




MONTHLY BULLETIN OF ROTARY CLUB OF BARODA SAYAJINAGARI

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President Reflects



Dear RCBSians,

The best way to not feel hopeless is to get up and do something.

Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.

Time to rejuvenate and enjoy beautiful weather, wedding celebrations of near and dear ones. Weddings are one of the best platforms to rekindle lost friendships and get in touch with whom we have not met for years.

Don't let yesterday take up too much of today.

Again, it's time to reflect on a year that is coming to end and start new beginnings.

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." – Albert Einstein

Merry Christmas to all my Friends!

More Power to Women

President Minal Shah



Editorial



Dear RCBSians,

Choose your leaders with wisdom and forethought.

"To be led by a coward is to be controlled by all that the coward fears.

To be led by a fool is to be led by the opportunists who control the fool.

To be led by a thief is to offer up your most precious treasures to be stolen.

To be led by a liar is to ask to be told lies.

To be led by a tyrant is to sell yourself and those you love into slavery."

Octavia E. Butler

As the election dates get closer, It's the sides that trouble me. Politics is often presented as a conversation between winners and losers, those who are for and those who are against a particular issue. No one wins in the long run when we are so divided that we leave half of us behind.

More than ever, we need leaders willing to cross lines, close the divide, and bring people together to solve the challenges we face.

We've got some big challenges, and it's going to take a leader with the ability to collaborate, inspire and have some tough conversations so we can move forward.

The system we've got isn't perfect. In fact, it could be dramatically improved upon. However, at the moment it's the system we've got and it is far more open and connected to the views of citizens than many other systems.

So, your vote matters — a lot.

Editors:

Ann Nisha Gogate & Rtn Dr Hiran Bagadia

RCBS Rhythm

RCBS Flagship HUMF - Twice

02nd Nov and 16th Nov



Nov 2022 saw repeat of the previous month, where RCBS could carry out the Flagship Event of HUMF twice. 71 lactating mothers in the 1st activity and 72 lactating mothers



in the 2nd activity were provided with healthy food like Chana and dates. They were made aware about their Diet in this phase through a simple leaflet on easily available food items. (Kind Courtesy Ann Tejal Mehta and Ann Archana Mishra). Ann Manjoo Shah along with President Rtn Minal Shah attended the activities at GMERS Hospital.

Installation of Solar Electricity Panels

03rd Nov



Rtn Darshan Vyas commissioned one set of Refurbished Solar Panels of capacity 3 KW at subsidized rates for मूक ध्वनी ट्रस्ट School and Hostel Complex for hearing impaired students. These panels augmented the existing Infrastructure.

Donation Drive for Lok Sahyog Trust

04th to 06th Nov

A Collection drive for students staying with Lok Sahyog Trust in tribal areas around Mankadamba Village near SoU was organised by RCBS. The project received an overwhelming response from the RCBS family as well as other Citizens. The initiative received following :-



- Moral Story Books in Gujarati for their Mobile Library (RCBS)
- Stationary Kits (Ann Priya Dedhia)
- 100 Woolen Blankets (Rtn Hetal Shah & Rtn Sanyogita Pradhan)
- Uniform Sets with Jersey and Trousers (Rtn Dr. Preeti Shrimal)



- Woolens, Dry Snacks and Pre-loved Clothes (Ex RCBS Member Shri LN Garg)

RCBS is extremely thankful to the Garg family for their unconditional support by giving office space for this collection drive. The project was graced by AG Manisha Bhatt along with Rtn. Nisha Amin, Ann Purvi Shah, Rtn. Hetal Shah, Proposed member Mrs. Rashmi Anand and Guest Shri Bimal Desai.

RCBS has promised more Sweaters for hostel Boys and wooden benches for the hostel.



Medical Camps

14th, 21st and 30th Nov



PP Rtn Dr Ashwin Shah continues with his assistance in the Rotary Focus Area of Disease Prevention and Treatment. He along with his team @Ganga Jamna Hospital conducted medical camps for the same in November too.

All the beneficiaries above were suitably advised for the further course of action including treatment if any by PP Rtn Ashwin Shah, Dr Karan Shah and their team.

- Free HBA1C camp (70 beneficiaries)**
- Free Bone Density Camp (52 beneficiaries)**
- Free Thyroid Testing Camp (50 beneficiaries)**



Menstrual Hygiene Awareness (Mom 'n' Me)

25th Nov

A Talk Show on Menstrual Health and Hygiene awareness for adolescent girls was organised at Ambada Village. 125 Girls from std VI - X of Ambada School benefitted from the session conducted by Dr. Rajendra Upadhyay of village PHC. All the Girls were handed over Free Sanitary Napkins, donated by Dev Foundation (Rtn Nilesh Pandya) and Procter & Gamble.



