camps were organized by PP Rtn Dr Ashwin Shah and patients were guided further by Dr. Karan Shah without charging any consultation fees.

In all 48 Patients took the benefit of the camp.





Distribution of Sparrow Houses:

World Sparrow Day 19th Mar

20 March is celebrated as World Sparrow Day. It became necessary to raise awareness about House Sparrow conservation and protection, as their numbers have been declining globally. RCBS joined hands with a NGO "Just call save Animals and Birds" along with other partners and distributed 600 Wooden Sparrow Houses to the citizens. Kalabharti Charitable Foundation owned by RCBS member Rtn Pritesh and Ann Anupama Shah Sponsored 100 Sparrow Houses.



Survey For Back Pain

23rd Mar

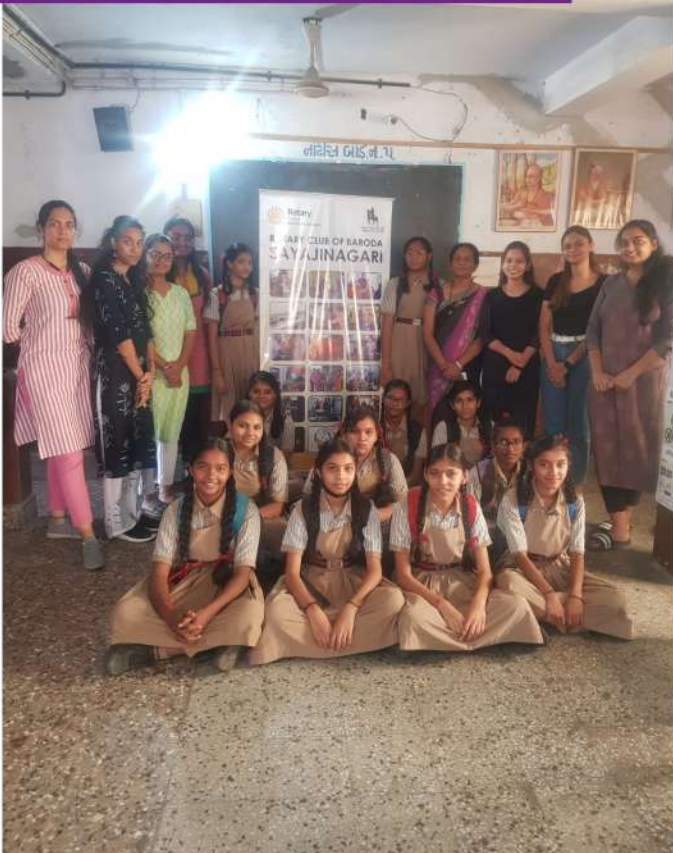
We all are aware of the weight (in the form of School Bags, filled with Books, Stationery, water Bottle, Snacks etc) carried by children while going to school. Over a period this weight has only increased. This increasing burden has affected the physical health of these young children, at a very tender age. RCBS facilitated a survey by a team of Doctors from Medical Care Centre Trust working with Kashiba Children's Hospital.

23rd Mar

160 students from Nutan Vidyalaya, Subhanpura were surveyed. The data gathered were their weights with and without the School Bags, along with other parameters like age, height etc.

29th Mar

330 at Sevasi Prathmik Shala. The Trust intends to gather data from other schools as well and analyse the same for suitable recommendations.



Fellowship

Dhuleti Celebration

Dhuleti, the annual riot of colours was celebrated with full fervor. Our own members Rtns Nishant & Sneha Ramani willingly and graciously offered their farmhouse for the fellowship. The revelry commenced with application of Organic, Skin friendly dry colours. A special touch by the Ramani family was visible in the form of colourful flower petals (Rose and Chrysanthemum). An assortment of freshly prepared spicy Pakodas added to the morning zing, while the indian coolant Thandai soothed the palate. Rtn Col Milind and Dr Suneet organised an interesting activity which was a team activity and involved special skills like sewing, eating a whole packet of biscuits, drinking an entire bottle of Aerated Drink, Origami etc. The two teams led by PP Rtn Dr Ashwin Shah and PP Rtn Rajendra Shah, fought tooth and nail and the stiff competition resulted in a Tie. Another quick activity was added as a Tie-Breaker, which was won by the team of PP Dr Ashwin Shah. The members then went on to gorge on a sumptuous buffet for lunch.



