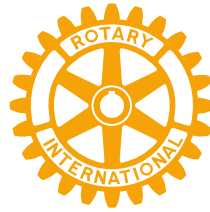




Rotary
CLUB OF PANAJI



THE

SPARK

MONTHLY BULLETIN OF THE ROTARY CLUB OF PANAJI



ISSUE 7 | VOL.1 | JANUARY 2025

REGULAR MEETING :

Every Wednesday at 6:30 pm,
5th floor, EDC House,
Dr. Atmaram Borkar Road, Panaji - Goa

www.rotaryclubpanaji.org

CHARTER NIGHT



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District Governor :
Rtn. Sharad Pai

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SARGENT AT ARMS
Rtn. Rajesh Kunde

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PRESIDENT'S MESSAGE

Rtn. Dr. Raghuvir Salkar



Dear Friends,

The month of January has been an eventful month. It is Rotary's vocational month. We organized a couple of programs to celebrate Vocational Service. Annette Anam Sandesh Helekar- Goa's well-known Master Chef was felicitated with our club's Youth Achiever Award for achievements in his field and business. We also gave away three vocational awards- one each to a Tabla Maker from Banastari, a restaurant waiter from Panaji, and a laundry owner also from Panaji.

Our community service projects continued with Rtn. Dr Kedar and Annette Dr Namrata Raikar doing an IVF Camp at Goa Red Cross Society's premises in Panaji- thanks to PDG Gaurish. This was a joint project with One World which sponsored the entire cost of the event- thanks to Dr Kedar. Five needy and deserving patients were selected for free treatment, cost of which amounts to Rs.7.50 lakhs which will be entirely borne by One World- thanks again to Dr Kedar. Four more free cataract surgeries were done by Dr Shweta Khandeparkar- thanks to the financial support received from the Goa Hindu Association, Ponda. We have now done close to 20 free cataract surgeries. We donated 19 wheelchairs to the Goa Medical College and Hospital; funding was provided by IFB Industries Limited through their CSR money. Another touching service that we had the opportunity to provide was to make a donation of Rs.3.75 lakhs to a needy family for cancer treatment- thanks to our many members for their generous contributions and to PDG Gaurish for getting a substantial donation of Rs.3 lakhs from Mrs. Shruti Hede. Past President Sanat presented us with this opportunity.

Club's Charter Night was celebrated on 30th January, and many past presidents were felicitated on this occasion. PDG Gurudutt Bhakta graced the gathering as the DG's representative. It was a bit disappointing that not too many members attended their own Club's birthday. We inducted a new member Mr Jogesh Grover into the club on Charter Night. We were fortunate to host two visiting Rotarians from the USA.

66th District Conference started on 31st January- just a day after our Charter Night. 23 members from our club including Anns registered for the conference, this being one of the largest contingents from any club outside of Belagavi. My sincere thanks to all who have registered.

As I mentioned in my last address, I will now start working on an Endowment Fund of our club which will benefit our club for years to come. I request your strong support to make it happen. I will reach out to you individually in this regard.

With warm wishes,
Manguirish



RI PRESIDENT'S MESSAGE

Rtn. Stephanie A. Urchick



I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face.

A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that.

There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun.

Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back.

If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there.

Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together?

At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible.

Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmental responsibility with community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. Rotary magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living The Magic of Rotary.



With best compliments from

Rtn. Manguirish Salkar

With Best Compliments from

Santosh Mahanandu Naik

PANJIM - GOA

EDITOR'S SPACE

Rtn. Ar. Guruprasad Mantravadi



Dear Rotarians,

Wishing you all a very happy new year 2025 from the editors desk. Wish this year builds up on all your endeavours and brings satisfaction and peace to you and your family.

The SPARK waits for articles from you and your loved ones in all eagerness.

This issue features articles by Pradip bhai, Prashant Kaisare, Sandeep Prabhu, Myself, Recipe by Mrs. Sunita Salkar, and lots of activities for the kids.

Best wishes once again,

Rt. Ar. Guruprasad





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SECRETARY'S REPORT



Rtn. Pankaj Saraf

Dear Rotarians,

I am pleased to present the secretary's report for the month of January. It has been an eventful month, with several significant activities and achievements.

One of the highlights of the month was the IVF check-up camp held at Red Cross Society Hall at Panjim. This camp provided a valuable opportunity for 20 couples to receive medical check-ups and consultations, which will hopefully lead to successful fertility treatments & we also provided Free treatment to 5 needy & deserving patients.

