

F NEWSLETTER OF ROTARY CLUB OF PANAJI MID-TC

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JANUARY 2023

ROTARY INTERNATIONAL PRESIDENT Rtn. Jennifer E. Jones

DISTRICT GOVERNOR (Dist. 3170) Rtn. Venkatesh H. Deshpande

CLUB PRESIDENT Rtn. Siddha D. Sardessai



Theme of the Month : VOCATIONAL SERVICE

Vocational service can mean many things to many people. In Rotary, Vocational Service means holding ourselves and our businesses to the highest ethical standards. As the 4-way Test instructs us, in all we think, say or do. "Rotary is the glue that holds civil society together." Be sticky! Here we see an Engineer and a site supervisor discussing drawings at site, a vocation that helps build places that build communities.

Photo Credit: Guruprasad Khandeparkar







CLUB PRESIDENT

Rtn. Siddha D. Sardessai 2022-2023

irst of all, let me wish you all a very happy and a prosperous New Year 2023. The New Year motivates us to start new projects and gives us the energy to live our lives with renewed zeal and joy. In the New Year, we learn from our mistakes from the previous year, make a new resolution or oath, and begin to complete our work with full energy, which leads to our success. It is similar to a festival that installs new energy in us, increasing the significance of the New Year in our lives.

Sometimes you need a little "thank you" gesture to give you that little push to do better. And with this in mind, we launched the Appreciation Movement. Being thankful and expressing your gratitude is an important part of being happy in life. Finding the proper way to thank others for their generosity or even reminding ourselves just how much we have to be thankful for can be rewarding year-round. Using social media to express your gratitude is one of the most powerful ways to show your appreciation.

Like they say, you don't have to do different things, but do things differently. This Appreciation Movement is nothing but a differently packaged Vocational Service Awards. Appreciation on social media has a bigger and wider audience and creates a huge positive impact.

I request everyone to join this Appreciation Movement and create a positive environment for others who normally don't receive the recognition that they truly deserve. The month of January saw a lot of varied projects as listed in the subsequent pages by Secretary Rtn. Sachin Bhandare. Another highlight of the month was our Club's ambassador Rtn. DW Kamat who bicycled from Alibaug to Panaji and visited a lot of Rotary Clubs along the way while exchanging flags and spreading the word on the projects of our Club. This is a beautiful way of public awareness and we thank Rtn. DW Kamat for that.

If January is the month of change, February is the month of lasting change. January is for dreamers while February is for doers. In February there is everything to hope for and nothing to regret. So lets make the most of February.

BOARD OF DIRECTORS 2022-2023

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Immediate Past President Sunil Mone

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THE FOUR-WAY TEST of the things we think, say or do

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL & BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

Rotary Club of Panaji Mid-Town is committed to actively raising the quality of life for the under-privileged since 1998 through its various community service projects. This Rotary year 2022-23 is our Silver Jubilee Year. The Club has 5 flagship projects:

SAKSHARTA - This is our education grants project. Rotary Scholars from professional colleges are recommended by their respective colleges and selected on the basis of merit by our committee and are supported upto their graduation.





SUDHARTA - This is our disability corrective surgery project where we admit patients with various forms of disability ranging from limb lengthening to congenital absence of tibia. Each patient undergoes numerous surgical operations to correct their physical defect and lead a normal life.

SAHAYATA - This is our Home Care Nursing School project in association with Matruchhaya. This is a 100% charity school. At Sahayata, youth are given free education & training, gainfully employed and raised to respected level in community. Your loved one can now get trained nursing care in the comfort of your home.





SWACCHATA - This is our Wash in Schools (WINS) project where we construct health and sanitation facilities to the students in schools. Toilet blocks and Washing units are being developed in schools that don't have these facilities.

SANJEEVANI - During this pandemic, we created a bank of 26 Oxygen Concentrators that are being lent to needy patients (even non-covid) for supporting them with handy oxygen. And now, we are increasing our scope by including wheelchairs, fowler beds, and other requisites to further the project and rechristen it as Sanjeevani.



