



THE DREAM

NEWSLETTER OF ROTARY CLUB OF PANAJI MID-TOWN

VOLUME 25

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FEBRUARY 2023

ROTARY INTERNATIONAL PRESIDENT
Rtn. Jennifer E. Jones

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

CLUB PRESIDENT
Rtn. Siddha D. Sardesai

Theme of the Month : PEACE AND CONFLICT PREVENTION RESOLUTION

The 'V' sign, made by holding up the index and middle fingers, initially was used to signal victory by Allied nations during World War II. Anti-war activists later adopted it as a symbol of peace, and today the gesture is known as "the peace sign." This gesture against a ray of light coming through the clouds aptly signifies that peace is the new ray of hope.

Photo Credit: Shruthakeerthi K





CLUB PRESIDENT

Rtn. Siddha D. Sardesai
2022-2023

February – the name comes from the Latin word 'Februa' which means 'to cleanse'. 'Februalia' thus meant a month-long festival of purification and atonement in the past. Think about it, doesn't the month come with very symbolic clues and loud calls for us. 'Cleansing' – to just linger a bit on that word itself can calm and compose us. The story of mankind is but a series of our doings; good and bad which we shape with our own hands.

A series of our flagship projects took shape this month.

Commencement of the 16th batch of Sahayata nursing student began in February. Sahayata is our Home

Care Nursing Training Institute. The institute was started way back in 2015 when I was the Club Secretary and today I am happy that the project continues in all its glory.

We added more medical equipment to our project "Breath of Life" a bank of oxygen concentrators. Now we have semi-fowler beds, wheelchairs and walkers in addition and these will surely serve those in time of need. I'm sure we will need to add more in the days to come and we will be geared up.

We also launched project Asmita, screening and management of Anemia in adolescent girls. We have targeted 1000 girls students over the next month and I'm sure we will

achieve this with the support of our Club members and the schools alike.

And yes, all work and no play, makes Rotary dull. We have commenced our Manek Gem Cricket Tournament. This is the 16th year of the tournament.

As we are coming into the last quarter of our term, we are shifting into fast gears and moving faster to complete our envisaged agenda for this term. With all your support and blessings, I am sure we will be able to touch our milestone with ease. So in March, let us all march towards accomplishing what we had set out for.

BOARD OF DIRECTORS 2022-2023

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Siddha Sardessai

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Dattatray Kamat

Immediate Past President
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Gauresh Nayak

TRF (CLP - Chairman)
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Literacy (CLP - Chairman)
Gaurish Kamat

Public Relations (CLP - Chairman)
Vasant Agshikar

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.



SWACHHATA - 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.



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?

WE CAN BE CONTACTED ON:

We meet:

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

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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

"Learn to accept people for who they are, not who you want them to be". Friends, our SEIL event gave us a great opportunity not only to invite and host the students travelling under the banner but also learn their lifestyle and many more things. We could see the excitement, smile and satisfaction for the arrangements we offered to them. I would like to

thank Rtn Sunil Mone for project to be taken up.

As we have revamped our flagship project Sanjeevani by adding more equipment's to our medical bank, we look forward to you all to spread the news for the benefits of the needs. Through this project, We want to reach out to the people in distress to find the ray of hope and a helping hand.

With many projects and events lined up in March like Manek Gem Cricket Tournament for the sports lovers, completion of Project Asmita and the much awaited Rotary Orator of Goa, we look upon the members to participate and volunteer in these club activities to be a part of these spectacular achievements.

Club Assembly | 7 February 2023

33rd Weekly Meeting was a Club Assembly in which all the decisions taken in the Board Meeting held on 27th January were discussed with the members. Events planned for the month of February were informed to the members.



Guest Speaker - Pravin Faldesai | 14 February 2023

Club's 34th Weekly Meeting was held at Terminal Banquets with Adv. Pravin Faldesai as the Guest Speaker for the evening. Adv. Faldesai speaking to the members gathered, portrayed the work done under National Integration Program: Students Experience in Interstate Living (SEIL). He spoke about the history of SEIL and how it has not only benefited the students but also the outlook of the host states to look at the North Eastern people and their living. In his address, Adv. Faldesai shared some of the experiences by many individuals which marked the success of such a program.

Guest Speaker Rohan Bhandare | 21 February 2023

Chartered Accountant Rohan Bhandare was the Guest Speaker at the 35th Weekly Meeting held at Terminal Banquet Hall on 21st February. Mr. Bhandare enlightened the members present about some of the salient features in the Budget 2023. In his informative speech, he touched upon Government's foresight to the growth in various sectors across industries. Overall the speaker expressed satisfaction with the Union budget as he answered queries put forth by the members on aspects like taxation scheme and money allocation to specific programs.