Storytelling Competition**14th Nov**

Smartphones, Satellite TV, OTT platforms have brought the so-called Entertainment content to a large number of Households... The Flip-Side of this Entertainment Evolution is that we all, particularly the younger generation are losing a grip over Inter-Personal Communication Skills, of which the art of Story Telling or Narration is an essential part...

To inculcate this Story-Telling art, RCBS organised a Story-Telling Competition for Middle School wherein 28 children from 8 schools of Vadodara participated. The Contestants were permitted to use a

language of their choice, to reduce avoidable stress...

In a keenly fought contest, where some contestants even used props to augment their narration, it was indeed heartening to see most children narrating stories from our own Classic Panchtantra .

Dr Nita Joshi and Dr Paulin Shah were invited to judge the performance...

First Prize - Ms Prisha (Billa bong International High school)

Second Prize - Ms Darpee (Ambe Vidyalaya)

Third Prize - Ms Muskan (Maa Bharti School)

Consolation Prizes - Ms Viyati (Ambe Vidyalaya) and Master Paresh (Maa Bharti School)

The occasion was graced by AG Rtn Manisha Bhatt, Rtn Neeta Shah, Rtn Nisha Amin, Rtn Sanyogita Pradhan, PE Rtn Dr Bharat Desai along with President Rtn Minal Shah...



Rtn Neeta Shah, Literacy Chair of RCBS put in intense efforts to coordinate with all the schools to ensure success. Efforts put in by Rtn Dr Hiran Bagadia, wherein she had introduced the schools to the art of Story-Telling were evident and appreciated by the teachers...

All the contestants were given Certificates of participation along with some refreshments and Pens donated by Rtn. Dr

Parag Shah.

**ग्राम कल्याण प्रोजेक्ट (GKP) Ambada****Date 25th Nov**

RCBS has undertaken ग्राम कल्याण प्रोजेक्ट @ग्राम अंबाडा. On 25 Nov 22 Sweater Project was conducted @ग्राम अंबाडा to hand over Sweaters costing ₹ 205/- apiece at a subsidised cost of ₹ 30/-. 67 School Children of Standard I – V benefitted from this project.



Inter Rotary Club Cricket Tournament – *Rtn Dattesh Shah*19th & 20th Nov

Adrenaline began to surge in every Cricket enthusiast, the moment 2nd Inter Rotary Day and Night Cricket Tournament was announced. Eight teams from Rotary clubs of Vadodara comprising of Rotarians, Anns, Rotaractors and Intaractors competed in this event. These were split into two groups of 4 each with each team playing three league games. Top two teams from each group advanced to play in the semi-finals and beyond.

The matches at the Ved Cricket Academy near Sherkhi were played with 10 overs allotted to each side under lights. Carefully thought out rules and regulations were in place for the event and no ambiguity was allowed.

RCBS team ably led by Rtn dattesh shah competed in Group A, easily and decisively winning all three league games against the RC Metro, RC Kalanagri, and RC Vadodara One. Our semi-final matchup was with Vadodara Greens. Rtn Ambrish Shah, Rtn Bhavin Shah and Rtn Hitesh Mali, won the respective Man of the Match awards, due to their exceptional performances. In addition, Rtn Kashayp Shah, Darpan Amin, Rtn Darshan Vyas and Rtn Prashant Malve should be acknowledged for their contributions, in batting and bowling gave competitive edge. A special mention for Rtn Malay Bhayani, the team's constant motivator, who kept the team's morale at a high-level. Two outstanding cricket players, namely Interactor Vivan Shah and Rotaractor Prashant were discovered at the event. The cricketing prowess and outstanding teamwork of RCBS team were on full display. The team developed a distinct game plan and strategy for each match in order to win. In the semi-final, RCBS restricted RC Vadodara Greens, the runners-up from the previous year, to 66 runs in 10 Overs. This was a chaseable target, but RC Vadodara Greens' accurate and sharp bowling prevented RCBS from scoring more than 45 runs. It must be admitted that RCBS has amazing talent and sportsmanship. Overall, it was a magnificent demonstration of the teamwork and passion of the complete RCBS squad.