On a celebratory note, we marked our Charter Night, on the 30th of January, which was a wonderful occasion to reflect on our club's journey and achievements over the past 63 years.

We also held 4 regular meetings and 1 Board of Directors (BOD) meeting, which ensured that our club's activities and decisions were well-planned and executed.

In the realm of community service, we performed 4 cataract surgeries, bringing the total number of free cataract surgeries conducted by our club in the past 7 months to 20. This achievement is a source of pride for our club, and we look forward to continuing our efforts to make a difference in the lives of those in need.

As we move forward, let us remember that our collective efforts can create a profound impact on our community. Let us continue to strive for excellence,

compassion, and kindness in all that we do.

"Alone we can do so little; together we can do so much." - Helen Keller

I Thank each one of you for your dedication and commitment to our club.

Best regards,
Rtn. Pankaj Saraf
Secretary



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WAKING UP EARLY: A KEY TO HEALTH, SUCCESS, AND LONGEVITY

Rtn. Ar. Gurprasad Mantravadi



The habit of waking up early has been revered across cultures and generations as a cornerstone of a successful, healthy, and fulfilling life. From ancient scriptures to modern self-help books, early rising has been extolled for its transformative effects on the mind, body, and productivity. Developing a habit of waking up early can significantly impact human health, success, and overall well-being. Additionally, adopting a disciplined lifestyle can help in preventing diseases and leading a healthier life.

Waking Up Early and Its Impact on Human Health

One of the most immediate benefits of waking up early is its profound impact on physical and mental health. When you rise early, you align your body's biological clock



with nature's circadian rhythms, leading to better sleep quality, improved metabolism, and enhanced cognitive function. Some key health benefits include:

1.Improved Sleep Patterns – Early risers tend to go to bed earlier, ensuring adequate rest and deep sleep cycles, which are crucial for cell repair, memory consolidation, and overall well-being.

2.Better Mental Health – Studies suggest that people who wake up early experience lower levels of stress, anxiety, and depression. The morning hours allow for a calm and peaceful start to the day, reducing the feeling of being rushed or overwhelmed.

3.Increased Physical Activity – Morning is the best time for exercise, as the body is well-rested, and physical activity boosts metabolism, releases endorphins, and keeps weight in check.

4.Enhanced Digestion and Metabolism – Early risers can have a timely and nutritious breakfast, which kickstarts metabolism and prevents unhealthy cravings throughout the day.

Waking Up Early and Achieving Success

Many successful people, including world leaders,

entrepreneurs, and athletes, attribute their productivity and achievements to waking up early. Some ways in which early rising contributes to success include:

1.Time for Planning and Goal Setting – Mornings provide an opportunity for introspection, planning the day ahead, and setting goals, leading to a more organized and efficient life.

2.Fewer Distractions – The early hours are free from the hustle and bustle of daily life, allowing for focused work, creativity, and innovation.

3.Stronger Willpower – Willpower is at its peak in the morning, making it the ideal time for high-priority tasks, self-improvement activities, and disciplined habits.

4.Better Work-Life Balance – Rising early provides extra time for self-care, family interactions, and hobbies, leading to a balanced and fulfilling life.

Lifestyle Changes for a Disease-Free Life

In addition to waking up early, adopting a disciplined and mindful lifestyle can help prevent diseases and promote long-term health. Here are some essential lifestyle changes to incorporate:

1. Maintain a Healthy Diet

- Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Avoid processed foods, excessive sugar, and unhealthy fats.
- Stay hydrated by drinking at least 8 glasses of water daily.

2. Engage in Regular Exercise

- Incorporate at least 30 minutes of moderate exercise, such as walking, jogging, or yoga, into your daily routine.
- Strength training and flexibility exercises improve muscle function and prevent injuries.

3. Prioritize Mental Well-being

- Practice mindfulness, meditation, or deep breathing exercises to reduce stress and anxiety.
- Engage in hobbies and social activities that bring joy

and relaxation.

·Maintain a positive outlook and surround yourself with supportive people.

4. Establish a Consistent Sleep Schedule

·Sleep for 7-9 hours every night to allow the body to rest and rejuvenate.

·Avoid screen time before bed and create a relaxing bedtime routine.

5. Reduce Exposure to Toxins

·Avoid smoking, excessive alcohol consumption, and recreational drugs.

·Minimize exposure to environmental pollutants and chemicals by choosing organic and natural products.

6. Develop Healthy Habits

·Maintain good hygiene and cleanliness to prevent infections.

