



Rotary
CLUB OF PANAJI



THE

SPARK

MONTHLY BULLETIN OF THE ROTARY CLUB OF PANAJI

DHAR PARRIKAR MEMORIAL HALL



ISSUE 3 | VOL.1 | SEPTEMBER 2024

REGULAR MEETING :

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

www.rotaryclubpanaji.org

PROJECTS AT A GLANCE



Dental Check Up Camp, Cumbarjua on 20th September 2024



Dental Check Up Camp, Donapaula on 24th September 2024



R. I. President :

Rtn. Stephanie A. Urchick

District Governor :

Rtn. Sharad Pai

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Rtn. Dr. Raghuvir Salkar

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SARGENT AT ARMS

Rtn. Rajesh Kunde

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PRESIDENT'S MESSAGE

Rtn. Dr. Raghuvir Salkar



Dear Friends,

I hope that this message finds you well. One fourth of the Rotary year has already gone by. We have completed more than 50 projects- thanks to our dynamic directors and the entire Board. And none of this would have been possible without your support. We have also received strong support from the corporate sector in terms of CSR donations.

In the last closed-door meeting, one of the important points that was discussed was how to improve attendance at the regular weekly meetings. Some good suggestions have been made, and we are working towards implementing them. In order to understand what excites new members about Rotary as well as to introduce them to the Rotary concepts, we held an Under the Fan meeting wherein several new members were present and were trained by some of our very senior and experienced members.

September is the Rotary month of Basic Education and Literacy. Teachers' Day was celebrated by our club and one senior teacher from each of our Interact Club schools was felicitated with a Nation Builder Certificate, a plaque and a memento. Each of the Interact Club schools was gifted with a first aid kit as a small token of our appreciation. We donated one laptop to Lok Chetna School in Mala, Panaji, and donated a MHM system comprising of sanitary pads dispenser and incinerator to Bal Bharati Vidya Mandir, Ribandar. Twenty needy students at Govt. High School at Dona Paula were gifted with school uniforms. Dental hygiene camps were conducted at two schools, and more are planned in October. In association of TTAG, we celebrated World Tourism Day by having a fun filled boat cruise for about 110 special children from three schools.

One of our club's projects which has high visibility is the Clock Tower on Goa University Road. Thanks to Past President Glenn, we had a meeting with the University Vice Chancellor and Registrar who offered a new electrical power line for the clock. Rtn. Prashant Kuncolienkar met with the University engineering team to discuss the details of the new power line. We are hopeful that with the new power supply, the Clock will function properly.

The new Board of Rota Kids Club of Panaji for the Rotary year 2024-25 was installed with many new members added to the Club. Intraclub Futsal matches were played at the Futsal court of Sunshine school, thanks to Rtn. Deepak Khaitan who offered it free of charge.

Many events and projects are planned for the month of October, and I look forward to your support and active participation.



RI PRESIDENT'S MESSAGE

Rtn. Stephanie A. Urchick



The Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it.

Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist

worked with a videographer to make a short film about my grandmother. We watched the video together in the community center.

When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family.

Sitting in that community center listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.



With best compliments from

Rtn. Manguirish Salkar

With Best Compliments from

Santosh Mahanandu Naik

PANJIM - GOA

EDITOR'S SPACE

Rtn. Ar. Gurprasad Mantravadi



Dear Rotary family,

The festive cheer was around with Bappa visiting us again with his love for nevrयो and modaks on which we feast uncontrollably.

The Spark continues to grow with leaps and bounds with both our great first time and master authors making immense contribution to it.

Hope it leads to a fulfilling read for the entire Rotary family.

As usual your writings, feedback and suggestions are most sought after. CHEERS !!



With Best Wishes

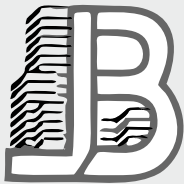


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SECRETARY'S REPORT

Rtn. Pankaj Saraf



Dear Rotarian,

I am happy to present the secretary's Report for the Month of September. It was a month marked with high impact projects & good fellowship among Co Rotarians. As The Barrage of Projects continues in the Month of September with 5 meetings & 14 projects done in the month.

Here's a detailed report of our activities and endeavours.

WEEKLY MEETINGS

This month we had 4 Weekly meetings & a BOD meeting.

