

सिद्ध

Friendship with Fellowship

Bulletin of Rotary Club of Baroda Cosmopolitan



OF

*Rotary Club of Baroda
Cosmopolitan*



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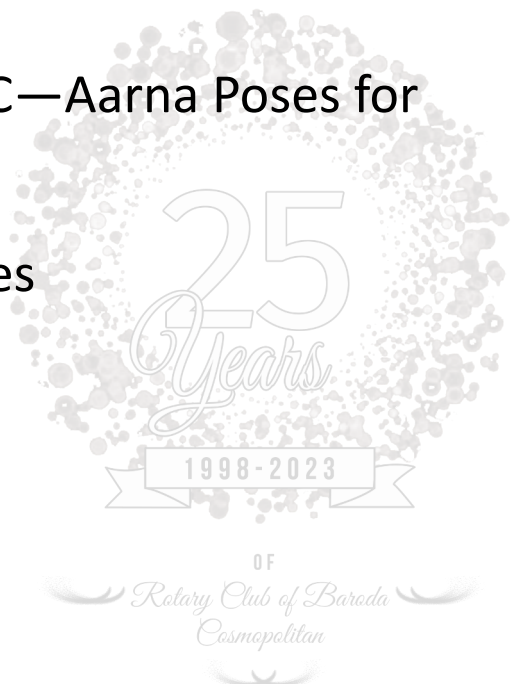
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Contents

Topic

1. Editors Desk
2. Chit Chat With our Past President—Rtn Govind Pande
3. Interactors Event—Movie Outing with Lion's Blind Girl's School
4. Aaria Mehta’s warm welcome by her Host parents at Sao Jose do Rio Preto
5. Events that went by
6. Minimalism - a lifestyle that lead me to Peace of Mind—By Rani Shah
7. Event Calendar
8. Proud Moments of RCBC—Aarna Poses for Cookie & Co
9. Birthdays & Anniversaries
10. Did You Know



From the editor's desk



**SHRUTI
BHARAL**

“ Michhami Dukkdam “ to all my Rotary family



Micchami Dukkadam is an ancient Indian phrase, translated from Prakrit and it is commonly found in Jain text. The phrase plays a significant role among the Jain community during Paryushana festival. As a matter of ritual, Jains greet their friends and relatives on last day of Paryushana or Samvatsari festival, with Micchhami Dukkdam seeking their forgiveness.



Chit Chat with our Past President

Rotarian—Mr Govind Pande (Charter Member)

Rotary then - Regular Attendance, Printed Communications

Rotary now – Poor Attendance, New RCBC Flag, Electronic Communication

Major Chaos of your time – One district event was allotted to our club but some other influential club managed to take it away. This resulted into a big chaos as all arrangements of venue, faculty etc had to be cancelled.

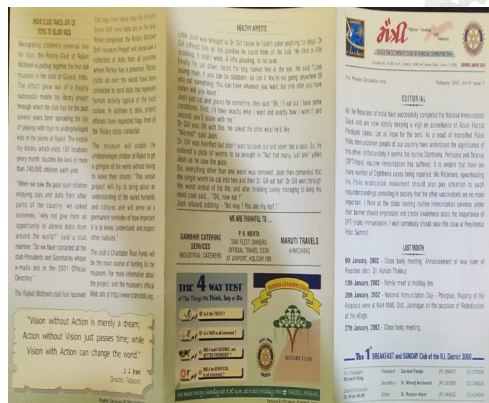
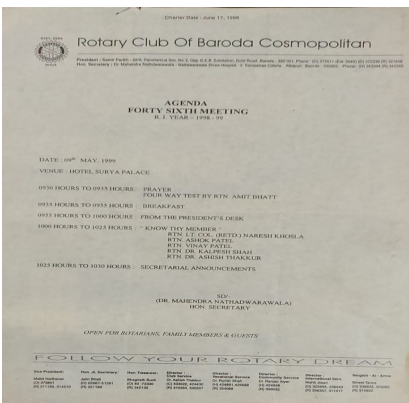
One instant change you want to make in RCBC – RCBC is doing well. Keep up the tempo. Immediate change is not required .

Govind Ji Then

Govind Ji Now :)



Printed Media—Memory Lane



Interactors Event

Movie Outing with Lion's Blind Girl's School



Arkit Ray- President RCBC Interact club on 28th Aug organized a very special Movie outing for **Lion's Blind Girl's School** .

About 60 children from the Blind school and the club got together to watch ' Fakt Mahilao Mate ' and thoroughly enjoyed the movie. Special applause for our Interactors who shared their time and sponsored the girl's outings.



Overall I enjoyed the whole movie and the experience as well. It gave me immense joy to see the girls from Surabhi Lions Blind School have fun and laugh. The girls were inspirational with their positivity towards life and it left me with gratitude.