·Regular health check-ups help in early detection and prevention of diseases.

·Cultivate gratitude and contentment for a happier and healthier life.

Waking up early is not just a habit but a lifestyle that fosters better health, success, and well-being. It provides time for self-improvement, productivity, and a mindful start to the day. Coupled with healthy lifestyle choices such as a balanced diet, regular exercise, stress management, and sound sleep, one can lead a disease-free and fulfilling life. Embracing the power of early rising can truly transform one's

journey toward a healthier, happier, and more successful life.

Best Wishes From

SIDDHESH SHETYE



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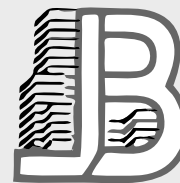
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मी रस्ताद - एका रस्त्याची आत्मकथी

Rtn. प्रदीप तळावलीकार



सद्या आत्मकथा लिहायची जणू फॅशनच आली आहे. जो तो उठतो तो लेखनाच्या ह्या ओढ्यांत हात धुवून घेतो. आपले राजकारणातले नेते, रंगमंचावरचे अभिनेते समाजकारण करणारे भुत्ये, उद्योग धंदा करणारे कर्ते, घर चालवणारे सवरते, किती किती म्हणून प्रकार घ्यायचे. तर सांगायचा मुद्दा म्हणजे हे सगळे लोक आपापली आत्मचरित्रे लिहीतात व छापून आणतात. ह्यांतले पुष्कळ जण तर ती लिहूनही घेतात. वर दिलेले सगळेजण तर माझाच आधार घेतात. म्हणजे असं की पेपर, पेन शाई आणायला त्यांना माझ्यावरूनच चालत किंवा वाहनाने जावं लागते. शेवटीं छापून आणायलाही ते जातात तेव्हां माझ्यावरूनच त्यांना जावे लागते. पण माझ्या ह्या मदतीचा किंवा मला होत असलेल्या त्रासांचा वा मी केलेल्या कष्टांचा कुणीच नावाला देखील उल्लेख करत नाहीत. जणू अनुल्लेखाने मला मारूनच टाकतात साले.

म्हणून म्हटले माझी कथा म्हणा वा व्यथा म्हणा, एकदां सर्वासमोर आणावी

म्हणजे भविष्यांत तरी आत्मचरीत्रकार माझी जाण ठेवतील. असो.

तसं पाहिलं तर मी अतिशय जूना आहे. म्हणजे अगदी बाबा आदमच्या जमान्यांतला. आदम आणि ईव्ह जेव्हां पहिल्यांदा सफरचंदाच्या झाडाजवळ गेले होते ना, ते माझ्यावरून चालतच गेले होते. सफरचंद झाडावरून तोडण्यासाठीं अदामने उड्या मारल्या होत्या त्या माझ्यावरूनच मारल्या होत्या. थोडक्यांत, इतका जूना मी. तसेंच प्रभू रामचंद्र लंकेला जाताना माझ्यावरून समुद्रापर्यंत गेले होते. त्यानंतरच्या महाभारत युद्धाच्या वेळीं युद्धभूमीवर जाण्यासाठीं कृष्णादी वीरांनी माझाच उपयोग केला होता. मला वाटतं माझ्या जुनाटपणाच्या इतक्या खूणा पुरेशा आहेत.

तर आधीं लोक माझ्यावरून चालतच जायचे. त्यावेळीं माझी रितसर अशी आंखणी कुणी केलीही नव्हती. वाट फुटेल तिथून माझ्यावर चालायचे आणि त्याला तेव्हां

पाउलवाट असें ते म्हणायचे. मला नावे वगैरे द्यायची तर तेव्हां फॅशनच नव्हती. आणि मलाही त्याचे काही पडलेले नव्हते.

