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## **CONTENTS**

03 04 05 President **RCBS** Editorial Reflects Rhythm 13 07 15 OCV Permanent RI Sphere Project 15 19 20 Indian Army-અશ્વઘોષ **RCBS** Career Kaleidoscope Counselling 25 23 26 Special Rotary **Up Coming** Occasions Fledglings Meetings of RCBSians

## **President Reflects**





International Women's Day: Celebration of the mystery called 'Woman'

U.S. International Women's Day (March 8) is a global day celebrating the historical, cultural, and political achievements of women. The day is also observed in support of taking action against gender inequality around the world.

The significance of women in society is beyond any suspicion. Every year, Women's Day is observed around the world to honour the social, economic, and cultural achievements of women from all areas of life. The purpose of the day is to honour a woman's accomplishments while also raising awareness about bias

This year's theme is #EmbraceEquity, the International Women's Day (IWD) website explains. It encourages people to support the theme, not just on International Women's Day but every day. "Equity isn't just a niceto-have, it's a must-have.

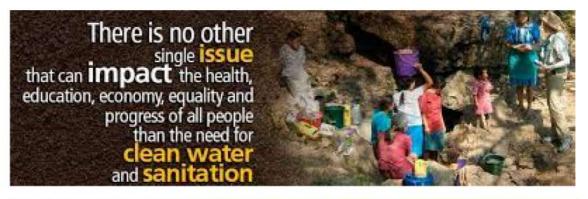
International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women, who have played an extraordinary role in the history of their countries and communities.

My message to all women is

"Don't be afraid of anything because you are a woman, because you are strong at heart and that's your greatest strength, you are making a difference in so many lives and I am one of them. Wish you a very Happy Women's Day."

More Power to Women!

## **Editorial**





As the month of Love and Budget comes to an end, we await with bated breath the Season of bloom, the Season of blossom, the Season of cheer!!

Spring is the time of plans and projects. When the first green emerges from ground and the first bud opens, people over the world celebrate life's triumph.

The onset of spring is heavily entwined with the religious, the mystical and the spiritual.

Let's rejoice this season of love and joy- the essence of all that is good. As spring brings in dimensional colours, let us learn to embrace happiness.

Talking about colours, Holi is a great equalizer, everyone is colored with the same hue.

Burn all negativity this Holi and let sparks of positive thought brighten your life and you drench in the hue of Happiness Of Life.

Wishing all RCBSians a very Happy Holi.

## **RCBS Rhythm**



## **RCBS Flagship HUMF**

#### 1st Feb and 15th Feb

Project HUMF executed twice at general Hospital **GMERS** Maternity ward. In all 115 Neo mothers were given Health foods like Khajoor and channa with leaflets in Guajarati explaining Dietary needs for lactating mothers. Sponsored by non-Rotarian Mr Nanavati family. Attended by Rtn. Hetal Shah, Rtn. Minal Shah, Ann Manjoo Shah, Ann Bhavana Shah and Rtn. Sanyogita Pradhan







## Mom & Me

#### Date 6th Feb to 9th Feb

Workshop on awareness regarding Menstrual Health and Hygiene was conducted at various schools. They were made to understand the basic facts linked to the cycle menstrual and how to manage it with dignity and without discomfort or fear. Short video explaining details about the Cycle and Menstrual Proper Disposal of Sanitary napkins was shown. Free samples were also given to all girls and some were given to Teachers so girls can use them in case of an emergency. Bill Prathmik shala: 123 Girls

Subhash Chandra Bose Netaji

Prathmik Shala: 100 girls

Tandalja Prathmik Shala: 93 Girls Aarya kanya Vidyalaya: 142 girls Pramukh Swami Maharaj prathmik

Shala: 109 Girls











## **Dictionary Distribution**

#### Total 150

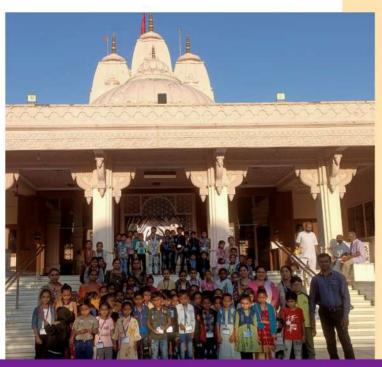
Dictionary distribution for Gujarati Medium students was organised with DG Shrikant Indani and Rtn. Sarika Indani at Sevasi Prathmik Shala.

