

# सिद्धि

*Friendship with Fellowship*

Bulletin of Rotary Club of Baroda Cosmopolitan



OF

*Rotary Club of Baroda  
Cosmopolitan*



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# Contents

| Page | Topic                                     |
|------|---|
| 2    | Editor's desk                             |
| 4    | RI President Jennifer Jones Visits India  |
| 5    | Flash Back Pics from our Second President |
| 6    | Events went by                            |
| 8    | Eat Healthy Stay Healthy - Aarti Nimkar   |
| 9    | Event Calendar                            |
| 9    | Proud Moments of RCBC                     |
| 10   | Happy Friendship Day - Jiya Parekh        |
| 11   | Birthdays & Fun Facts                     |



# From the editor's desk



SHRUTI  
BHARAL

A Big hello to all Rotary family, I wish you all a very Happy friendship Week.

## Infinities Of Being A Woman

*“A Woman is the full circle.  
Within her is the power to Create, Nurture and Transform”*

We've often heard people say, 'Women are ruled by heart, not head', a very inappropriate notion when we talk about aged women, particularly in the fields of economic persuasion.

Women as entrepreneurs, Women as artists, Women in any other economical field, despite the age and times inspire me all through. Here I bring to you a short life journey of a

neighbourhood friend who started perusing her passion and converted it into a successful profession after she entered her late 40's.

This woman was always in love with beautiful faces & always made a point to be around them. After 8 years of friendship when she moved away from her friends with change in location due to her husband's job relocation, she started missing them badly. To kill her loneliness, she started perusing her

# From the editor's desk con-

hobby of photography and in couple of years mastered it so well that she invested all her savings to buy a high-end professional camera.

Reaping the most out of a natural, uncomplicated passion, can be a daunting challenge; add to it the complexities of being a woman with a family, societal expectations, and the unwanted pressure of being the bloody best in whatsoever you do, unlocks another level of strained nerves. But this woman emerged as a super winner in her profession, learnt to make her own team, started taking professional photoshoots, created her own company and within a span of 3 years is today has established a top event photography company in Bhopal.

Her immense determination

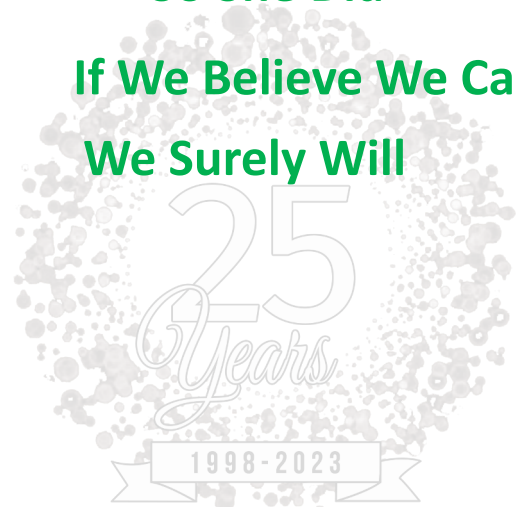
and a will to never stop at anything than the perfect made a huge world of difference not only to her life but also in their immediate societies. Working with limited resources and becoming a source of providing resources for other people is what is truly inspiring for me.

Inspiration – Divya Sahai

**Below is My Message**

**She believed She could,  
So She Did**

**If We Believe We Can,  
We Surely Will**





# RI President Jennifer Jones Visits India

Celebrates Her 25th anniversary truly Indian Style at Pune

21st July 2022



Rotary district 3131 organized a press conference on the occasion of the visit of its first woman president Jennifer



Jennifer Jones told media persons that she hoped to break many stereotypes involving women in higher posts and said India is no longer a “help-seeking nation” but a “help-giving” one.

She inaugurated a Rs 12-crore Linear Accelerator Radiotherapy machine at Suryadatta Hospital in Shaniwarwada to enable citizens from economically weaker sections to undergo radiotherapy treatment for [cancer](#). “About 1,200 patients will be able to receive treatment every month.”



# Flash Back Pics from our Second President

## Dr Ranjan Iyer





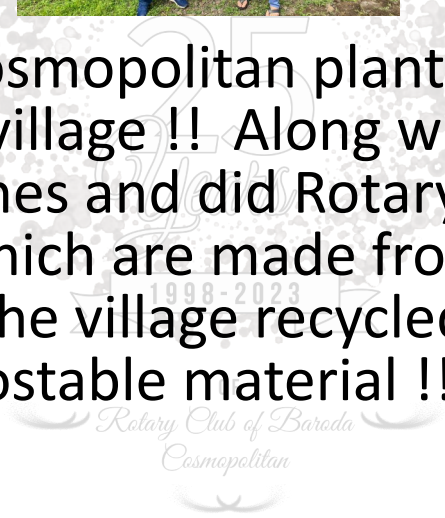
# Events went by

July 17

**Tree Plantation at Navagam crematorium and branding of benches donated by—Nimishbhai Narsana**



Rotary club of Baroda Cosmopolitan planted 50 saplings at Navagam village !! Along with that we donated benches and did Rotary branding at Navagam which are made from plastic collected from the village recycled and mixed with compostable material !!