President Minalben and Secretary Rtn Col Milind Gogate provided all the necessary support during the entire tournament at every level. RCBS sincerely appreciates the encouraging presence of Rtn Meeta Shah, Rtn Krupa Mali, Ann Charmi Shah, Ann Nitu Shah, Ann Moksha Shah, Annet Urja Bhayani and Annet Varchasva Amin during the tournament days.

*RI Sphere**RI Orbit*

India (South Asia Fellowship for Golfing Rotarians) created the history at 57th IGFR World Championship, Morocco

Nation Cup –

Winner - India

2nd Division

Winner - Rtn Anurag Chopra

Runners Up - Rtn Parag Sheth

3rd Division

Winner - Rtn Navdeep Chawla

Runners Up - Rtn Cyrus Unvalla

Friendship Cup

Runners Up – Rtn Binish Sukumar

Runners Up - Ms Shilpa Patel

Congratulations team SAFGR.

RI District Sphere (RID 3060)

TRF & Project Seminar – PP Rtn Chetan Dedhia

27th Nov

It was a pleasure to attend the TRF & Project Seminar on 27th November as a panelist for discussion on Joy of Giving.

I was asked for my views on Rotary Foundation.

For me Rotary Foundation is a Temple of Service above Self and A Brand.

It is a temple of service above self, because when you donate at temple, you donate with trust and don't follow up on what happened as you know that intended purpose will be served.

Similarly, when you donate at The Rotary Foundation, same level of trust and belief works. We don't check what happens to the money donated and we are tension free about it and there are no other motives. So, it is service above self!

It's an opportunity through which one can contribute for the betterment of society.

It's a brand too, because...

- Every penny is accounted for.
- It practices efficient utilisation of funds
- It has one of the lowest administrative costs in the world amongst most of the well-known charitable organisations.
- It works with transparency.
- Rotary Foundation has received highest rating of 4 Stars from Charity Navigator since last decade plus on a consistent basis.
- Many of the Rotarian members who work for it do so with self-less approach and are highly competent & trustable in their respective fields.
- It is surviving and thriving since last 105 years.
- It has one of the most stringent stewardship requirements which is fulfilled as well.
- It's a brand because for it, world is one. There are no political or geographical boundaries

I was also asked on What are ways of collecting funds?

My suggestion was to continue with existing methods and go for various new options like crowd funding through social media, CSR funds, Making A detailed project and then approaching prospective donors, System Donation Plan (like SIP) and looking for new resources through our friend, families, Vendors, Customers and so on.

Annet Achievements



Master Varchaswa Son of Rtn Nisha and Darpan Amin, won Gold medal in All India Shitoryu Shotokan Open National Karate Championship 2022, in Under 14 category on 27th November 2022. He is learning karate since past 6 ½ years and has won:

- Bronze Medal @Western India Wadokai Karate Championship 2022
- Bronze Medal @Chief Minister Cup Karate 2021
- Silver Medal @Wado Karate Championship 2018 in Fight
- Bronze Medal @Wado Karate Championship 2018 in Kata
- Silver Medal @Inter karate Gojuryu 2018

અશ્વઘોષ – રોટેરિયન દેવલ શાસ્ત્રી

ભારત જેવા વિશાળ દેશમાં વસ્તીવિસ્ફોટ ગંભીર સમસ્યા છે, ત્યાં વિવિધ રોગો સામે લડવું એ ચેલેન્જ છે. ભારતમાં મોટાભાગની પ્રજામાં સ્વચ્છતાથી માંડીને પર્યાવરણ સુધી જાગૃતિનો અભાવ છે, એ સમયે સામાજિક સંસ્થાઓએ રોગ સામે લડવું કે જનજાગૃતિ અભિયાન ચલાવવા એ પણ ગુંચવણભરી સમસ્યા છે. સ્વસ્થ આરોગ્યની સંભાળ રાખવાનો દરેકને અધિકાર છે. છતાં વિશ્વમાં 400 મિલિયન આર્થિક સામાજિક પછાત લોકોને પરવડતું નથી અથવા મૂળભૂત આરોગ્ય સંભાળની ક્ષમતા ધરાવતા નથી. વિશ્વભરના લાખો લોકો માટે દુઃખ અને પીડા સાથે ગરીબીમાં જીવે છે. આ કારણે રોગની સારવાર અને નિવારણ આપણા માટે ખૂબ મહત્વનું છે.