RI Sphere

World Rotract Week

**WORLD
ROTARACT
WEEK**

Every year March 13 is celebrated as World Rotaract Day. The purpose behind celebrating this day is to recognize the service provided by rotaractors throughout the world. The Rotary organization is one of the largest networks of volunteers working for the betterment of the community. The theme of World Rotaract Day 2023 is "Create Hope in the World". The world Rotaract Week will also be celebrated between 13 March and 19 March

Rotaract is used for Rotary in action. Rotary is a global network of 1.4 million volunteers who work towards leaving and impact by making the world a better place to live in. Rotary members work in areas like :

Promote peace

Fight disease

Provide clean water, sanitation, and hygiene

Save mothers and children

Support education

Grow local economies

Protect the environment

There are number of such organisations based on community help and volunteer participation working across the world....

World Rotract Week

The theme for the year 2023 is “Create Hope in the World”. As per the president of Rotary Intrenation goal is to restore hope to help the world heal from destructive conflicts and to help achieve lasting change. As per Rotary there is a need for peace and continuity, including work to empower women and work toward diversity, equity, and inclusion, while not neglecting our mission to end polio.

The Rotary Club of Calcutta became the first Rotary club chartered in India on 1 January 1920. Today, more than 3,000 clubs operate throughout India, including the Rotary Club of Vapi, home to 2011-12 RI President Kalyan Banerjee.... Read more at: <https://www.bankersadda.com/world-rotaract-day-2023/>

અશ્વઘોષ

By Rtn. Deval Shastri

બાળકોની દુનિયા અલગ છે, સ્વસ્થ વાતાવરણ આપવું એ આપણી ફરજ છે

શબ્દોને ઓળખવા એ વાંચન છે જ નહીં... એ કેવળ અક્ષરજ્ઞાન છે... મૂળ કિન્ડરગાર્ટનની પરિકલ્પનામાં અક્ષરજ્ઞાન ક્યારેય હતું જ નહીં. ઘણીવાર યુવાવર્ગને લાગણી વ્યક્ત કરવી છે પણ તેમની પાસે શબ્દભંડોળ હોતું નથી....

એનું કારણ એટલું જ છે કે માતાપિતા, કિન્ડરગાર્ટન કે શિક્ષણ સંસ્થાઓએ એ ફોર એપલ ગોખાવી નાખ્યું... બીજા શબ્દો શોધવા મુશ્કેલ પડે છે...

વાંચન વિશાળ પરિકલ્પના છે, બાળક આસપાસ દુનિયા જુએ, ચિત્રો બનાવે, જોડકણાં ગાય કે રચે, પ્રકૃતિ જુએ, બનેલા અથવા જાતે બનાવેલા શબ્દોથી દુનિયા સમજે.... કિન્ડરગાર્ટનમાં બાળકો ખૂબ વાતો કરે એ કલ્પના ઇતિહાસમાં સરી ગઈ છે.

હેપ્પીનેસ ઇન્ડેક્સમાં અગ્રતા ધરાવતા ફિનલેન્ડમાં સાત વર્ષ સુધી બાળકને અક્ષરજ્ઞાન આપવામાં આવતું નથી, એના બદલે શબ્દભંડોળ વધે એ પ્રયત્ન થાય છે....