By—Vivaan Shah



Aaria Mehta's warm welcome by her Host parents at

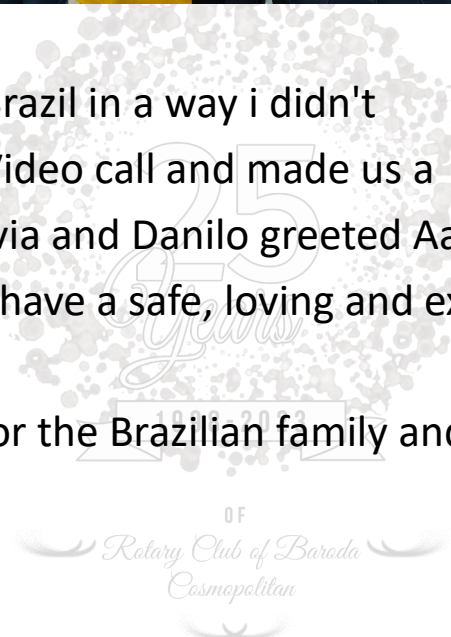
Rio Perto Sao Jose do



Aaria was received by her Host parents in Brazil in a way i didn't fathom. They took Arjun and me on a live Video call and made us a part of that precious moment. The way Flavia and Danilo greeted Aaria - that instant I knew that she is going to have a safe, loving and exciting year ahead.

Gratitude and appreciation is what I have for the Brazilian family and the host club. They are very warm.

By—Shubhra Mehta



Events went by

Rang Birangi Fellowship meet—21st August

By Ann Deepali Dholakiya & Rupal Buch



Events went by

Rang Birangi Fellowship—Continued



Events went by

Rotary Club of Baroda had organized a seminar on literacy, public image and membership at Hotel Grand Mercure, Vadodara.

Rtn Pratiksha Shah, Rtn Shital Parikh, Rtn Neha & Niraj Patel represented RCBC at the event



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Minimalism - a lifestyle that lead me to Peace of Mind

By Rani Shah

Minimalism - a lifestyle that lead me to Peace of Mind

Few years back when I started to arrange my wardrobe, it seemed as if there was some mystery hole in it - it was never ending. By the time I emptied my wardrobes, I was shocked to see the amount of stuff I had.

That was when it hit me:

How much of this stuff I actually use?

How much of this stuff do I actually like to see?

How much of this do I actually need?

How much money have I wasted buying most of these unwanted things?

& most importantly, Is this even making me happy?

The answer was a big NO.

I decided I had to do something about it. And that was when I decided to experiment with a new lifestyle called "Minimalism". My New Year resolution was - INR 10,000/- as my yearly personal expense on materialistic things for that year. It was challenging, but I was up for the challenge.

The year went by. On the last day of the year, my personal expense was INR 8650/-. It was a feeling I would remember for the rest of my life.

it is 4 years since then & I have been an ardent follower of Minimalism.

Minimalism for me is not limited to just materialistic things - it is A Way of Life for me. I have imbibed it in all the areas of my life - be it relationships, words, thoughts, goals, habits, systems or home.

Minimalism - Continued

Few challenges that I faced were:

Temptation to buy while window shopping online

Speak something that I would regret later

Saying NO to a gathering that I knew I would not enjoy , Prioritizing

Thinking too much about people or situation

How I benefited by practicing Minimalism?

Saved money & as they say, money saved is money earned

Invested more in quality relationships which resulted in lifelong bonds

Practicing maun vrat (minimalism of words) helped me have patience

Increased focus & hence, productivity

And the most I earned was : PEACE

Tips & tricks to live a life of less :

1. 24 hr therapy : while browsing the internet, if you come across something that you really like, put it in the shopping cart. Keep filling your cart to your content. Then leave the cart as it is for the next 24 hrs. See how much you actually want from that cart. You will be amazed at the number of things you will remove from the cart.

2. Saying No is a very small but very difficult thing for most of us. But by saying NO where necessary, you will be doing yourself a very big favor.

More productive time, clutter free mind & more savings in my bank account has lead me to experience peace of mind! I am absolutely enjoying this journey of less.

Have a good day & a great life !

Rani—Lifestylist @ The Meaningful Lifestyle

Event calendar

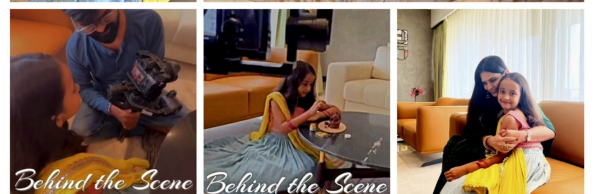
3rd Sep	Water cooler installation and foundational learning kit donation at Chapad primary school and anganwadis
8th Sep	Onam Ladies Lunch
11th Sep	Food Treasure Hunt
25th Sep	Sudama Ni Jholi

Rotary Proud Moments

Little Aarna Parekh Poses as Star kid for an Ad video shoot By Cookie Co.

Aarna is a very independent girl full of life and bubbly . She believes in no stress and takes life as it comes🤔

Too small but very dynamic, she loves to make videos, walk with style and dress up always. She did this shoot for cookie Co. and being her



first one she was super excited for the same.

1998-2023

Birthdays

September 1	Udit Talati
September 3	Harvee Shah
September 3	Anurati Shah
September 5	Dr. Ranjan Aiyer
September 7	Pranav Rachh
September 7	Ami Shah
September 8	Arti Nimkar
September 14	Dhwani Masand

Did You Know ??

1. The space between your eyebrows is called Glabella
2. The way it smells after the rain is called petrichor.
3. The prongs on a fork are called tines.
4. The cry of a new born baby is called a vagitus.