અમેરિકા જેવો આધુનિક ધનિક દેશ કે જે અન્ય દેશો કરતાં વ્યક્તિદીઠ આરોગ્ય માટે વધુ ખર્ચ કરતો હોવા છતાં ત્યાં આરોગ્ય માટે અવેરનેસના પડકારો છે. આરોગ્ય માટેના રેટિંગમાં નબળું પર્ફોમન્સ ધરાવે છે. અમેરિકામાં થતાં કુલ મૃત્યુના અડધોઅડધ મૃત્યુ તમાકુ જેવા વ્યસનો, અનિયંત્રિત આહાર, શારીરિક શ્રમનો અભાવ, આલ્કોહોલ અને ડ્રગ્સ જેવા કારણો થકી થાય છે.

ઇવન પર્યાવરણ અંગે ઓછી જાણકારી હોવાથી પ્રદુષણ થકી થતાં રોગોને લીધે મૃત્યુનો મોટો આંક છે. આ વાત દર્શાવે છે કે આરોગ્ય માટે પુષ્કળ ખર્ચ કરવા છતાં અવેરનેસનો અભાવ છે. 36% વસ્તી ઓવરવેટ ધરાવતી હોવાનું માનવામાં આવે છે, આ કારણે ડાયાબીટીસ જેવી બિમારી આગામી દાયકામાં 8.5 મિલિયન નવા કેસ આવવાની સંભાવના છે.

જો પ્રજા જાગૃતિ નહીં કેળવે તો ભારત જેવા દેશની હાલત શું થશે? દિલ્હી જેવા શહેરોમાં હવાનું પ્રદુષણ ગંભીર સમસ્યા છે, ધૂળીયા શહેરો વચ્ચે હૃદય રોગ, શ્વાસની બિમારી તથા બાળકો અને વૃદ્ધ માટે નવી સમસ્યાઓ આવી શકે છે.

વિશ્વભરમાં મૃત્યુના મુખ્ય કારણોમાં કેન્સર છે. 2018 માં, વિશ્વભરમાં 18.1 મિલિયન નવા કેસ અને 9.5 મિલિયન કેન્સર સંબંધિત મૃત્યુ થયા હતા. 2040 સુધીમાં, દર વર્ષે કેન્સરના નવા કેસોની સંખ્યા વધીને 29.5 મિલિયન અને કેન્સર સંબંધિત મૃત્યુની સંખ્યા 16.4 મિલિયન થવાની ધારણા છે. કેન્સરનો દર એવા દેશોમાં સૌથી વધુ હોય છે કે જ્યાં અનિયંત્રિત વસ્તીવધારા સાથે શિક્ષણનું સ્તર અને જીવનધોરણ નબળું હોય છે.

ક્રોનિક રોગો વિશ્વભરમાં મોટી આરોગ્ય સમસ્યા છે. 2005 માં, વર્લ્ડ હેલ્થ ઓર્ગેનાઈઝેશન (ડબ્લ્યુએચઓ) એ અનુમાન લગાવ્યું હતું કે તમામ મૃત્યુમાંથી 61 ટકા ક્રોનિક રોગથી મૃત્યુ પામ્યા હતાં. વૈશ્વિક મૃત્યુના 49 ટકા કારણો ક્રોનિક રોગોને લીધે છે. 2030 સુધીમાં, ક્રોનિક રોગોના કારણે કુલ વૈશ્વિક મૃત્યુનું પ્રમાણ વધીને 70 ટકા અને જીવલેણ બિમારીઓ 56 ટકા થવાની ધારણા છે.

રોગો સામે પ્રતિકાર અને જનજાગૃતિ કેળવવાનું રોટરી ઇન્ટરનેશનલ ડિસેમ્બર મહીનામાં આયોજન કરતું હોય છે. આ માટે સ્વસ્થ જીવનશૈલી પર ભાર આપવો જરૂરી છે. યોગ્ય વજન જાળવવું, નિયમિતપણે કસરત કરવી, તંદુરસ્ત આહારનું પાલન કરવું અને ધૂમ્રપાન ન કરવું. જે સામાન્ય અને જીવલેણ બિમારીઓ સામેના જોખમમાં 80 ટકા જેટલો ઘટાડા કરે છે.

Rotary Fledgelings

Billa Bong High International School - Interact Club Nov 2022

Activity 1: Baroda Bird Festival

On 06th November 2022, the BHIS Interact Club students attended the Baroda Bird Festival in support of the 'United Nations Decade on Ecosystem Restoration' movement. This initiative involved exhibitions, several games, quizzes, food stalls and a bird walk where the students were educated on various species of birds like Black Drongo- also known as Police Patel, and Spoonbill among others.



Activity 2: Celebrating Life

"Food is the moral right of all who are born into this world"

On 14th November 2022, the BHIS Interact Club had come forward with a week-long initiative to donate food to the less privileged citizens in our vicinity.