નેધરલેન્ડમાં બાળક છેક છ વર્ષે પહેલા ધોરણમાં મૂળાક્ષર શીખે છે. સાઇકોલોજી એવું માને છે કે જે બાળકો પાસે શબ્દભંડોળ વધારે હોય છે, એ બાળકો મોટી ઉંમરે પુસ્તકપ્રેમીઓ બનતા હોય છે. સારા લેખક તથા વિચારક બની શકે છે. માણસમાં દરેક પરિસ્થિતિમાં ટકી રહેવાની હિંમત શબ્દો થકી મળે છે.

આપણે ત્યાં કિન્ડરગાર્ટન સંચાલકો એક વાત સમજે, જો ક્લાસરૂમમાંથી બાળકો વાતો કરતાં બંધ થાય કે અવાજ આવતો બંધ થાય તો એ વર્ગ કાયમી ધોરણે બંધ કરી દેવો જોઈએ.... કિન્ડરગાર્ટનના ક્લાસમાં અવાજ નહીં આવે તો ક્યાંથી અવાજ આવશે? એમને ખૂબ બોલવા દો...

અશ્વઘોષ

By Rtn. Deval Shastri

બાળકો નાની ઉંમરે શીખી શકે છે, ગ્રાસ્પિંગ પાવર સારો હોય છે એ માન્યતા સાચી, પણ ગ્રાસ્પિંગ એટલે અક્ષરજ્ઞાન નહીં.... એટલે જ નાના બાળકોની પરીક્ષા લેવી એ નરી કૂરતા છે.

ફિલોસોફર રુસોએ પ્રકૃતિ પ્રેમ આધુનિક દુનિયાની ફિલોસોફીમાં અલગ ભાત પાડતું સોશ્યલ કોન્ટ્રાક્ટ નામનું પુસ્તક લખ્યું, રુસો આખી દુનિયામાં પ્રસિદ્ધ થયા. ફ્રાન્સની સરકારને પુસ્તકમાં બળવો દેખાયો, રુસો જર્મની અને ત્યાંથી ઇંગ્લેન્ડ ગયા પણ જામ્યું નહીં.

રુસોએ એમિલ નામનું એજ્યુકેશન પર પુસ્તક લખ્યું, પેરિસ પાછા આવ્યા અને ગરીબીમાં મૃત્યુ પામ્યા....

રુસો પ્રકૃતિના અનુભવો પરથી માનતા કે માણસ તો ઇશ્વરનો ભાગ છે, ખોટી રીતે પૂજાપાઠ કરવા કરતાં પ્રકૃતિને પ્રેમ કરો, જે વેદનું જ્ઞાન છે.

રુસોના મતે બાળકનો સ્વાભાવિક વિકાસ થવા દેવો જોઈએ તો જ અંતરનું સામર્થ્ય બહાર આવશે, બાકી ગોખીને ભણવાનો કોઈ અર્થ નથી. શિક્ષણ પ્રથા માટે રુસો માનતો કે સ્વ અનુભવ જેવો કોઈ શિક્ષક નથી. પ્રશ્ન એટલો જ છે કે રુસોના મતે પ્રકૃતિ એટલે શું? રુસો માનતો કે પ્રકૃતિ એટલે વૃક્ષો, પશુપંખી, જંગલો, ખેતી, તળાવો, નદીઓ, પહાડો તો ખરાં જ પણ....માનવનું શું? રુસો માનતો કે કુદરત સાથે માનવનું અસ્તિત્વ સૌથી મહત્વનું છે, માનવીના સામાજિક સંબંધો, તેની વર્તણૂક અને.....માનવ જે સરળ રીતે સમજી શકે એ ભાષા....

કુદરત કે પ્રકૃતિ સમજી શકે એ આપણી માતૃભાષા, દુનિયામાં જ્ઞાનની અનેક ભાષા આવશે પણ દિલમાં એક એવી ભાષા વસેલી હોય છે, જેમાં મિત્રોને ગાળ દેવાય, મજાકો કરાય કે પ્રકૃતિ સમીપે લઇ જાય.