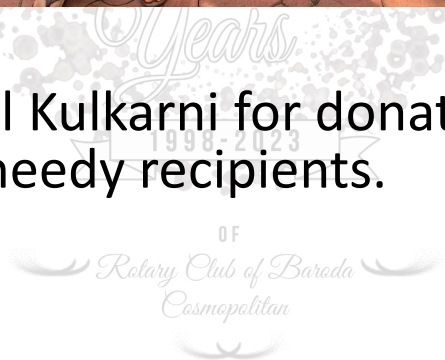
Events went by

July 31

# Sudama Ki Jholi



We Thank Rotarian Vishal Kulkarni for donating Food Grains to 25 needy recipients.





# Eat Healthy Stay Healthy

By Dietician Aarti Nimkar

Eating right to stay fit is what all we need for healthy life-style.

I am a Diet consultant and I too believe in the same concept .

Proper eating habits and physical activity can help us to lead a healthy life.

Here I would like to share some simple tips which can be included in our busy lives .

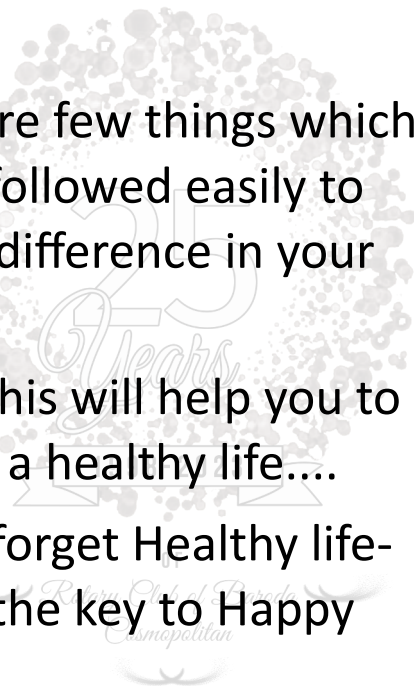
- Drink lot of water.
- Eat if you are hungry.
- Include dryfruits and nuts for snacking instead of wafers n chips.
- For children home made facy food is any time better that outside food.
- Millets are must in any form like roasted , puffed , or dosa, idli, roti or khi-chadi.

- Eat seasonal fruits and vegetables .
- Sprouts and daals are what we grew up eating so do not forget that.
- Make sure not to over eat.
- Do not make drastic changes in your food or exercise .
- Sleep well .
- Do not follow any fad diet without any assistance as every individual is different.

These are few things which can be followed easily to see big difference in your health.

I hope this will help you to achieve a healthy life....

Do not forget Healthy life-style is the key to Happy Life....



# Event calendar

**Aug 7**

interact new member induction followed by “Know your Rotary “ session by Heena Masand

**Aug 11**

Movie time - Lal Singh Chaddha

**Aug 28**

Sudama Ni Jholi

## RCBC Proud Moments

Riya Patel is a sophomore at Indiana University majoring in Finance. She recently got a unique opportunity to do an internship at Moody Bank in the summer and Goldman Sachs.

She also got recognized by her



university for backing this opportunity as it is very unlikely for students to get it right after their freshman year.



# Friends Are The Family You Choose

By Jiya Parekh

*“Yeh dosti, hum nahi todenge,  
todenge.. dum magar,  
par tera saath na chodenge”*

These lyrics might have left you in deep nostalgia of the pure friendship between Jai and Veeru dating back to the olden days when Sholay was the hot topic, and we all fantasized about having this sort of bond with someone at some point in our lives. I too saw my fantasy turning into a reality when I found the Jai to my Veeru. Just one day, as I was sitting alone, this girl came up to me and started chattering randomly. I was amazed at how much I clicked with her, despite not knowing her as a person. , it seems as though we have seen the world through the same eyes since the day we first blinked. We started spending more time together, and as years passed by, with a few conversations, cries and cackling mischief created together- we started to understand that sometimes, the best relationships aren't necessarily blood. She scolded me like a mother, took care of me like a father. She teased me like a brother, and gave

me advice like a sister. She was the friend that was there with me under the umbrella under the heavy rain to row a boat in the puddle of joy in which we created splashes of memories together. It was realized that this bond formed was selfless and strong friendship. She became my best friend, or as we call it nowadays- “a sister from another mister”

With the experiences I cherished with her she taught me that we live in two worlds, a world of our own thoughts and another world far more superior than the preceding one - a world full of the people we love. However much we may drown in our daily stressful affairs, there will always be a friend to help us out of them. This friendship day, let's express gratitude towards our friends for everything that we have been through together, the thick and thin, and express the friendship from deep within.

**Happy Friendship Day To  
Everyone**



# Birthdays

|           |               |
|-----------|---------------|
| August 1  | Rajvi Makol   |
| August 5  | Prathit Rana  |
| August 14 | Akshit Parekh |
| August 15 | Ashmit Bharal |

# Fun facts



## Did you know there's a toilet museum?

In New Delhi, the Sulabh International Museum Of Toilets features a rare collection that details the historic evolution of toilets from 2500 BC all the way up to the present day.

25 Years  
1998-2023

OF  
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