These Dictionaries have English to English as well as English to Gujarati translation. How to use a Dictionary efficiently was demonstrated to students and benefits of forming a habit to use a dictionary was explained.

Dictionaries were also distributed to other 3 schools namely Indranagar Prathmik Shla, Ankodiya

- -Mahapura Prathmik Shala
- -Ampad Prathmik Shala.

In all 150 dictionaries were distributed at subsidized rates





### 9th Feb and 24th Feb.

Educational trip for students studying from 6th to 9th standard were taken to Statue of Unity and students from 1st to 5th standard were taken to visit Swaminarayan Temple, Akshay Patra unit and Kamati Baug.

Trip for all the students was sponsored by Rtn. Hitesh Mali







# Rotary Rotary Club of BARODA SAYA JINAGARI HbA para

## **Medical Camps**

Two medical camps were conducted on 20th and 22nd Feb, for assessment of HbA1C and Thyroid parameters. Close to 100 patients were screened at Ganga-Jamna Hospital, under the able guidance of PP Rtn Dr Ashwin Shah.



## **Teacher Training Program**

RCBS in association with Balaji Eduserve conducted a Teacher's Training programme for the faculty of Sahaj.

SAHAJ directly works in urban and rural Vadodara with children, adolescents and women.

Teachers were educated on Various Domains of Developmental Skills with practical ideas and activities to teach children with ease.

This workshop was conducted by our very own member Rtn. Dr Hiran Bagadia.









# Permanent Project

## Physiotherapy Services at Deepak Medical Foundation

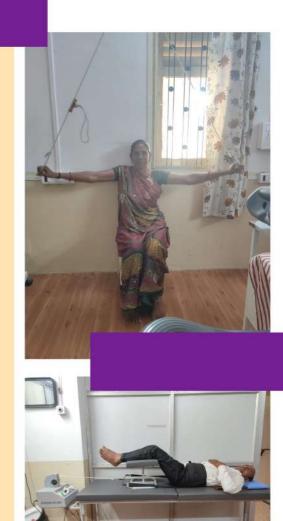
RCBS has undertaken a project to extend Physiotherapy Services for Industrial Work force from Rural area arvind Nandesari Industrial Area. in Association with Deepak Medical Foundation. A fully equipped and functional physiotherapy unit was established in December 2021. The growing frequency of trauma cases and accident cases, in the local industries and among the daily commuters in the area, were immensely beneficial due to this support of regular physiotherapy as part of the recovery process. The unit caters to the needs of various other chronic conditions like joint pain, back pain and other orthopaedic diseases. Physiotherapy plays an essential role in addressing lifestyle-related illnesses and ensuring general wellbeing of individuals. Even the senior citizens including geriatric population have been utilising the services.

The objectives of the Physiotherapy unit are to:

- Provide Physiotherapy services to the beneficiaries of Nandesari Industrial Area (NIA)
- Provide ergonomic care and kinesiology for the Industrial Workers
- Provide physical therapy services by screening for and direct treatment of impairments of the movement system that affect participation in daily life roles among local people
- Provide Preventive care for the workers and other occupational health issues

## Physiotherapy Services at Deepak Medical Foundation

- Activities Undertaken
  - Extended availability of experienced Physiotherapist at the centre for 4 days a week from twice a week
  - Training and capacity building of nursing assistant to attend to the regular patients as per direction of Physiotherapist
  - Regular community level medical camps to propagate the services and to identify persons needing regular session at the centre
  - Meetings at local industries to popularize the services among the industrial workers
  - Regular follow-up done by the medical team of the patients to ensure continuous treatment is taken by the patients at the centre.
- Outcome Sept 22 Jan 23
  - Close to 100 visits of patients are recorded for services physiotherapy at the centre. Treatment provided for different types of conditions such as patients with adhesive capsulitis, muscle spasm, lumbar spondylitis with radiculopathy, arm weakness with pain and tingling sensation, knee pain, wrist parentheses, Radial post-operative nerve palsy, physiotherapy, frozen shoulder, post discectomy physiotherapy, plantar fasciitis, dislocated shoulder, post-operative therapy and such other health conditions requiring physiotherapy
  - 3 community based camps were conducted wherein 150 persons were screened and examined by Physiotherapist and recommended therapy as per their conditions.
  - The unit is continuously being popularized in the nearby industrial area and community to increase the utilization.