आपण बरे आणि आपले काम बरें असें म्हणणाऱ्या नद्या, ओढे, नाले, समुद्र ह्यांच्याच पंक्तीत बसणारा मी. ही मला विशेष असा त्रासही होत नव्हता. आदमने सफरचंदासाठीं माझ्यावर मारलेल्या उड्या, रामलक्ष्मण व त्यांच्या वानरानी माझ्यावरून केलेली येजा आणि महाभारत युद्धाच्या जमान्यांत वेगवेगळ्या रथांची माझ्यावरून झालेली वाहतूक व घोड्यांची दौड सोडली तर तसा माझं अंग शोकण्या व्यतिरीक्त तसा फारसा जाणवणारा त्रास झाला नव्हता. नंतर हळूहळू का कोण जाणे माणसांनी मला जरासा बरा करण्याचा उद्योग करण्याची सुरवात केली. माझ्यांतली ही सुधारणा ही माझ्या भल्यासाठीं नसून माणसांनी ती त्यांच्याच भल्यासाठीं केली होती हें मला बऱ्याच नंतर कळलें. पण माझे बरेच होतेय ना मग उगाच खळखळ कशाला करा म्हणून मी गप्पच राहिलो. ही सुधारणा म्हणजे पाउलवाटेवरून माझे झालेले प्रमोशन. पाउलवाटेवरून आता लोक मला रस्ता असं म्हणायला लागले. पण तरीही अजून माझे नामकरण करायला कुणीही पुढें येत नव्हते. असो.

मला असें प्रामाणिकणें वाटतें की तुमच्या इथल्या ह्या गोमंतकांत माझा, पाउलवाटेचा रस्ता केला तो त्या परदेशी पोर्तुगिझांनी. आधी मातीचा केला, ज्याला सगळे कच्चा रस्ता म्हणायचे. मग कालांतराने त्यावर त्यांनी अगदी स्ट्रॉंग असा वास येणारे काळ्या रंगाचे ज्याला आपण गाडींत घालतो त्या पेट्रोलचाही गंध यायचा असें काहीतरी माझ्यावर ओतलें. गरम गरम होते ते. त्याला त्यांनी डांबर असें म्हटलेले माझ्या कानावर येत होतें. मग त्याचरून भयानक असा दिसणारा रोलर की काय तो फिरवला गेला आणि झटकन मी पक्का झालों. काळाकुळकुळीत पण गुळगुळीत असा पक्का रस्ता. वर उल्लेखलेली सगळी मंडळी अधिक सर्वसामान्य लोक आता त्यांच्या त्याच्या

वाहनांत बसून आरमांत जा ये करूं लागले. त्याच काळांत मला वाटते त्यांनी मला नावं देण्यास सुरवात केली. पण माझे दुर्दैव पहा. भारतीय असूनही मला नावे मात्र त्यांनी त्यांच्या कडल्या लोकांची दिली. रुआ दे गोव्हेर्नादोर पेस्ताना, रुआ दे व्हासाल सिलवा, रुआ गामा पिंटो रुआ आफोंस दी आल्बुकर्क, वगैरे. एके ठिकाणी मला गोमंतकीय, दादा वैद्यांचे नावही दिले गेले होते हो. विसरलोच होतो बघा. काही नावे तर त्यांच्याकडच्या काही मुख्य घटना घडलेल्या दिवसाची आठवण करून देणारी ही दिली गेली. उदा: एकतीस जानेवारी रोड, इत्यादी इत्यादी. पोर्तुगिझांच्या राज्यांत रस्त्याला रुअ असें म्हनायचे म्हणे. रोड हें ईंग्रजीतले. तुमचा गोवा स्वतंत्र झाला ना तेव्हां रुआ चे सगळे धडाधड रोड झाले. मग पहिल्या निवडणूकांनंतर मगोचे सरकार आलें तेव्हां मात्र काही रोडचे रस्ता केले गेले. असो. तुम्ही स्वतंत्र झाल्यावर महात्मा गांधी रोड आला. दयानंद बांदोडकर रस्ता आला, विवेकानंद रोड, आत्माराम बोरकार रोड वगैरे वगैरे आले. वास्कोला तर स्वतंत्र पथ आला. अजूनही बरेच असतील पण आता ना, व्यवस्थित आठवत नाही. वय झाले ना आमचे ? त्यावेळीं कुठेतरी कुठल्या एका खोलीत बसून त्यांचे राज्यकर्ते नामांकरणाचा निर्णय घ्यायचे. दूसऱ्या दिवशीं माझ्या एका कोपऱ्यावर एक नावाचा फलक लागायचा की झालें नामांकरण. आताच्या सारखें नव्हते बुवा तेव्हां.