COMMUNITY SERVICE

1) On 5th of September - We Donated first aid kits to 5 schools namely, SSV High School, Kumbharjua, Anjuman Nurul Islam High school, Cujira & Our Lady of Mercedes High School, St. Cruz High School & Auxilium High School.

2) On 17th September, our club donated a laptop to lok Chetna primary school Mala.

3) On 17th September, our club donated uniforms to 20 needy students of Government High School, Donapaula at a cost of Rs. 45000.

4) On 20th and 24th of September dental camps were held at SSV high school, kumbarjua and government primary school Donapaula. Over 130 students from each school were checked and dental kits were also distributed.

5) The project which touched the hearts & brought smiles on faces of many was the boat cruise which was arranged for 130 special students from three schools.

On 27th September, the students were transported from the respective schools to Panjim and boat cruise was arranged for them on the river Mandovi. Music and dance was arranged along with refreshments. This really brought brought smiles on the faces of this children as well as us, Rotarians.

Vocational Service.

Another program which stood out, was the Ganesh idol making workshop, which was arranged for the special children at Sanjay school. About 40 students participated and were taught to make the Ganesh idols by professionals. These idols, were then auctioned and the amount collected donated back to the school.

YOUTH SERVICE

Along with service to community, another important aspect of Rotary is the bonding and camaraderie between the members.

Our youth Service director arranged for an intra-club football tournament. 18 Rotarians were divided into three teams & competed against each other. The event was followed by fellowship and lunch. It was a much needed fun event for the Rotarians after the impactful projects done during the first quarter of the year.

Another important event which happened during the month what is the installation of the Rotakids club of Panaji, which is the oldest Rotakids club in our district.

Rotakid Shashwat, along with his board, took oath on 25th of September. I congratulate him & wish him & his Board a successful year.

Summary

To summarise it all, this month has been a exemplary Rotary month, which again showcased the commitment of Rotary club of Panaji towards service over self.

I congratulate the President & Board of Directors for a successful Month & express my gratitude to all the members & volunteers for their contribution.



दात, चणे आनी वायस व्हरसा

Rtn. प्रदीप तळावलीकार



गेल्या पणजेच्या मॅरी ईमेक्युलेट चर्चीच्या फेस्ताच्या दीसा दरवर्षाप्रमाणे फेरीत चक्कर मारपाक हाव सहकुटुंब गेल्लो. चर्चीच्या त्या भागांत सानवेळचे फेरीक वचप, हुनहुनीत चणे घेवप, ते चणे खात खात अठराजून रस्यार सजलेल्या फेरीच्या दुकाना मधल्यान रमत गमत फेरी मारप, फेस्ताक किदेंतरी घेवपाक जाय म्हणून आमगेल्या हिने कसलेंतरी प्लॅस्टिकचे आयदन घेवप आनी मागीर सानवेळचो चर्चीच्या फुडल्या जाग्यार जाता तो फोग पळोवप आनी वर्षासन बऱ्या भशेन जाले म्हणून समाधानान घरा परतप हो दरवर्साचो कार्यक्रम ह्याही वर्सा आमी कम्प्लीट केलो. पुण ह्या वर्सा घरा परत येता आसतना मझ्या मनांत एक नवोच विचार थैमान घालू लागलो. त्या विचारान हाव थोडोसो हाललो सुद्धा. हालीच साठी जाल्लान साठी बुद्धी नाठी असो कांयसो प्रकार आसतोले अशें मनमातल्या मनांत म्हणून हावें तो विचार मनातल्यान काढून उडोपाचो प्रयत्नय केलो. हातातल्या पुड्यांतले चणेय सोंपत आयिल्ले. पुण उरील्ले चणे एक एक करून तोणांन उडताना म्हजें विचारचक्र आनीकुय फोर्सान चालू जालें.

आमच्या कोकणीत एक म्हण आसा. दात आसा पुण चणे ना आनी चणे आसा पुण दात ना. चणे खाता खाता म्हज्या विचारानी म्हाका बरोच हालयलो हें मात खरें म्हज्या मनातल्या त्या दात आनी चण्याचो संबंद हावे रोकडोच आमच्या जिवनाक लावपाक घेतलो. विचाराच्या शेवटाक हावे ठरैले की दात म्हणजे मनीस आनी चणे म्हणजे ताज्याकडे आशील्ली धन संपत्ती, पैसो. दात आनी चणे वा आरोग्य आनी पैसो हांतूतले संतुलन व्यवस्थित दवरपाक मनीस आयुष्यभर झगडत आसता. हें संतुलन व्यवस्थित

कशें दवरचे होच प्रस्न म्हाका दिसता सगळ्या मनीस जातीक सतायत आसता. आता मजा पळैया.