Karaoke Nite | 28 February 2023

36th Weekly Meeting was held at Terminal Banquet on 28th February. It was an opportunity not to be missed, the evening was dedicated to all the singers from the club- Rotarians, Anns or Annets all sang well to make everyone dance to their tunes. Language no bar, age no limit, all the members enjoyed the evening to the fullest. DJ Rosario had a great collection of songs. Annet Chirag Tripathi's singing was the highlight of the day with Rtn. Siddha supporting him well while Rtn. Manoj, Rtn. Vinaykumar, Rtn. Manohar, Rtn. Ashok, Rtn. Manu made the occasion colourful.

Board Meeting:

8th Board Meeting was held at the residence of Rtn. Dhruv Madan on 24th February to review the month's activities carried for the month of February and to decide on the plans for the month of March.



Commencement of 16th Batch of Sahayata - Home care Nursing Training Center | 8 February 2023

The commencement of 16th batch of 14 students of Sahayata (Home Care Nursing Training Center) was held at Rugnashray in the presence of Dr. Vedpal Tari, GM, Goa Shipyard Ltd., Mr. Nitik Dayal, CSR head at Goa Shipyard Ltd., Dr. Shashikala Sahakari among others. Sahayata has contributed 249 students in 15 batches to the service of the needy. Matruhaya's Sahayata Home Care Nursing Training Centre, is a community service project initiated by Rotary Club of Panaji Mid-Town in partnership with Matruhaya

Trust & corporates supporting community development. The school gives training in Home Care Nursing to eligible students free of cost. This is a 6-month residential course & includes 3 months of practical training at Goa Medical College. Minimum eligibility to join the course is 8th Standard pass & students must be between 18-45 years of age. On completion of course, 100% placement is assured. The 16th batch is sponsored by the CSR funds of Goa Shipyard Ltd.



Sanjeevani - Medical Equipment Bank | 25 February 2023

During the pandemic, our club initiated a bank of life saving oxygen concentrators for the needy with real time equipment tracker app. On the occasion of the Rotary Day, we launched Sanjeevani (Medical Equipment Bank) with 2 Semi Fowler beds, 5 wheelchairs and 2 walkers along with 24 Oxygen Concentrators. The inaugural function was held at the

hands of PDG Rtn. Vinaykumar Raikar at the warehouse of Rtn. Sachin Bhandare.

These equipments will be now available to the needy by requesting through the Google form <https://forms.gle/n3czBySgC1BBbAZP8>.





ASMITA - Screening & Management of Anemia in Adolescent Girls at Dayanand Arya High School | 25 February 2023

Our club along with our District (RI Dist 3170) in association with RC Bibwewadi – Pune (RI Dist 3131) with its CSR partner GTPL Hathway Limited have joined hands in project ASMITA. The project focuses on training to fight domestic sexual abuse, social media abuse, self-defence, gynaecological myths and nutrition. The project is Rotary India's biggest project in the field of daughter empowerment. Through Project Asmita, the

haemoglobin levels of 87 girls (in the menstruating age cycle) from Dayanand Arya High School at Neura were checked and those girls found anemic were provided with iron supplements. They were also given help booklets, which cover all the video topics in a short and concise manner with interesting pictorial representation. "The daughters face a lot of issues in their day-to-day lives. Project Asmita is an attempt to provide

confidence to the daughters, make them independent, fearless and brave." Our mission at Rotary Club of Panaji Mid-Town is to reach out to 1,000 girls.

Dr. Swapnil Usgaonkar delivered an informative talk to the students and the teachers about Anemia.



Hosting students under National Integration Program | 12 February 2023

30 students visiting Goa enroute their journey to various states under SEIL (Students Exchange in Interstate Living) were hosted a dinner at The Terminal Banquet Hall. The students from North Eastern states of India had been visiting other states to study the type of living, food habits, culture, dressing, languages, weather etc. The students are adopted by many locals for their stays so as to make

them aware and study closely the way of life at various places. Dinner menu was specially crafted with local delicacies for the visiting students to enjoy Goan cuisine. The organizers of the integration program expressed their happiness over the experience of the event. Rtn. Manoj Caculo hosted the dinner on behalf of the Club.



Sailing Experience under National Integration Program

13 February 2023

30 students visiting Goa enroute their journey to various states under SEIL (Students Exchange in Interstate Living) were hosted to a sailing experience at the sea from The Grand Hyatt resort. The students from North Eastern states of India had been visiting other states to study the type of living, food habits, culture, dressing,

languages, weather etc. Students enjoyed a dip in the sea along with sailing activity organised by a friend of Rotary. The students were then handed over a working lunch box before they moved to the Raj Bhavan for a tete-a-tete with the Hon. Governor of Goa.