WE CAN BE CONTACTED ON:

We meet:

Every Tuesday at 7:00 pm Terminal Banquets, 4th floor, Caculo Mall, St. Inez, Panaji, Goa



Club No: 51217 | R.I District: 3170 | Founded on: 14-04-1998 | Chartered on: 20-05-1998 | Charter Presented on: 02-08-1998



CLUB SECRETARY

Rtn. Sachin Bhandare 2022-2023

ere's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold. To sum it up for the first half, we had well thought out projects & fellowships. Few team building initiatives which have been appreciated by many to many innovative projects receiving great response. Our efforts to celebrate the year with a difference has been fruitful, all thanks to the Rotary family.

This month our CPR training project received a significant response from the youth who know that **when the heart stops...Every second counts**. A meticulously planned two hour session not only made the participants get knowledge about the rules or steps to follow during crisis, personally it was an eye opener for me. A sense of self belief and preparedness to act to help someone who needs immediate medical attention. I would request you all to participate in such a lovely initiative when we would open the session to our members.

Our Vocational excellence awardees were chosen few from all walks of life. Their service and dedication to serve the society with limited resources and towering challenges on-hand, inspired me as I heard their achievements. From achieving accolades at world stage to setting up SOP's for better food safety. From being specially abled and leading from front to make a better life for the rest, makes one feel the sense of responsibility towards the society. Our Chief Guest Mr. Nidhin Valsan, a humble soft spoken person and his race against life and death makes everyone motivated to go all hands to target the impossible.

February, the shortest month and a lot to achieve for us. We shall be starting with much awaited **ASMITA** project in schools for girl child covering over 1000 children, checking their hemoglobin level and supplementing them with iron tablets to overcome the deficiency. Requesting Ann's for their support and help for successful conduct of the project.

Club Assembly with AG | 3 January 2023

Asst Governor Rtn. Yogish Kulkarni was present at the 28th weekly meeting (club assembly). President Siddha Sardessai presented to the members present the decisions taken up during the board meeting held on 29th Dec and also discussed the plans for the month of January. Rtn. Yogish Kulkarni took account of the club projects undertaken during the 6 months and put forth some of the district Thrust areas.





Guest speaker – Puja Sharma | 10 January 2023

Clubs 29th weekly meeting witnessed yet another successful meeting with an equally impressive speaker. Guest speaker Puja Sharma, a spiritual coach and RTT therapist spoke her heart out to keep the gathering attentive. The speaker re-iterated to the guests how to control mind to get the positive results. Puja Sharma also demonstrated techniques of goal building process. On this occasion Rtn. D W Kamat was handed over club's flag which would be exchanged with other Rotary club enroute his journey from Mumbai to Goa on cycle.

Guest Speaker- Dr Bhushan Bhave | 17 January 2023

On the occasion of 30th weekly meeting, Dr Bhushan Bhave was the Guest Speaker and he enlightened the members on "Makar Sankranti & its significance". Dr Bhave explained that the festival of Makar Sankranti coincides with the Sun's Northward movement, which is known as Uttarayan in Vedic Philosophy. He informed as to why people fly kites, prepare traditional sweets with jaggery and sesame seeds to mark the occasion. Sunil Pai Kane was inducted into the Club and the Anns celebrated Haldi-Kumkum.





Rtn. Sandip Nadkarni | 24 January 2023

At the 31st Weekly Meeting of the Club, our own Rtn. Sandip Nadkarni spoke on the hot topic "River Mhadei". The project plans to divert Mhadei river system waters into the Malaprabha reservoir is a huge emotive red flag in Goa. He put forth all the relevant details on the fight against diversion of the River Mhadei and the effects that the said diversion will have on Goa. While it may be viewed as just another knotty inter-state water dispute to the rest of India, in Goa, the Mhadei is considered a lifeline of the state.

Vocational Excellence Awards | 31 January 2023

Rotary Club of Panaji Mid-Town in its 25th year of service has instituted the Rotary Vocational Excellence Awards. The awardees for 2022-23 namely Jairaj Joshi (Musician- Drummer), Jyoti Sardesai (Drug Controller- FDA), Pramod Acharya (Journalist & Anchor), Rahul Madathilath (Scientist- IMD), Rajesh Pednekar (Vastu Consultant), Sainath Uskaikar (Film maker), Subodh Kerkar (Artist & Curator) & Taha Haaziq (Secretary- Disabilities Commission) were presented with a plaque by the Chief Guest Shri Nidhin Valsan, SP- North Goa at a function held at Terminal Banquets on 31st January on the day of 32nd Weekly Meeting.