मनश्याच्या वाट्याक खुब वेळां दात आसतात तेन्ना चणे नासतात .. त्या परमेश्वरान पुण अशें काय संतुलन दवरलेले आसा की ज्याका तोड ना.

म्हज्या विचारानी आता म्हजो हात सोडील्लो आनी ते विचार आता लगाम सुटील्ल्या घोड्यासारखे बेलगाम, बेफाम धावताले. पैरचीच गजाल. म्हज्या ओळखीच्या एका श्रीमंत मनश्याची सावूद अचानक बिघडली. वखदां घेतकीच ताका बरें दीसलें. दोतोरांनी ताका हार्टाचो मायल्ड असो अँटक आसुये अशें ताज्या भलायकीचे निदान केले. हाव ताज्या खबरेक गेल्लो तेन्ना तो म्हणटालो किदें उपयोग येदो व्हडलो उद्योग उभो करून? चार दीस तळमळत आशिल्लो. कांयच उपयोग जालोना म्हज्या बँकेतल्या पैशांचो. आता ते चणे खाता खाता म्हाका त्या मनशाची याद जाली. त्या बऱ्या नाशील्ल्या दिसांत ताजेकडे दात नाशील्ले पुण चणे मात भरपूर आशील्ले. कांय दिसानी तोच मनीस म्हाका एका चायनीज रेस्टॉरेंटात सहकुटुंब सहपरिवार जेवण एन्जोय करतना दिसलो. म्हणजे हाजें संतुलन देवान रोकडेच जाग्यार हाडले तर. हो मनीस तसो सज्जन, सदग्रहस्थ, कोणाच्या अध्यान ना मध्यान. एक बरो मनीस. आनी म्हाका दिसता म्हणूनच देवान ताजें संतुलन बेगीन जाग्यार हाडले आसतले. सर्वसामान्य गरिबाच्या आयुष्यांत मात सदांच उलटो प्रकार जातना आमका दिसता. कष्टकरी आशिल्ल्यान ताजे आरोग्य तशें बरें आसता.



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म्हणजे दात चडकरून बरे आसतात पुण ताजेकडे खावपाक मात जायतितले चणेच नासतात.

दात चणे, पुर्वजन्म, पुर्वजन्मातली कमाई, गमाई, तांचो जमाखर्च, ताज्या कोतार देव करता तो संतुलनाचो खेळ, हांचेर विचार कर करून म्हजो मेंदू आता खरेंच घास्तार जालो. हातातल्या पुड्यांतले चणेय सोपपाक आयिल्ले.तेन्ना विचार करपाचे बंद करून न्हिदपाक वचपाचे असो एक नवो विचार म्हज्या मनांत आयलो. आयज पर्यंत तरी म्हाका चणे खावप व्यवस्थित जमताले. म्हणजे सध्यातरी म्हजेकडे चणे आशिल्ले आनी ते खावपाक दातूय आशिल्ले. खूबूच खोशयेची गजाल आशिल्ली ती . तेन्ना आशिल्ले बरे दात तशेच बरे उरु, हाजी तजविज करपाक म्हणजेच न्हिदपा पयली दात व्यवस्थित ब्रश करपाक

रामदेवबाबाची पेस्ट घेउन हांव बाथरूमात गेलों चण्याची काळजी करपाची गरज नाशील्ल्यान दात ब्रश करून हांव समाधानान न्हीदलो. अशा तरेन ह्या वर्साचे फेस्त हावे मनयले एका गंभीर विशयाचेर गंभीरपणान विचार करून.



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Rtn. Ar. Gurprasad Mantravadi



Fear is a natural, powerful emotion triggered by the perception of danger or threat. It's hardwired into humans as a survival mechanism, helping us respond quickly in potentially harmful situations. While fear can keep us safe, it often occurs even in situations where real danger doesn't exist, holding us back from personal growth or happiness.