District Conference: Ashtabandhanam | 10-12 February 2023

14 members of the Rotary Club of Panaji Mid-Town registered for the District Conference "Ashtabandhanam" held at the Fairfield Marriott at Belagavi on 10-11-12 February. Many other members and Anns joined us on the trip. We had a great time at the conference which saw distinguished speakers from Charu Sharma to Sanjay Ghodawat, from Suhani Shah

to Kiran Dembla and Manoj Muntashir. The conference was well organised by the team under DG Rtn. Baban Deshpande.

We also explored the city through its heritage trail and had a good session of fellowship and camaraderie.



District Awards

The Rotary Club of Panaji Mid-Town received the following awards at the Awards ceremony held on 11th February 2023 during the District Conference. Paul Harris APF Challenge Prakash Kapadia - >USD1000 to TRF District award for Presidents Awards for Outstanding Community Service Project District award for Best in Vocational Service

Congratulations to IPP Rtn. Sunil Mone & EPS Rtn. Sanjiv Desai and the team for a fantastic Rotary year 2021-22





Intra Club Cricket Match | 26 February 2023

An intra club cricket match was organised for the club's cricket enthusiasts. The teams were divided into Captains XI and Vice Captains XI. It was a well fought match with Vice Captains XI winning the match with 29 runs. There were ups and downs during the whole game.

VC XI scored 167/8 of 20 overs

Ambar Nadkarni - 18

Sunil Pai Kane - 11

Yogesh Nadkarni - 12

Ved Sardessai - 30*

Ilyas Naroo - 24

with Sunil Mone and Gaurish Kamat adding some quick fire runs to the tally

C XI - 142/9 of 20 overs

Tanmay Kholkar - 28*

Suraj Kudchadkar - 18

Bhargav Desai - 18

Sangam - 28* scored for the team

Some of the significant contributions from the new members were

Sunil Pai Kane - kept scoreboard moving

Gaurish Kamat - came down the order to bat well

Rajesh Dessai - Bowled well to reduce the onslaught by VC team

Bhargav Desai - Bowled just 1 but tidy over

Not to forget bowling from Sumit/Rajesh/Sangam for C XI's and Amit/Sandeep/Ilyas for VC XI's. Ved Sardessai was adjudged Man of the match for his excellent all round performance.

Manek Gem Cricket tournament

26 February 2023

As they say "Whatever level you reach, getting better never stops" Cricket in the club has evolved from a Triangular event to a quadrangular one and in the latest edition we had an eliminator to confirm the position of the 4th team of the tournament. With an addition of 5th club in Panaji, the sports committee decided to have an eliminator between RC Miramar Vs RC Dona Paula. RC Miramar had the experience with them and RC Dona Paula had enthusiasm. RC Miramar would not let go this opportunity to show their power while RC Dona Paula were eager to showcase their power. Match started on time with RC Miramar batting first and from the word "play" by the Umpires RC Dona Paula seem to have upper hand. RC Dona Paula made the best use of the pitch, their energy levels and most importantly the support. With RC Miramar batsman could only put up 76 runs on the board RCDP bowlers made sure they used the conditions well with planned bowling. The highlight of RC DP bowling was Siddhant, Ryan and Rohan picking up 2 wickets each. In reply, RC DP scored the required 77 runs in just 7 overs with some fiery hitting from their openers hitting more than 7 sixers and with an opening partnership of 72. The win not only looked comfortable for RC DP but also was a warning bell to the other teams in the main frame for them to not to take RC DP lightly. Rtn Shiva was adjudged the Man of the Match for his performance of 37* and picking up a wicket.



MANEK GEM

CRICKET TOURNAMENT

A1 : RC PANAJI
A2 : RC PANAJI MIDTOWN
B1 : RC PANAJI RIVIERA
B2 : RC DONA PAULA



5 MARCH
9:00 AM : B1 vs B2 2:00 PM : A1 vs A2

12 MARCH : SEMIS
9:00 AM : WINNER B vs LOSER A
2:00 PM : WINNER A vs LOSER B

26 MARCH
9:00 AM : FINALS

at the Fire & Emergency Grounds, St. Inez



MISCELLANEOUS:

Release of Club's Monthly Bulletin "THE DREAM"

The Club's monthly bulletin "THE DREAM" was released at the hands of Rtn. Vinaykumar Raikar in presence of Bulletin Editor Rtn. Mahesh Patil on 28th February 2023.



Annadata - 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. Sachin Bhandare donated for the rations.



Annadata - 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 Sardesai 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. Ajit Dalvi donated for the Rations.



Joy of Giving - Lunch hosted for the residents and volunteers of Bal Kalyan Ashram, Talauli

Annet Shrey Shetye along with Rtn. Santosh Shetye and Ann Swati Shetye celebrated his birthday with the residents and volunteers of Bal Kalyan Ashram with lunch.