Board Meeting:

7th board meeting was held at the residence of Rtn. Manoj Caculo on 27th January to review the months activities carried for the month of January and to decide on the plans for the month of February.



Haldi Kumkum | 24 January 2023

The Anns of the Club celebrated Haldi-Kumkum – the first festival to kick-start the year, during the weekly meeting of 17th January. This was the first time that the Anns celebrated the traditional festival as a symbol of their marital status and wishing for their husbands' long lives. It also happens to be the only Hindu festival based on the position of the sun (the others follow the moon). More importantly, it's the only festival which falls more or less on the same date – 14th or 15th January. While Anns had brought specially prepared delicacies, they also distributed bangles as gifts. Traditions, customs, rituals – they all give us roots; a sense of belonging and an identity.











Donation to Asha Mahal | 11 January 2023

On the occasion of her birthday Annet Tanvi Yatin Parekh made a donation to Asha Mahal, a short stay home for women. Annet Tanvi Parekh donated a sum of Rs. 11,000/- to the organisation and also distributed sweets to the inmates. The inmates at the home sang the birthday song for Tanvi as she cut the cake. It is interesting to note that Tanvi has donated this sum not through her parents but on her own and from her own savings.





The family of **ROTARY CLUB** of **PANAJI MID-TOWN** Is deeply grieved by the sad demise of

Rtn. Gaurish Shirodkar

He was a Past President and an Honorary Rotarian of the Club. He will be deeply missed by all of us. May his Atma attain sadgati. We pray to God to give strength to his family & loved ones.





CPR Training – batch 1 | 22 January 2023

In the event of an EMERGENCY, are you prepared to SAVE A LIFE? In memory of late Rtn. Keshav (Babu) Kamat, Rotary Club of Panaji Mid-Town conducted a project of CPR Training for the volunteers of I-Help Foundation. This 3-hour life-saving course was held in association with the Manipal Hospitals.

18 volunteers from the I-Help Foundation were trained by Dr Shirodkar and ably assisted by Dr Anjali. With a half-million cardiac arrests each year, CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. It's not just for healthcare workers and emergency responders. In fact, CPR can double or triple the chance of survival when bystanders take action. Such workshops help train you safely, effectively and confidently, so you're prepared for the minutes that matter the most.

Register yourself for the second batch. Get Trained. Save a Life. You will be glad you did!



Career Guidance program | 16 January 2023

Rotary Club of Panaji Mid-Town in Collaboration with Alpha Mindz and Sarvajanik Ganeshotsav Samithi, Kundaim conducted a Career Guidance program for the 10th standard students of New English High School, Kundaim; Govt. High School, Kundaim & Mahanandu High School, Bhoma. 70 students from these 3 schools participated in the event.

The faculty was Rtn. Manu Anand, Ann Candie Anand and Ms Deepa Prabhu from Alpha Mindz. The students were guided on the different career paths available; How to choose the right path; & How to study effectively for the entrance exams while staying focused. The faculty also advised the students to stay away from distractions and spend their time on constructive skills which will come handy in their life.

The students were accompanied by their teachers and the program was well appreciated by all. All the students were given packed refreshments at the end of the session. It was a very interactive session and had on spot rewards for participating students giving the right answers.

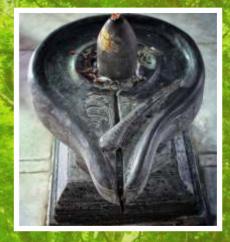
RCPMT always works towards giving the best to the children from rural areas and this was yet another attempt in doing so.





Visit to Farm and House of Rtn. Sandip Nadkarni | 29 Jan 2023

We organised a visit to the ancestral house "Nadkarni Niwas" at Sanquelim. Rtn. Sandip Nadkarni briefed on the history of this house which has seen many a generations of the Nadkarnis. This was followed by a trip to the Nadkarni Farms at Velguem in Valpoi. The family of RCPMT had a great time of bonding and togetherness.