Fear manifests in different forms, like anxiety, phobias, and even self-doubt, and it can paralyze decision-making or prevent us from achieving our goals. However, understanding fear and learning how to manage it can turn it from a debilitating force into a tool for personal empowerment. The different types of Fear are:

1. Fear of Failure: Imagine you're about to give an important presentation or interview for a job. Your heart races, your palms sweat, and your thoughts spiral into worst-case scenarios: "What if I mess up?" This fear can become so overwhelming that it discourages you from taking risks or pursuing opportunities. Many people fear failure because they see it as a reflection of their self-worth.

2. Fear of Rejection: This can arise in both personal and professional contexts, such as asking someone on a date or pitching an idea to a potential client. The thought of hearing "no" may cause people to avoid these situations altogether. Fear of rejection stems from the desire to be accepted and valued, making rejection feel like a personal attack.

3. Fear of the Unknown: Whether it's moving to a new city, starting a new job, or simply making a life change, uncertainty can make us hesitate. The unpredictability of the future can trigger deep anxiety. This fear often keeps us stuck in familiar, albeit unfulfilling, situations because we're afraid of what's on the other side of change.

4. Fear of Public Speaking: For many, speaking in front of a crowd can be terrifying. The fear of being judged, embarrassing oneself, or making a mistake can lead to

avoidance of these situations. Public speaking fears are common because they often expose our vulnerability to criticism.

5. Fear of Success: While it might sound counterintuitive, the fear of success can be just as paralyzing as the fear of failure. With success comes increased expectations, visibility, and responsibility. Some may fear they're not worthy or capable of sustaining their achievements, leading them to self-sabotage.



The Psychological Mechanism Behind Fear

Fear originates in the brain, specifically in the amygdala, which processes emotional responses to threats. When we sense danger (real or perceived), our body reacts with the fight-or-flight response: our heart rate increases, adrenaline surges, and our focus sharpens to either confront or flee the situation. This is essential for survival in genuinely dangerous scenarios but can be problematic when it's triggered by non-life-threatening situations.

Fear also affects our cognitive processes. When fear takes over, it clouds rational thinking, and we focus on the potential negative outcomes. This often leads to overthinking, procrastination, or avoidance behaviors.

Methodology to Overcome Fear and Regain Confidence

1. Acknowledge Your Fear: The first step to overcoming fear is recognizing and accepting it. Often, people try to suppress fear, which only amplifies it. Acknowledge that fear is a normal human emotion and that everyone experiences it. By bringing it to the surface, you give yourself the chance to address it.

Exercise: Write down what you're afraid of, along with the worst-case scenarios. Seeing these fears on paper can help demystify them, making them more manageable.

2.Reframe Your Thinking: Challenge the thoughts driving your fear. Often, fear is based on irrational or exaggerated assumptions. Reframe your thoughts by focusing on the positive outcomes rather than the negative ones. Ask yourself: "What's the best that could happen?" or "How might this help me grow?"

Exercise: For each fear, write down evidence that contradicts your fearful thoughts. For example, if you're afraid of failure, recall past successes or situations where failure led to growth.

3.Face Your Fear Gradually: The more you avoid a fear, the more it grows. Facing it head-on, even in small increments, helps reduce its power over you. Start with small steps and gradually increase your exposure to the fear-inducing situation.

Exercise: If you have a fear of public speaking, start by speaking in front of a small group, then gradually work your way up to larger audiences. Each time, the fear will become less overwhelming.

4.Practice Mindfulness and Relaxation: Fear often triggers physical responses like rapid breathing and a racing heart. Learning to control these reactions can help reduce the intensity of the fear. Mindfulness and breathing exercises help ground you in the present moment, reducing anxiety.

Exercise: Practice deep breathing by inhaling for a count of four, holding for four, and exhaling for four. This helps activate the body's relaxation response. Mindfulness meditation can also help you become aware of your thoughts without letting them control you.

5.Visualize Success: Visualization is a powerful tool to combat fear. Instead of imagining the worst possible outcome, close your eyes and picture yourself succeeding. Imagine every detail, from how confident you feel to the positive reactions of others. This mental rehearsal can increase your confidence when you face the situation in real life.

Exercise: Spend 5-10 minutes each day visualizing yourself conquering the fear-inducing situation. Focus on how you will feel and behave when you succeed.

6. Develop a Growth Mindset: People with a fixed mindset believe their abilities are set in stone, making

fear of failure or rejection more intense. A growth mindset, however, embraces challenges and views failure as an opportunity to learn and improve. By shifting your perspective, fear becomes less about avoiding mistakes and more about growing through experience.