# Official Club Visit

## by DG Shrikant Indani







The annual event of Official Club Visit (OCV) by the District Governor, R I D 3060 was scheduled on 07 Feb 2023. Shri. Shrikant Indani, the DG for RY 2023-24 visited our club along with Smt Sarika Indani as scheduled. He was received by the President and the Secretary at around 3.00 pm. He was then led to the workplace of one of our new members, Rtn Nilesh Pandya. The interaction with the member lasted for about 45 minutes, where Shri Nilesh Pandya explained his scope of work and other social activities, while the DG keenly listened to all the details. Thereafter, the DG was invited to visit the Sevasi Prathamik Shala, the outskirts of Vadodara. Distribution was planned during this visit, under the project Gyan-Jyot. There he interacted with the teachers as well as students. He was shown around in the school complex, where RCBS has established certain infrastructure projects like a Hand Wash Station and 32 Ceiling Fans. addition the club has been conducting regular campaigns in various social awareness aspects like Mom & Me (Menstrual Health & Hygiene), Project Masoom (Good touch / Bad touch), Medical / Dental well-being etc.

The DG was then taken to Hotel Regenta Fairlark, his place of stay. After a short break the OCV resumed, where the DG interacted with the President, President Elect and Secretary for a while before meeting the Board of RCBS. During this meeting the Treasurer and all other chairs briefly spoke about their respective areas. This interaction lasted for about 90 minutes. AG Rtn Manisha Bhatt was present and gave some very constructive inputs.

### Official Club Visit

The DG appreciated all the work done by RCBS so far and expressed his satisfaction with the quantum and quality of projects undertaken by RCBS. He further gave his perspective on various aspects of Rotary. He put a lot of stress on younger member profile, The Rotary Foundation (TRF), need for a Permanent Project, Public Image of Rotary etc. He seemed concerned about the frequency of the club meetings and insisted on the club meeting every week. His concern was well received, however, it was discussed that in the present multi-media age, weekly physical meets served little purpose.

After meeting the RCBS Board, the next phase of OCV commenced where the DG interacted with other members of RCBS. The event was innovatively compered by PP Rtn Meeta Shah and Rtn Krupa Mali. A soulful prayer by Ann Bhavna Desai and the Rotary Four-Way Test by Rtn Darshan Vyas set the tone for the evening. The Rotaract and Interact clubs of RCBS presented their respective work done so far, which were appreciated wholeheartedly by the DG. The RCBS progress through the current RY was showcased too. The DG once again appreciated the work done by RCBS in Rotary focus areas and reiterated his views expressed with the Board earlier. He encouraged participation by the younger members and need to contribute towards TRF.

The DG was presented with a copy of the book on Indian Musical Instrument "Sitar", authored by PE Dr Bharat Desai, as token of appreciation.

The OCV concluded with a sumptuous dinner at the Regenta Fairlark.







## **RI Sphere**

## District 3060 Public Image Project-Vadodara Cyclofun 2023







Date 26th Feb.

- 1. Vadodara Cyclofun 2023 Event was jointly organized by 8 Rotary Clubs of Vadodara in association with Vadodara Municipal Corporation & in partnership with P4F Cycling Club.
- 2. Close to 600 cyclists took part in Cyclofun Event including participants from various cycling clubs/groups of our city, Divyang tricyclists, VMC officials, She Team of Police Dept., Defence personnels, Rotarians etc. Registration charges were waived off to encourage participation.
- 3. A Zumba Dance session was organised at the start for warm up. Unicyclists rode with Dignitaries & Bike Stunt Performance post ride also were the attractions of the event.
- 4. Approx 35 to 40 units of Blood was collected through this parallel held joint Blood Donation Camp along with SSG Hospital Blood Bank.
- 5. Two local youth Cyclist Achievers-"Kedar Patel & Dr.Parthiv Patel, were felicitated for achievement in Cycling Sports at National & International level.
- 6. In all, 15 Hoardings were installed across the major locations of the cycling route.

## Vadodara Cyclofun 2023

- 7. All local media print & electronic news channels took coverage of the event.
- 8. Dignitaries such as Mayor, Dy. Mayor, Asst. VMC Commissioner, ACP Zone 4 from Police Dept & VMC Counsellors graced the inaugural flag off ceremony & also cycled for 2 kms on the fun ride route.
- 9. DGE Rtn.Nihir Dave & PDG Rtn.Pinky Patel also graced the occasion of the inaugural flag off ceremony.
- 10. Cycling Games were also held, where young riders took part in it & the winners were given prizes.
- 11. Post Ride all participants were served complimentary snacks at the end of the event.
- 12. The Event was well supported by Vadodara Sports Promotion Foundation for Venue, Bicycle Mayor, Vadodara Police, She Team, Digital Marketing Partner "Pooja Infotech", Radio Partner RED FM, " "Velo Masters" for free bike service coupons, Prize Sponsor "Vednavya", Hydration Sponsor- "The Veronica".