Celebrating Abilities | 28 January 2023

The Rotary Pariwar Goa along with the Sanjay School, Porvorim and Goa Entertainment Association organised the annual All Goa program on 28th January to felicitate.

1) 22 Outstanding Young Students (TOYS) 2022-23 from amongst the Intellectually Disabled students, one from each of the Special Schools from Goa.

2) Einstein Awards 2022-23 from amongst the Autism Spectrum students from Goa.

3) Graham Bell Awards 2022-23 from amongst the Hearing Impaired students from Goa. 4) George Washington Awards 2022-23 from amongst the students from Goa with Learning Disabilities.

Hon Minister for Social Welfare, Govt of Goa, Shri Subhash Phaldesai was the Chief Guest at the event along with DG, Dist 3170 Rtn. Baban Deshpande as the Guest of Honour.







Mumbai to Goa

Ambassador on a cycle26 January 2023Rtn DW Kamat undertook a cycling expedition from Alibaug to Panaji along with others members organised by the Youth Hostels Association of India. The Biking route covered picturesque beaches, villages, hillsides greenery around the coastal route traversing through scenic seaside villages with endless stretches overlooking the sea. The coastal route is worth an experience. From roads running parallel to beaches to ferry



crossings to an ever-changing landscape — that, at every 50 km, shifts from high cliffs to beach-side drives to isolated hilltops barren with red laterite soil — the coastal Konkan bike trip has all highlights. Along the route, Rtn DW Kamat exchanged Club flags with Rotary Clubs along the way and as a Rotary Ambassador helped our Club maximize our reach and increase awareness of the good we are doing in the world!

















Vocational Excellence Awards | 31 January 2023

Rotary Club of Panaji Mid-Town in its 25th year of service has instituted the Rotary Vocational Excellence Awards. The awardees for 2022-23 namely Jairaj Joshi (Musician-Drummer), Jyoti Sardesai (Drug Controller- FDA), Pramod Acharya (Journalist & Anchor), Rahul Madathilath (Scientist- IMD), Rajesh Pednekar (Vastu Consultant), Sainath Uskaikar (Film maker), Subodh Kerkar (Artist & Curator) & Taha Haazig (Secretary- Disabilities Commission) were presented with a plaque by the Chief Guest Shri Nidhin Valsan, SP- North Goa at a function held at Terminal Banquets on 31st January.

Speaking at the function, President of the Club, Rtn. Siddha Sardessai said "We salute your unwavering commitment to outstanding performance. As we celebrate the achievements of our awardees, we also give due regard to the values and morals which these awardees exemplify, like discipline, compassion and zeal for learning. Awards then are a way to encourage good behaviour and inculcate competitive spirit".

Shri Nidhin Valsan congratulated the awardees and thanked the Rotary Club for doing service of the highest order citing Mahatma Gandhi's words "The best way to find yourself is to lose yourself in the service of others."

Earlier, Director- Vocational Service, Rtn. Ashok Menon introduced the awardees and presented a brief on their outstanding contribution for significant advancement in their vocational field. While Club Secretary, Rtn. Sachin Bhandare proposed the vote of thanks.

The awards set an example to others, particularly youth, of the need to strive for Vocational Excellence for the benefit of their discipline and the country.



A small seed grows into a huge tree. Though the start is small, the result can be BIG! A similar quality has been given by Nature to us and it is the ability to **APPRECIATE**!

A simple "thank you" can rejuvenate, excite, thrill and mesmerize someone. We truly believe that it is worth taking that small step of going out of our way and appreciate people for the good in them. They probably already know what's good in them, but by appreciating their work on social media, we can make a world of difference, irrespective of who they are!

With this in mind, we have initiated THE APPRECIATION MOVEMENT" which is an extension of our Vocational Service Awards.

There is no promotion involved, only pure feelings and heartfelt gratitude! Remember, someone somewhere is waiting to listen to your appreciation! The time is now!







MISCELLANEOUS:

Release of Club's Monthly Bulletin "THE DREAM"

The Club's monthly bulletin "THE DREAM" was released at the hands of Rtn. Sandip Nadkarni in presence of Bulletin Editor Rtn. Mahesh Patil on 24th January 2023.