Exercise: When faced with a challenge, ask yourself, "What can I learn from this?" rather than "What if I fail?"

7.Seek Support: Overcoming fear doesn't have to be a solo journey. Whether it's friends, family, or a therapist, talking about your fears with others can provide relief and offer new perspectives. Sometimes, sharing your fears makes them feel less daunting.

An beautiful example could be given of Elon Musk

•Fear Faced: Elon Musk has consistently faced fear of failure throughout his career. In 2008, both his companies—Tesla and SpaceX—were on the brink of collapse, with Tesla nearly going bankrupt and SpaceX suffering multiple rocket failures.

•How He Overcame It: Musk took bold risks, investing all of his personal fortune into keeping the companies afloat. Rather than succumbing to fear, he chose to innovate and push forward, driven by a belief in his vision.

•Result: Today, Tesla is a leader in electric vehicles, and SpaceX has revolutionized space travel, making Musk one of the most successful entrepreneurs of his time.

Fear is a fundamental part of being human, but it doesn't have to control your life. By acknowledging fear, reframing your mindset, and facing your fears with small, deliberate steps, you can regain confidence and build resilience. Remember, fear isn't an obstacle; it's a sign that you're on the edge of growth and potential



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Rotakids Installation on 25th September 2024



Donation of Laptop on 17th September 2024



BOD Meeting on 27th September 2024

PROJECTS AT A GLANCE



Boat Cruise for Special Children on 27th September 2024

THE INFRASTRUCTURE WOES OF PORVORIM

Rtn. Sandeep Prabhu



Porvorim is a satellite city of Panaji. Porvorim, a plateau, being just a step away from Panaji, was the most ideal place to be developed to decongest the Panaji city. Panaji had developed to its maximum capacity and hence had limitations in future developments. Porvorim also is the shortest link connecting North Goa to Panaji and the South of Goa. Porvorim, with its scenic views overlooking the Mandovi river and the surrounding valleys with its peaceful life coexisting with nature, was a dream place to live in, 4 to 5 decades ago

The central area of Porvorim is cut out from parts of the surrounding Village Panchayats of Pilerne, Succoro, and Pena De Franca. Porvorim was a sleepy, peaceful village till the construction boom in Goa took over in the early 2000s. The village then lost its peaceful, lazy & casual approach. I remember when I shifted to Porvorim in 1994-95, it was absolutely a sleepy, peaceful, dreamy village with its inhabitants having a lazy, susegad lifestyle. After 8pm, the surroundings were completely quiet, even the highway NH66 connecting Panaji to Mapuca and the CHOGAM road connecting Porvorim to Calangute, both passing from very near my house fell completely silent after 8pm. Now, one hears traffic movements all through the night. The basic infrastructure needs such as electricity and water were plentiful in those days. We had PWD water for almost 24 hrs, with the water even rising up to the 2nd or 3rd floor on its own force. Of course now we don't have much issues with electricity, but now due to the increasing population, we get water only for 2-3 hours per day and need a pump to raise the water above ground level.

The first Mandovi bridge built in 1971, which was designed as a cantilever structure from the Russian design manuals, collapsed on the 5th of July 1986. This date is strongly ingrained in my mind because my final year BE results were declared on that day and I had just passed from under the bridge (the bridge collapsed about 15min after my passage from under it) going to GEC my alma Mater, to collect my results. This bridge over Mandovi was the link connecting North Goa to

South Goa via Porvorim. Most of the people living in Porvorim, Mapuca, Calangute, etc, traveling for work or otherwise to Panaji & other cities on the Panaji side had a harrowing time those days after the bridge collapse. They had to wait for hours to cross the Mandovi river by ferry boats, and long queues of cars and other vehicles on both sides of the Mandovi river were witnessed. I remember very often an inexperienced car driver damaging his car while putting it on the tricky ferry boat ramp. Small fights erupted every now and then among the waiting public because some idiot was trying to break the queue. The vendors had a good time selling their wares of daily use, taking advantage of the queued vehicles.

Fortunately for the aam Porvorkar, he was ultimately saved from this distress, with the new bridge being completed in 1998 after almost a decade and 2 years. A new bridge, with a simply supported slab design, was built, and the slabs of the old collapsed bridge were also recast in the simply supported format.