Following Enthusiasts from RCBS family pedalled their way to Glory of 22 kms...

Rtn Sneha Ramani Rtn Hitesh Mali Rtn Dattesh Shah Ann Purvi Shah Rtn. Sanyogita Pradhan

ICBS was represented by Vivan Shah and Aarav Doshi...





# JCI ANKLE GWAR







## Indian Army - Career Counselling

As part of community outreach initiative, Rtn Col Milind Gogate interacted with School Children (IX - XI Std) recently...

The sole intention was to generate awareness about Armed Forces...

The event was organised by Ankaleshwar chapter of JCI, at an auditorium at Ankaleshwar...

07 Schools participated in the program with more than 1000 Students...

Due to such huge numbers, the organisers decided to conduct two sessions of 2 hrs 30 minutes each...

The interaction was well received, with Girls and Boys being equally Inquisitive and curious...

This huge response was probably due to a limited representation in the Armed Forces from Gujarat...

Lack of Info, Knowledge and Perspective about Life in the Armed Forces was visible... Sample this...

Not many were aware that they can join Armed Forces as officers after pursuing Graduation in any Technical, Non-Technical Discipline...

That, Armed Forces offer careers in more than 20 Distinct Disciplines, along with a Distinguished Way of life...

There were a couple of mothers in the audience who confessed to NOT Allowing their Child to go for NDA, due to limited knowledge and perspective... Sharing a glimpse into the day...



#### By Rtn. Deval Shastri

#### અશ્વઘોષ

"માર્ચ મહીનો એટલે બચાવેલા પાણીનો વપરાશની શરૂઆત...."

આપણી યુવા પ્રજામાં ઘણી સારી જાગૃતિ છે, છતાં યાદ રાખવું જરૂરી છે કે દુનિયામાં દર ત્રીજી વ્યક્તિને પીવાના પાણીની અછત અસર કરે છે. વિશ્વની 20% પ્રજા એવરેજ પાંચ માઇલ ચાલીને પીવાનું પાણી લાવે છે...

ચોમાસામાં પાણીની વાત એટલા માટે યાદ રાખવાની છે, આજે પણ દુનિયાની 25% વસ્તી પાસે પાણી માટે કૂવાઓ જ સ્ત્રોત છે, બીજી રીતે કહીએ તો દુનિયાના ઘણા વિસ્તારમાં ભૂગર્ભ પાણી જ એકમાત્ર ઉપાય છે. ધીમે ધીમે ખેતી અને પાણીની જરૂરિયાત 10% ગ્રોથ થી વધશે...હાલ ખેતીમાં 65% ભૂગર્ભ જળ વપરાય છે. ભૂગર્ભ જળનો 11% ઉપયોગ ઇન્ડસ્ટ્રી કરવા લાગી છે.હા, એ પણ તૈયારી રાખજો કે આગામી દાયકાઓમાં જમીનનો દુષ્કાળ આવી રહ્યો છે...

ચોમાસાની વાત એટલા માટે કરવી છે કે વિશ્વમાં લગભગ 30% પાણી ભૂગર્ભ જળ છે, જેના સંગ્રહ માટે વરસાદી પાણી મહત્વનું છે. નદી પર એક હદ કરતાં વધુ ડેમ પાણીનો સંગ્રહ કરી શકે પણ ઇકો સિસ્ટમને ખતમ કરી રહ્યા છે... દરિયા કિનારા તરફની જમીનોમાં ડેમને કારણે ખારાશ વધી રહી છે...

અમદાવાદની પોળોના ઘરો હોય કે સિંધુ સંસ્કૃતિ, ટાંકાઓની પદ્ધતિ હતી… ઇન શોર્ટ, વરસાદી પાણીનો સંગ્રહ થતો હતો.