The students came forward to feed the needy in every possible way. This was a beautiful effort to curb hunger and bring a smile on every face.

Activity 3: Nukkad Natak

"Childhood should be carefree, playing in the sun, not living a nightmare in the darkness of a soul"

Child abuse is no minor issue. On 24th November, BBHIS interact club took this awareness to another level when they travelled to a village nearby to perform a Nukkad Naatak, in Gujarati no less, to proliferate the highest level of cognisance. It was about the story of a young girl who decided to speak up against the wrongdoings done to her instead of staying quiet and hiding in the shadows as she was expected to. This was a true display of understanding and an appeal for basic human rights.



Interact Club Baroda Sayajinagari - Nov 2022

**Cricket Fellowship**

We had a full blast and fun at Eclipse Sports on 01st November from 8 to 10 am where we played 4 matches of Cricket and enjoyed every minute of the game.

Children's Day Celebration

On 12th November, the interactors celebrated Children's day with underprivileged children. It was so satisfying to see the

smiles and enthusiasm of kids. VYOM (Voluntary Youth Organisation for Motivation) had organized fair for slum kids at Don Bosco Snehalay. It was very well organized with big stalls, food and dance performances by kids. Mix of dance & dialogues on current topics like burden of studies and addiction to mobile was well depicted.



Our Interact Club had arranged 4 games -**Shoot the glasses, Foosball, Thow the ring and Find the Coin from Sand**. Kids enjoyed all the games and took away chocolate and prizes.

Annapurna Project

On the 25th November, we distributed lunch to the underprivileged citizens of the society, near Kirti Mandir. We served them with fresh and hot food made by a 85 year old woman who makes food for the underprivileged every day. By serving them food, we made them smile, and made their day!

Know Our New Member

Rtn Brijesh Parikh was born at Dahod in 1968, and holds a degree (B.Sc.) in Chemistry. After working several years with Glaxo India Ltd he has established his own Bulk drug Manufacturing units at Ankleshwar under the name of Element Chemilink Pvt Ltd, a part of "Parikh Group of Companies". He has always believed in upliftment and betterment of the society. He has served as President of JCI club of Bharuch, President of Rotary Club of Bharuch, and got best president award for dist 3060. Also served as MIS chair of dist. 3060, Chairman of Green Bharuch Clean Bharuch trust, Chairman of M I Patel Rotary Youth Centre, Independent member of SVEEP Committee appointed by DM and Collectorate, Committee member of Western Railway (Bharuch District). Considering his engagement with society and work done for the cleanliness of the city he was

nominated by LNG Petronet as their Brand Ambassador for their "Cleanliness Abhiyan". His better half Ann Rejal has always supported him in his Professional as well as Social life. They are blessed with two Children Hitarth (MBA+Civil Engg) and Dhairya (MBA+Chemical Engg) who are currently helping him in nurturing family Business. Hitarth got engaged with Mansi.

Kaleidoscope



Special Occasions of RCBsians (December)

Anniversaries (A) / Birthdays (B)

December Events

Birthdays		Anniversary	
09	Rtn Rajendra Shah	01	Rtn Mehul & Ann Swati Trivedi
10	Rtn Manish Gandhi	02	Rtn Inder & Ann Sangeeta Matai
11	Rtn Vaishali Shah Ann Nikita Gadhiya		Rtn Hitesh & Rtn Krupa Mali
14	Rtn Divyesh Dholakia	04	Rtn Prashant & Ann Seema Malve
18	Rtn Jatin Shah		Rtn Dr Niketu & Ann Purvi Shah
20	Ann Deepika Dholakia	05	Rtn Dr Ashwin & Ann Dr Parul Shah
21	Rtn Dr Parag Shah	07	Rtn Pinakin & Ann Bhavana Shah
27	Rtn Deval Shastri	09	Rtn Kruti & Ann Pulin Shah
28	Ann Bhavana Desai Ann Alka Bhardwaj	12	Rtn Ambrish & Ann Charmi Shah
29	Rtn Shemal Shah		Rtn Chandrajit & Rtn Hetal Shah
31	Ann Pranjal Shah	14	Rtn Dr Rakesh & Ann Dr Dipa Patel
		15	Rtn Dr Bharat & Ann Bhavana Desai
		23	Rtn Birju & Ann Natasha Dixit

07	HUMF – Phase 1
09	Eye Check up @BBHIS
11	Picnic
28	HUMF - Phase 2



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