A few years down, these 2 bridges over Mandovi were not sufficient enough to cater to the increasing traffic volume over it & there again huge queues were seen on the Porvorim highway NH66 leading to & fro from the Mandovi bridge, specially during the 2nd part of the year when there usually was a surge in tourist influx. Within a span of 15 years, the traffic volume had increased so much that the need of a 3rd bridge over Mandovi bridge was felt. The construction of this 4 lane cable stayed bridge using the latest design techniques & advanced construction machinery started in the year 2014, which was completed within 5 years in February 2019.

We Porvorkars heaved a sigh of relief after the 3rd Mandovi bridge was functional. This happiness was short-lived, though. Now, crossing the Mandovi was very efficient, but often during high volume traffic surge, huge queues were again being witnessed on the

Porvorim NH66 Highway. This was happening because though the river crossing had multiple options, the NH66 remained the same width (existence of residences & commercial buildings on both sides of the road hampering the widening of the road width) and in some places, specially on the Porvorim slope leading to the Mapuca bypass, the road was reduced to just 2 lanes from 4 lanes, causing a bottle neck and hence traffic pile up was taking place. A flyover from the Mandovi bridge to the Mapuca bypass an approx distance of 4 to 5 kms (would have eased the traffic load on NH66) which was planned during the execution of the 3rd Mandovi bridge but was not taken up for construction due to cost factors, is being taken up now in the year 2024, almost 6 years after the completion of 3rd Mandovi bridge. This flyover construction activity has again started causing many traffic woes or difficulties for the Aam Porvorkar.

Since the last 4 decades, Porvorim has continuously undergoing infrastructure changes due to the increasing construction activity of residential and commercial properties at a fast pace. The Aam Porvorkar is silently bearing the brunt of these changes without any complaints. The present & earlier governments have been promising the Porvorkars, 24-hour water, undisturbed electricity, smooth roads, efficient traffic management & safety for the villagers, etc. Unfortunately, the Aam Porvorkar has received only in parts the above promises with many parts yet to be fulfilled. The Aam Porvorkar is silently waiting & hoping & praying without complaining, that the present day &

future Government's fulfill all the basic needs of a city at the same time maintaining the natural beauty of the village, which is still present to a certain extent inspite of the high rises and new construction coming up at every nook and corner.

Cheers to the undying spirit of the Aam Porvorkar who has been taking all these infrastructure changes in his stride and hoping against hope that soon his dream of a peaceful and quiet Porvorim comes true one day.



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Rtn. Prashant Kaisare



Teachers in India have completely revolutionised the education sector, courtesy of the fact that they are providing accessible learning resources.

One such person is Alakh Pandey, founder and CEO of ed-tech unicorn Physics Wala. Alakh Pandey is one of India's richest teachers. However many may argue that the title is held by other popular tutors. Although there is no clear data to show who the richest teacher in India is, popular teacher and entrepreneur Alakh Pandey is the top contender for the title. Alakh Pandey helps students prepare for many competitive exams. Many students appear for exams like IT-JEE, CAT, and UPSC every year, but not everyone succeeds in these difficult exams. However, it is not that the failed students are not very talented or they cannot crack these exams. Alakh Pandey is one of those students who has set an example for such students. Alakh Pandey is a known name in the Indian edtech ecosystem. With a net worth of more than Rs 2000 crore, he is founder of 101st unicorn company of India, Physics Wallah. Although many know Alakh Pandey as a teacher who is known to make education fun, not many are aware that he wanted to become an actor.

According to various reports, Alakh Pandey was offered Rs 75 crore to join Unacademy. In fact, he spoke about the offer in one of the video clips even though he doesn't name the company. But, he refused the offer with the vision to educate the underprivileged population of India. Alakh Pandey hails from Allahabad, comes from a humble background. He used to participate in nukkad dramas as he wanted to become an actor. However, because of bad financial conditions, he started taking tuitions from Class 8. Alakh Pandey's parents had sold their house for his and his sister Aditi's education. He was a great student. In class 10, his marks were 91 percent. In Class 12, his marks were 93.5 percent. When Alakh Pandey was a 22-year-old, he dropped out of his engineering college

and went back to hometown Allahabad to teach physics. He used to earn Rs 5,000 per month.

Pandey wanted to be an IITian, he failed to crack the entrance exam.