ખેતી માટે પાણીની વાતો, સિંચાઇની પદ્ધતિઓ ઋગ્વેદથી મિન્સ સનાતન યુગથી પ્રચલિત છે. કૂવાઓમાંથી દોરડા અને ચક્ર મારફતે પાણી ખેંચી શાખાઓ અને પ્રશાખાઓ મારફતે કૂવામાં પહોંચાડવામાં આવતું હતું.... ખેતીમાં પાણી પહોંચાડવા ઘોડાઓનો પણ ઉપયોગ થતો હતો.

ઋગ્વેદમાં ખેતી અને તેના માટે જરૂરી મેઘ માટે ઘણું લખાયું છે. આપણે ત્યાં એ પણ લખાયું છે કે પૃથ્વી અને આકાશ એક જ હતાં, પછી અલગ થયા. અલગ થતાં વરસાદ અને સૂર્ય ગાયબ થયા, દેવતાઓની હાજરીમાં સમાધાન થયા. આકાશી દેવતાઓની કૃપા માનવજાતને મળવા લાગી…

મોટાભાગના વૈદિક દેવતાઓ પ્રકૃતિ સાથે જોડાયેલા હતાં, ઇન્દ્રથી મેઘ સુધી કહો કે વાયુથી પર્જન્ય… આ બધા દેવતાઓની સ્તુતિમાં પૃથ્વીની મોટી જરૂરિયાત પાણી સંતોષાતું હતું.



#### By Rtn. Deval Shastri

પર્જન્યના અનેક અર્થ છે, જેમાં એક અર્થ છે મેઘ... પર્જન્ય માટે દુષ્કાળ વિસ્તારોમાંથી પ્રાર્થના પણ લખવામાં આવી છે, તો અતિ ભારે વરસાદ પછી રોકાઈ જવાની પ્રાર્થના પણ કરવામાં આવી છે... વરુણ દેવ હોય કે યજ્ઞ પરંપરા, આશય એક જ હતો કે મનુષ્ય પ્રકૃતિની નિકટ રહે... એના ખેતરો ધનધાન્યથી ભરપૂર રહે... પ્રાણીઓને પાણી મળે, કૂવાઓ અને નદીનાળાઓ ભરપૂર રહે.... ભારતીય પરંપરા મુજબ ઉત્સવો પણ પ્રકૃતિ સાથે જોડાયેલા છે, પ્રકૃતિમાં પાણી અસ્તિત્વ સાથે જોડાયેલું છે. શાકમ્ભરી દેવીની કથા તો પૂર્ણતઃ મેઘ સાથે સંકળાયેલી છે... પાણીનું મહત્વ દરેક યુગમાં રહેલું છે.

હરારિના સેપિયન્સ મુજબ દશ હજાર વર્ષ પહેલાં ઘઉંની ખેતી શરૂ થઈ નદીઓમાંથી સિંચાઈ શરૂ થઈ, ખેતી માટે માણસ જાતજાતની વિદ્યા શીખ્યો... સમય જતાં માણસજાત ખેતી માટે આધુનિક બની, નાની કેનલથી માંડી ચક્રો દ્વારા પાણી ખેંચવામાં આવતું... દક્ષિણ ભારતમાં પીવાના તેમ સિંચાઈ, બાગ બગીચા સહિત પાણીના યોગ્ય વપરાશ માટે કમિટિઓ બનતી હતી. ચોલા રાજાઓએ તો વિશાળ ટાંકીઓ પણ બનાવી હતી અને બાવીસ પચ્ચીસ કિમી લાંબી નહેરો પણ બનાવી હતી. પૃથ્વીરાજ ચૌહાણના સમયમાં પણ નહેરોનો વિકાસ થયો હતો અને શાહજહાંએ પણ લાલ કિલ્લા આસપાસ નહેરોનું આયોજન કર્યું હતું, હાલ નજફગઢ પાસેથી નહેર પસાર થાય છે. પાણીના આયોજન માત્ર ભારતમાં જ નહીં, પણ ભારત સાથે વિકાસ પામેલી સંસ્કૃતિઓ... ઇજીપ્ત હોય કે ચીન હોય કે મેસોપોટેમિયન... બધી જ સંસ્કૃતિઓએ પોતપોતાના ભૌગોલિક વિસ્તાર મુજબ પાણી માટે સંશોધન અને આગોતરા આયોજન કર્યા

આ વાતો એટલે યાદ રાખવાની કે પાંચ હજાર વર્ષથી માનવજાત પાણી માટે જાતજાતના નુસખાઓ કરે છે, ક્યારેક સફળ થાય છે તો ક્યારેક નવો પ્રયોગ… પણ અટક્યા નથી, કારણ… "પાણી"… જાગતે રહો…

દેવલ શાસ્ત્રી

હતાં....