आता माझ्याच एका कोपऱ्यांत सगळे गोळा होतात, त्यांतला एखादा राजकारणी एक भाषण ठोकतो, फलकाचे अनावरण होतें, फटाके लावले जातात आणि अशाप्रकारे धूमधडाक्यांत माझे नामकरण होतें. माझ्या कोपऱ्यात जिथें एक लहानसा वर्तुळाकार बगीचा केला जातो त्यावर ज्या धनिकाने तिथें माझ्यावर पैसा ओतला होता त्याचे नाव दिलें जाते. म्हणजे बघा मला न विचारता न सवरता माझ्याच कोपऱ्याला दूसऱ्याचे नाव. म्हणजे आमचे नाव वेगळें अन आमच्या कोपऱ्याचे नाव वेगळें. बरं एवढ्यांत सगळें व्यवस्थित होणार ह्याची तरी गॅरंटी असते का ? दूसऱ्याच दिवशीं मग त्या रस्त्यावरून एक मोर्चा येतो आणि मग त्यांच्या जमातीच्या माणसाला सोडून दूसऱ्यां जमातीच्या माणसाच्या नावाचे नामकरण केल्याचा निषेध केला जातो.

जमातीच्या नाहीतर धर्माच्या बाबतीतही मग तेच घडते. प्रसंगी उठाव केला जातो. किती तरी हजार माणसें माझ्यावरून धावतात पळतात, दगडफेक होते मग गोळीबार होतो. काही माणसे मरतातही. मग आणखी आगडोंब उसळतो. देशाची संपत्ती म्हणजे बसेस, गाड्या, मोडल्या जातात, त्यांना आग लावली जाते. मला पण कधी कधी खणले पण जाते माझा विध्वंस वेला जातो. कालपर्यंत चकचकीत असलेला मी आज अचानक खड्यांनी भरून जातो. माझ्यावर गाड्यांचे टायर जाळून मला आगीचे चटके दिले जातात. थोडक्यांत माणसे सगळा राग माझ्यावर व सार्वजनीक वस्तूवर म्हणजे बसेस सरकारी गाड्या, सरकारी इमारती ह्यावर काढतात.

काल कोपऱ्यांत माझ्यावर भाषण ठोकलेले नेते मग आज पोलीस संरक्षणांत त्यांच्या घरांत लपून बसतात. माझ्यावर मात्र कुणाचेही लक्ष जात नाही. मला त्याच दुखावलेल्या अवस्थेंत ठेवले जाते. एखाद्या रस्तादासारखा. माफ करा मंडळी, मधेच परत पोर्तुगिज भाषा आली. काय करणार ? होते असें मधें मधे. आमचे बाप पडले ना ते पोर्तुगिज. तर रस्ताद म्हणजे पोर्तुगिझमधें अक्षरशः रस्त्यावरचा. एखादा कुत्रा असतो ना तसा. असो. तर सांगण्यासारखे खूप आहे पण आता आत्मकथेचा हा भाग संपवण्याची वेळ झालेली आहे. पुढच्या भागांत भेटू पुन्हा. कसं आहे ना, हल्ली आपले सिनेमावाले करतात ना, तसें करीन म्हणतो. आशिकी चांगला चालला तर आशिकी दोन करायला घ्या. तसंच म्हटलं रस्ताद आवडलं आपल्याला तर रस्ताद दोन लिहायला घेउं तोपर्यंत माझ्यावरून तुमची ये जा सुखाची जावो हीच परमेश्वराकडे प्रार्थना.

प्रदीप माधव तळावलीकर

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NARAHAR H. THAKUR
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WEEKLY MEETINGS



BOD Meeting

PROJECTS AT A GLANCE



Financial Assistance For Cancer Surgery Of Son At Panjim on 25th January 2025



Donation Of 19 Wheelchairs To GMC At Bambolim On 15th January 2025



Donation Of Water Station To Anjuman Nurul Islam School At Cujira on 14th January 2025

PROJECTS AT A GLANCE



IVF Checkup Camp At Panjim on 19th January 2025

PROJECTS AT A GLANCE



Vocational Awards at Panjim on 15th January 2025



Young Achiever Award at Panjim on 15th January 2025

ROAD ETIQUETTE AND PARKING WOES OF OUR CITIES

Rtn. Sandeep Prabhu



Most public road users don't even know that there is something called road etiquette. The problem is with issuing our driving license. We are taught the right way to drive along with a few road rules, but we are usually unaware of how to behave while driving on public roads. This we generally learn or unlearn as we drive, or when some extra smart, relative, or friend teaches us in a few road lessons.

Around 45 to 40 years ago, when there were fewer vehicles on the road, it was noticed that vehicle drivers behaved in a courteous way. Courteous meaning giving way to others, not over speeding, driving in own lane, having almost nil road rage incidents etc..etc. Herein, I would like to touch upon a few aspects of driving on public roads, like parking, driving etiquette on city roads, and driving etiquette highways.