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 at the last weekly meeting of February on the 28th. Rtn. Manoj Caculo gifted the Rotarians present with a token of love from the Caculo Mall Management.





Herb Fried Mangrove Jack. (Tamasso).

This fish is locally found in the rivers and backwaters of Goa. It is very tasty and in high demand.

This is a quick and easy way to prepare this fish.

INGREDIENTS

1. Two fish fillets of a 500 grams fish.
2. 1 inch ginger.
3. 3- 4 cloves garlic.
4. 2-3 green chillies.
5. A tsp lemon juice.
6. pepper powder (1 pinch).
7. Salt as required.
8. 2 tsp fresh coriander leaves.

STEPS

First apply salt as required ,sprinkle the lemon juice and pepper powder. Apply the ginger garlic and green chilli paste. Chop green coriander leaves finely and sprinkle on top and keep aside. Then heat the frying pan with 2 tsps oil till hot and fry skin side up first so as to seal in all the flavours and moisture and then the skin side till nice and golden brown. Enjoy hot with Roti, Rice and curry or bread.



Ann. Oslinda Nazareth Vaz

Team

This month saw a big jump by Team Loehr. We are sure that the competitive spirit will be charged now with just a few months to go. But yes, the lead by Team Loehr has been a huge one. We expect the other teams now to charge themselves up to be in the reckoning. 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.

Harris	Loehr	Schiele	Shorey
Shivan Desai	Mahesh Patil	Dhruv Madan	Ashok Menon
Ameet Suctancar	Anand Palan	Ajit Davi	Ben Saldanha
Dinar Tarcar	Ashish Verlekar	Buddha Mangaldas	Bhargav Desai
DW Kamat	Bhupesh Shah	Jehangir Taleyarkhan	Deep Bhandare
Ganesh Ishwar	Charles Bonifacio	Joe Mascarenhas	Govind Tiwari
Gaurish Kamat	Gajanan Karikare	Madhav Nevrekar	Jacob John
Haroon Ebrahim	Gauresh Nayak	Matin Naik	Jagmohan Chhabra
Ilyas Narop	Girish Ragha	Manoj Caculo	Manohar Kamat
Joe Mathias	Kedar Kenkre	N. Sriram	MG Chandrashekar
Kedar Dhume	Mahesh Adwalpalkar	Namita Tripathi	Nilesh Dawda
Kiran Shirsat	Maria Anand	Nazareth Vaz	Prasad Keri
Milind Shankhwalkar	Prakash Kapadia	Nilesh Lawande	Rajesh Dessai
Rahim Virani	Sanjiv Desai	Niteen Sant	Rajiv Chandan
Rajiv Shirodkar	Shekhar Sandessai	Nitin Sud	RD Bhide
Sumit Sethia	Suraj Kudchadkar	R. Ashok	Sandip Nadkarni
Sunil Pai Kane	Vijay Hede	Sandeep Mukherjee	Sangam Kurade
Tanmay Kholkar	Vinaykumar Raikar	Sandeep Vernekar	Santosh Shetye
Vasant Agshikar	Vivendra Mehta	Sunil Mone	Tushar Sawkar
Yogesh Nadkarni		Verner Vello	Yatin Parekh

The scores for the month of February



Star of the Month



Rtn Jehangir Taleyarkhan

Star of the Month is awarded to a member who participates and contributes to the Club in a big way. A pin in the shape of a star is given to the member who is declared a Star of the Month. This is creating a good buzz & members are keen to stand out and be counted. Rtn Jehangir Taleyarkhan was declared Star of the month for February.

BULLETIN EDITOR

Rtn. Mahesh Patil
2022-2023



Peace and conflict prevention/resolution month is the rotary theme for the month of February 2023. This is the month which has the least number of days in a month. Valentine's Day dedicated to St. Valentine is celebrated as a day of love. Why not celebrate it every day?

Love for one's parents and grandparents. For siblings and friends and the love for that special person who comes into our life. Isn't the theme an apt one for this month of love?

From love culminates two options, peace or conflict which are on opposite

spectrums. Peace is the call of every human being who wants stability and opportunities in his life. With such conflicting ideals and beliefs, is it possible to have peace of mind. Seems difficult but Rotarians can resolve all these conflicts and make peace with themselves or with others over fellowships which brings a camaraderie between them. As the Rotarians laugh and joke over fellowship, conflicts take a backseat and peace prevails.

All in jest, since it is the cashew season in Goa and we have a very testy theme couldn't help lightening the editorial.

More than half the year has passed by in a jiffy and as we look back, realized that we all worked together peacefully for the events chalked out by the President and Secretary and will continue to do so like every year.

If at all there are conflicts the board is there to resolve it. Spread love in this beautiful month of February and let peace prevail till we meet again.



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