કવિતા લખવાની કે વિચારવાની મજા આપણા મનમાં રહેલી માતૃભાષામાં જ આવે. અરે, મજેથી ગાઢ નિદ્રામાં સપના જોવાની મજા તો માતૃભાષામાં જ આવે.

આપણી સંસ્થાઓની જવાબદારી છે કે બાળકના માનસિક સ્વાસ્થ્યનો વિકાસ થાય એવી પદ્ધતિઓ સમાજ સમક્ષ મૂકતા રહેવું જોઈએ.

RCBS Kaleidoscope



RCBS Kaleidoscope



Rotary Fledglings

BBHIS Interact Club



Women's Day

On the 7th of February, the President and Secretary of the club, Int. Vivan Shah and Int. Hetav Ramani presented the club report of the Interact Club of Baroda Sayajinagari for 2022-23 in the presence of Mr. Shrikant Indani, District Governor (in RID 3060).



Special Occasions of RCBStians

April

Birthdays

7th Apr

Rtn Anjal Patel

13th Apr

Rtn Col Milind Gogate

18th Apr

Rtn Sanyogita Pradhan

Ann Hema Shastri

21st Apr

Rtn Minal Shah

Ann Priya Dedhia

24th Apr

Ann Darpan Amin

27th Apr

Rtn Bhargav Bhatt

30th Apr

Ann Purvi Shah

Anniversaries

16th Apr

Rtn Samir &

Ann. Bijal Patel

21st Apr

Rtn Bhargav &

Ann. Toral Bhatt

25th Apr

Rtn. Brijesh &

Rejal Parikh

Up Coming Meetings

5th Apr

HUMF 1

19th Apr

Speaker Meet



OBJECT OF ROTARY

The object of Rotary is to encourage & foster the ideal of service as a basis of worthy enterprise and, in particular,

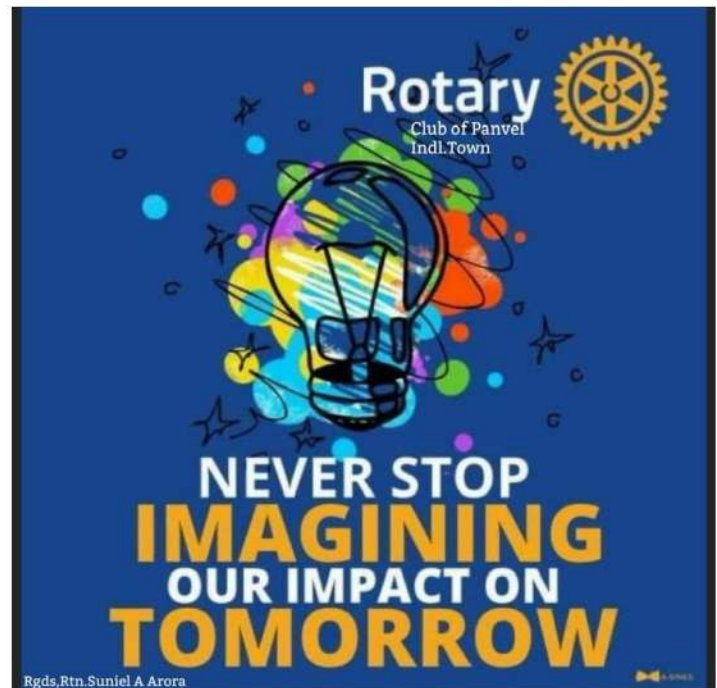
TO ENCOURAGE & FOSTER:

FIRST: The development of acquaintance as an opportunity for service.

SECOND: High ethical standards in business & professions; the recognition of worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society.

THIRD: The application of the ideal of service in each Rotarian's personal, business & community life.

FOURTH: The advancement of international understanding, goodwill & peace through a world of fellowship of business & professional persons united in the ideal of service.



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