In the earlier days when there were fewer vehicles and plenty of parking spaces available, this issue of parking shortage like the present age never came up. One could park at any designated parking spot without any hindrance to the public. In the past, in Panaji, where I was born and brought up and have lived all my life, there never was any issue of parking. One could even park in any place in Panaji, including the busiest 18 June street at any time of the day. Presently, the parking issue has reached such huge proportions that regular fights are irrupted on parking issues.

Every housing complex has parking for their residents or visitors demarcated. In spite of this, every now and then, some smart chap wants to break the rule and cause distress for everyone involved. Most of the city roads of Goa have dedicated roadside parking demarcations. While parking in unmarked places, we should take proper care to see that our parking doesn't cause any hindrance for the smooth passage of traffic or for the movement of pedestrians. A standard parking space for a light motor vehicle is approx 2.5 mts width and 5.0 mts length. The parking on public roads is usually of a parallel, a perpendicular, or an angular parking. One should always avoid parking near a road junction, a bus stop, a zebra crossing, on a foot path, in

front of some ones gate or in a narrow ally which would make it difficult for traffic passing both ways unless it is a one way street.

One of the etiquettes of parking is that , one should not park into a spot vacated by another unless the vehicle has completely moved out of the spot or if the driver has signaled that he is adjusting his vehicle in the spot. One should show enough courtesy to allow that vehicle which has reached there before you to take the parking spot however busy or in a hurry one is. Here I would like to mention a small incident that happened to me just a few days ago, I was trying to perpendicular reverse park my larger vehicle in a tight spot the only one available in that area, when suddenly a smaller vehicle zoomed up from behind me and quickly parked into the spot and kept honking, knowing very well I was trying to reverse my vehicle into the spot. I had two choices, to get down and have an argument with that person or quietly look out for another spot. I decided to do the latter. This is an example of parking etiquette. Knowing fully well the other is trying to park with a bit of difficulty may be for whatever reasons, one should not force one self into that spot. Fist fights or arguments have irrupted due to lesser issues.

Always park as close to the next parked vehicle so that there is space for additional vehicles to park if possible. While parking in a congested or narrow street, do be careful to park so that the movement of other parked vehicles is not obstructed. Always park the vehicle within the marked bay. The parked vehicle should be properly anchored, applying the hand brake, etc. I remember a few years ago, one of our neighbors parked his car and left. A few minutes later, I saw his vehicle, which was parked on a slope, slowly moving in reverse. As I was shouting for my neighbor to come and at the same time running towards the vehicle, the car started gaining speed, travelled for almost 50 mts, crossed the primary street and banged into the gate of another neighbor. Luckily for everyone involved, there was not much damage. This unusual

incident could have been avoided if the hand brakes of the car had been properly applied.

While driving on city roads, one should always adhere to the traffic rules of that area or city. Always drive within the specified speed limits. Never honk unnecessarily in traffic and especially never near a school or hospital. Drive care fully, keeping a watch for pedestrians, who in Goa are known to cross the road at every spot other than on the zebra crossings. Never break the signal or, for that matter, never over speed to catch the green signal. Overspeeding could cause the vehicle behind you to think that he too can pass the green signal and if you have to suddenly brake due to the red signal coming on, chances are that the rear speeding vehicle could rear end into you. This is one of the most commonly seen accidents, especially in the Porvorim areas. One should always be alert at all times and keep a watch out for the unexpected, especially a child or a pedestrian running across the road. Here, I would like to narrate my experience. Many years ago on a early sunday morning while driving on the Porvorim main road I saw a labour's kid may be 3-4 years old suddenly running across the street, being very much alert and also driving at a safe speed I could easily brake and save the child. As I was getting out of my car to check on the kid who was frightened and confused and also to scold his mother, who let him run across the road, a scooter rear ended into my car. There was enough of a distance between my car and the scooter approx 50 mts, but still he rear-ended me. The road was wide enough for 3 vehicles to pass side by side, and the scooter could have easily avoided me even if he was speeding. Being a Sunday and hardly any traffic on the street, this scooter driver may not have been alert.