Samuhik Cake cutting

This year, club started another initiative of cutting a birthday cake of the Rotarians who celebrate their birthdays during the month. The cake cutting ceremony was held at the fellowship after the Vocational Excellence Awards. Manoj Caculo gifted the Rotarians present with a token of love from the Caculo Mall Management.

New Member Induction

Sunil Pai Kane was inducted into the family of RC Panaji Mid-Town at the hands of Dr Bhushan Bhave at the 30th weekly meeting of the Club. His family – Sheetal, Saachi & Shlok were welcomed to the Rotary family.

Monthly ration supplies to National Association for the Blind (NAB)

The Club has initiated to supply continuous rations to the National Association for the Blind (NAB) of a value of Rs. 5,000/- per month. Members have come forward to donate the same, and this month Rtn. Tushar Sawkar donated for the rations.

Monthly ration supplies to Keshav Seva Sadhana, Bethoda

The Club has initiated to supply continuous rations to Keshav Seva Sadhana, Bethoda of a value of Rs. 10,000/- per month. Friend of Rotary- Adv Nitin Sardessai has committed to donate Rs. 5,000/- per month for a period of one year. Our Club members have committed to match the contribution so that the amount doubles up. This month, along with the contribution from Adv Nitin, Rtn. Gauresh Nayak donated for the Rations.















Limbache lonche or Lemon pickle

Ingredients

50 juicy thin skinned lemons

Extract juice of 20 lemons

Remaining 30 lemons can be either cut into 8 prices/per lemon or keep the whole lemon with 2 deep slits as you would make for stuffed pickle.

Method:

Lightly roast the following masalas

1 wati black pepper

2 tbsp methi

10 grams Shankar chaap hing

2 tbsp mustard seeds

Coarsely ground above masala and keep aside

Add 1 wati salt to the cut limes, then add 2 tsp haldi powder and 2 tbsp mirchi powder.

To this, add the ground masala and 1 wati oil.

Mix all these and lastly add the extracted lemon juice and keep for marination.

Pickle is ready for consumption once the lemon skin becomes soft..

P.S this pickle lasts for almost a year and tastes best with kanji, especially when one is not feeling well.



Ann Supriya Shankhwalker

Team

With a slender lead of just 2 points, this month saw team-Shorey again take the top spot dislodging team-Loehr. We expect fierce show of strength now on for the coveted top spot. Team Shorey & team-Loehr have been sharing the top position through the first half, team-Harris has been gaining but not able to attain the peak while team-Schiele has to work hard and be counted The team culture has been promoting team spirit and a sense of belonging to the club and to infuse the members with the spirit of camaraderie, cohesion and competitiveness.



The scores for the month of January





BULLETIN EDITOR

Rtn. Mahesh Patil 2022-2023

et me wish you all a very happy new year, a year free from COVID if possible. This month of January is the vocational service month. Every human being has to have a vocation irrespective of their education. This year we appreciated a few locals who have excelled in their field of music and performing arts, media- A small gesture from Rotary Club of Panaji Mid-Town to appreciate the contribution in their respective vocation.

On 31st January, we gave the vocational service excellence award to Jairaj Joshia drummer musician, Jyoti SardessaiDrug controller FDA, Pramod Acharyajournalist and anchor, Rahul Madathilath- scientist IMD, Rajesh Pednekar- Vastu consultant, Sainath Uskaiker- a film maker, Subodh Kerkarartist and curator, Taha Haaziqsecretary Disabilities Commission. Rotary has always supported vocational service awards.

In the rotary family we are selected in the club according to our vocation. Each member has helped the other member in their business. This year Rotary Club of Panaji Mid-Town decided to come out on social media to appreciate the vocation of a gentle soul who does his job well with a smile. This movement has become quite popular on Facebook. A Rotarian clicks a selfie with a very hard working person and appreciates him or her on this social media platform Facebook and Instagram. Every human wants to be liked and appreciated and what better way than to share a piece of their life with others without expecting anything in return.

Let us do our bit in the coming year and spread a smile on another's face which in turn will make you happy On that note till next time



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