## RCBS Kaleidoscope













## RCBS Kaleidoscope















## RCBS Kaleidoscope









## Rotary Fledglings

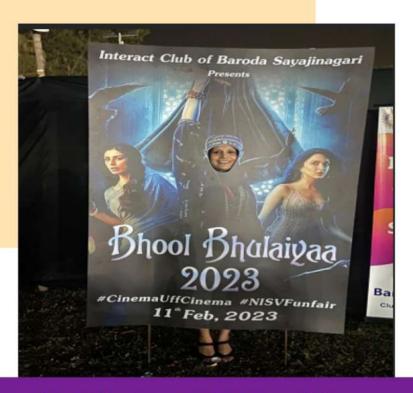
Interact Club of Baroda Sayajinagari



## **Club Report at Official DG Visit**



On the 7<sup>th</sup> 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).



## Stall in the NISV Funfair

On the 11<sup>th</sup> of February, the Interact Club of Baroda Sayajinagari kept a games stall in the NISV Funfair, on order to generate funds for our upcoming projects. Interactors participated and organized the stall, and made the audience play fun and spooky games.



## Rotary Fledglings

## **BBHIS Interact Club**





## **Science Day**

"The science of today is the technology of tomorrow."

On 28th February, 2023 the students of grade 8 of Billabong High International School honored our very Nobel own Laureate, Sir CV Raman when thev special conducted a assembly understand the importance of Global Science for Global Well-being. The Chief Guest of this assembly was Dr Harshal Shah, Director of Tinkering Laboratory, Parul University who made this event all the more memorable by addressing the lively students. The budding scientists covered various aspects such as reducing footprints and sensitized carbon audience about the use of fossil fuels and other sources of energy. This auspicious event was then rounded off by an exuberant song on Millets depicting our incredible India.



## **Organic Plantation**

"To plant a seed today is to believe in tomorrow."

Billabong High International School has always promoted sustainable farming practices that enhance biodiversity, strengthen soil health, and mitigate climate change while adapting to it and therefore has always followed organic plantation practices. Such organic plants ensure one of the best ways for the students to stay active, fit and healthy since such practices consumption of eliminate the harmful elements like pesticides and fertilizers.





## Special Occasions of RCBSians March

## Birthdays

1st Mar

Ann Dr. Parul Shah

2<sup>nd</sup> Mar

Rtn. Dr.Niketu Shah

3rd Mar

Ann Dr. Dipa Patel

11th Mar

Rtn. Inder Matai

14th Mar

Rtn. Richi Choksi

16th Mar

Rtn. Hiran Bagadia

20th Mar

Rtn. Nisha Amin

23rd Mar

Rtn. Gp Capt Ajay Purandare

26th Mar

Ann Archana Mishra

29th Mar

Rtn. Chirayu Kothari

Rtn. Sameer Kadam

30th Mar

Rtn. Birju Dixit

## **Anniversaries**

14th Mar

Rtn. Jay & Ann Prital Shah

15th Mar

Rtn. Dr. Jayesh & Ann Mira Shah

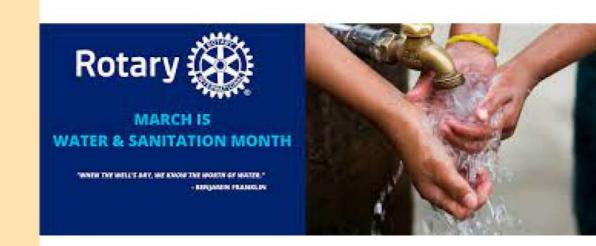
## **Up Coming Meetings**

1<sup>st</sup> Mar HUMF 1

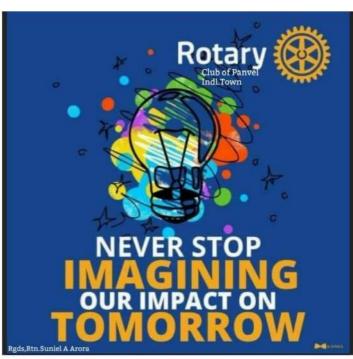
8<sup>th</sup> Mar Dhuleti Celebration

**15<sup>th</sup> Mar** Orientation On Rotary

> **22<sup>nd</sup> Mar** HUMF 2









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