Always maintain a safe distance between you and the vehicle in front of you and were ever possible, do allow an impatient driver behind you to overtake so as to avoid or reduce any bad incident happening. Always be alert and cautious while driving on city roads. Avoid any distractions from within ones vehicle, like talking loudly or putting on loud music, etc. Always keep things within the car anchored safely, especially water bottles, etc, taking care it doesn't roll under the brake pedal, which is often known to be a cause major accidents. While

driving in congested city conditions, always request your co-passengers not to discuss any important matters that can wait for a few minutes until after the end of the drive so as to not have the drivers attention diverted. It is very important NEVER to use the mobile while driving to avoid any undue incident. Never drink alcohol before driving. Always be patient while especially driving in heavy traffic. Always give way to an Ambulance or to anyone who is signaling you to overtake, could be this person may be facing some emergency, which you may not be aware of.

Whether driving on city roads or on highways always follow the defensive system of driving. In India, most drivers follow the offensive system, which is more harmful than not. Most of the developed countries like the European Union, the USA, Canada, or Australia follow the defensive system of driving. Among all these countries, I liked the Canadian way of driving. They are one of the most disciplined drivers in the world. Canadian driving license is strictly regulated, and any Indian settling in Canada has to learn to drive all over again and understand the defensive way of driving to get a Canadian driving license.

What is defensive driving? As the name suggests, defensive driving helps in keeping oneself and also other road users safe. Defensive driving generally means giving way to others, following all road signs and speeds, being alert always while driving, avoiding distractions like phone or loud music, etc. Keep an eye on the rear with the help of the rear side view or center mirrors, signaling while changing lanes or while turning, etc.....etc.

Some of the benefits of defensive driving

- Reduces driving stress
- Safety for all concerned
- Doesn't get one on to the wrong side of the law
- Saves fuel and time
- Feel relaxed even after a long drive.

I have noticed that even in very small countries like Sri Lanka, they drive defensively, and there even the Rickshaw drivers drive defensively while giving way to pedestrians crossing, which is just unthinkable in our country.

It is high time we Indians who generally proudly say

that we fall under the developed Nation category should change over to the defensive type of driving. I know it is easier said than done, especially with our VIP and VVIP culture. A major change in the mindset of the public is required to change over from our offensive to the defensive driving. Defensive driving is all about having a defensive mindset.

Driving on highways is a little different than driving in the city. The main difference is that the speed limits are higher, and there are hardly any signals on the highway except on intersections, which may be one in 25 to 30 km. Still, there are many unwritten rules to be followed while driving on highways. Always drive in the middle lane and overtake in the right lane. Extreme left lane with double continuous white line should always be kept free for emergency vehicles like the Ambulance, etc. Don't know how many of us Indians follow these simple rules.

Another very important aspect while driving on Highways is to maintain a constant speed, at the same time maintaining a safe distance depending on the speed one is traveling, of at least 10 to 15 cars behind the car in your front. Always maintain lane discipline. Do not zig zag in and out of lanes unless absolutely necessary, and if you have to, then do indicate your lane changing with proper signals. Here in, I would like to narrate an incident when I was driving on an open highway on a hot, humid afternoon. I saw a truck a little ahead of me as I neared the truck. I saw that one of the remolded rear tires of the truck was acting a bit funny. I maintained a safe distance behind the truck at the same time looking for an opportunity to overtake the truck safely. Just then, I heard a loud bang and saw that the remolded tire burst and large chunks of the tire flew towards me. Luckily, I was at a safe distance and a controllable speed and could easily veer away from the path of the flying debris.

Never use the hazard lights while driving in a fog, etc. In a fog, always use the rear and front fog lights of the vehicle. Hazard lights are commonly used by drivers in India when driving in a fog or through a tunnel, etc, which is not the correct way. Hazard lights are to be used only when the vehicle is parked on the roadside due to a

breakdown or for any other reason. Hazard lights can also be used when reversing in a safe lane on the highway. The reason why hazard lights are to be used only in a reversing or stationary vehicle is to alert other drivers that there is some danger and not to venture into that lane. If one uses the hazard lights while driving in normal conditions, then how is one going to signal lane change or turns, etc.

Always stay within your lane and that, too, especially while driving on state highway ghats. These ghat roads in our Country are generally of two lanes and one should be very careful on the ghat turns which could be a bit tricky because the oncoming traffic may not be following proper lane discipline and one may have to do corrections in ones driving to safe guard oneself from a bad incident.

Always respect the oncoming vehicles and their drivers who ever they may be. Here in I would like to narrate a small incident on a ghat road when a commercial tempo carrier was the only vehicle which stopped to push me down hill to start my car when my cars battery conked off and my car wouldn't start with my car facing uphill. It was 7am in the morning and most of the cars just zoomed by without stopping, but this tempo driver though he was in a hurry and had to meet his commercial target stopped to help me turn my car down hill and push start so I can get to the nearest battery station and change my cars battery. This help I got made me understand the need to help fellow drivers on a highway.

I hope these tips above will go down well with the readers and hopefully if we all use these defensive driving technics we may have a stress free driving environment on our roads and also make our younger generations witness the benefits of Defensive driving on our most congested roads. ○○



BUSINESS CORNER

Rtn. Prashant Kaisare



Meet Ramamurthy Thyagarajan, A Businessman With Values Similar To Ratan Tata. Like Tata, He Leads A Simple Life Despite Being The Founder Of A Billion-dollar Enterprise.

Banks, A Model That Ultimately Became The Foundation Of His Success. Today, Shriram Group Employs Around 108,000 People, Serving Customers From All Walks Of Life.

Thyagarajan, Who Heads The Shriram Group Valued At Over 1.5 Lakh Crore, Chooses To Drive A Modest Rs 6 Lakh Car And Lives A Life Of Simplicity. He Even Avoids Using A Mobile Phone, Preferring An Uncomplicated Lifestyle.

Thyagarajan Employee Welfare Programme

In 2006, Thyagarajan Transferred The Company's Shares To An Employee-owned Trust, Called The Shriram Ownership Trust. His Like Supporting Others Rather Than Accumulating Wealth Has Made Shriram Group A Trusted Brand In India, Known For Its Commitment To The Common Man. Through His Leadership, The Group Remains A Symbol Of Loyalty And Support For Everyday People, Rooted In His Vision Of Building A Fair And Inclusive Organization.

Ramamurthy Thyagarajan: Farmers Son

Ramamurthy Thyagarajan Was Born Into A Farming Family In Tamil Nadu. Growing Up, He Appreciated A Life Of Equality And Simplicity. A Gifted Student, He Studied Mathematics In Chennai And Took Education From The Indian Statistical Institute In Kolkata. His Early Career Began In 1961 With New India Assurance, Where He Worked For Two Decades, Gaining Financial Expertise Across Various Firms.

Start of Shriram Group

The Story Behind The Foundation Of Shriram Group Is An Inspiring One. Thyagarajan Noticed That Banks Often Hesitated To Lend Money To The Economically Weaker Sections, Especially Small Truck Drivers And Traders. Driven To Address This Issue, He Started Shriram Chits At The Age Of 37, Alongside Friends And Family. This Company Provided Loans To Those Overlooked By Larger



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FUNNY BONES

- What has keys but can't open locks?
A piano.
- What has a face and two hands but no arms or legs?
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- What has a neck but no head?
A bottle.
- What gets wetter as it dries?
A towel.
- What goes up but never comes down?
Your age.
- What has one eye but can't see?
A needle.
- What has a head and a tail, is brown, and has no legs?
A penny.
- What has an end but no beginning, a home but no family, and a space without a room?
A keyboard.
- What runs but never walks?
Water
- What can travel around the world while staying in a corner?
A stamp.
- What is full of holes but still holds water?
A sponge.
- What has words but never speaks?
A book.
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A map.
- What building has the most stories?
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Mutton Rogan Josh

INGREDIENTS

- 1½ kg mutton, cut into cubes
- 25 cloves
- 30 cinnamon sticks (approx 1/2 piece each)
- 40 peppercorns
- 7 black cardamoms
- 5 green cardamoms
- 1/2 nutmeg, ground to a powder
- 1½ tsp. coriander powder
- 3/4 tsp. turmeric powder
- 2½ tsp chilli powder
- 1½ pod garlic
- 50 gm. ginger
- 3/4 cup curd
- 6-7 medium onions, sliced into thin circles
- 4 tbsp. oil
- Salt to taste

METHOD

01. Grind cloves, cinnamon, peppercorns and cardamoms (without skin) to a fine powder and keep aside
02. Make a paste of ginger and garlic and keep aside.
03. Heat oil in a pressure cooker, add onions and fry till light brown.
04. Add ginger-garlic paste and sauté
05. Add the mutton and fry well till it is well coated.

06. Add coriander powder, turmeric powder, chilli powder and salt and sauté well
07. Add curd and fry well for 2 minutes
08. Add the ground spices and sauté.
09. Without adding any water, pressure cook on high heat till mutton is cooked.
10. Switch off the flame and let the pressure be released completely before opening the cooker.
11. Add nutmeg powder and let it come to a boil
12. Put off the heat and keep covered till it is time to serve



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