However, he continued his studies at Kanpur's Harcourt Butler Technical Institute but ultimately left. During the COVID-19 pandemic, Pandey started making educational videos on YouTube from a small



room in Uttar Pradesh. His popularity led him to launch Physics Wallah, an ed-tech company, now recognised as India's 101st unicorn. The success of Alakh Pandey extends beyond online learning environments. He grew his business to hire 100 technical professionals and more than 500 teachers. With over 100 million subscribers on YouTube, he is reportedly worth over Rs 2000 crore, according to sources. Pandey is a prime example of the transformational power of perseverance and dedication because of his ascent to fame and prosperity throughout difficult circumstances. While accumulating an enormous fortune for himself, the man who previously struggled to pay for tuition is now assisting thousands of people in realizing their aspirations

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"ही" आणि "ती"
एक होती "ही" आणि एक होती "ती".
दोघी समवयस्क आणि अनेक वर्ष शेजारी-शेजारी.
म्हणजे तशी "ही" सहाय्यची पहिल्या मजल्यावर आणि "ती" दुसऱ्या.
पण शेजारधर्म मात्र कायमच होता.
कधी काही लागलं की हक्कानी सांगायच्या एकमेकांना.
दोन्ही घरचा एक तरी डबा किंवा वाटी कायम दुसऱ्या घरी असायचीच.
एके दिवशी "ही" च्या ह्यांना पावसामुळे किराणा आणायला जमलं नव्हतं.
मग काय ?? "ही" गेली वाटी घेऊन साखर आणायला "ती" च्या कडे.
"ती" नी सुद्धा "ही" चं हसत स्वागत केलं आणि दिली लगेच साखर.
"ही" चपला घालत थोडी आडोशाला काय गेली तशी "ती" जोरात
पुटपुटली.
"रोजचाच ताप झालाय हा .. कटकट नुसती!!".
असं म्हणत वैतागून "धाडकन" दार लावलं जोरात.
"ही" ला ऐकू गेलंच ..
बहुतेक ऐकू जाण्यासाठीच जोरात बोलली होती "ती".
मग "ही" ची पण जरा सटकलीच.
तणतणत वरती आपल्या घरी आली.
"एक वाटी साखर काय मागितली तर इतकं ??".
"जसं काही इस्टेट मागितली "ती" ची!!".
असे ताशेरे झोडत "ही" नी दुप्पट जोरात आपलं दार लावलं.
इतकंSS की खाली "ती" ला मुद्दाम ऐकू जावं.
तेव्हापासून कानाला खडा.
"ही" आणि "ती" यांचं संभाषणच बंद.
"ती" ला कळलंच नाही नेमकं काय झालंय.
म्हणून एक-दोनदा गेली बोलायला.
पण "ही" हुंकुन सुद्धा बघायची नाही "ती" च्याकडे
दोरती मे दरार...
काहीच दिवसात बिल्डिंगला पालिकेकडून धोकादायकची पाटी लागली.
मग सगळेच वेगवेगळ्या दिशांना पांगले.
दोघींचा काहीच संबंध आणि संपर्क उरला नाही.
काल लोटला .. वयं वाढली.
जवळ एक आध्यात्मिक शिबिर होतं चार दिवसांचं.
दोघींनीही तिथे नाव नोंदवलं होतं.
योगायोगाने दोघींचीही सहाय्यची व्यवस्था एकाच खोलीत.

खूप गप्पा माराव्या असं वाटत असलं
तरीही मनात दुःखाचं होतं अजून.
पण "जुनं सगळं सोडून नव्याने संवाद
साधा" अशी शिबिरातली शिकवण.
म्हणून शेवटच्या दिवशी बोलल्या एकदाच्या.
"ही" ची तणतण मागील पानावरून पुढे..
"काय गं ?? इस्टेट मागितली होती का ?" .. वगैरे वगैरे.
"का गं ? असं का विचारतेस ??"
"मग रोजची कटकट म्हणत इतक्या जोरात तोंडावर दार आपटलंस ते
माझ्या ?
"ती" नी डोक्याला हात लावला.
"बापरे !! म्हणून बोलत नव्हतीस होय इतके वर्ष ??"
"अगंSS ते मी तुला नाहीSS त्या दाराला म्हणत होते आमच्या !!"
"आठवतंय ना, पावसाळा होता तेव्हा ??"
"कसलं फुगलं होतं ते "दार" .. लावताना नाकी नऊ यायचे अगदी !!"
"त्याला रोजचा ताप म्हणाले होते SS !!"
"अस्याSS हो का ?? .. हो बरोबर .. आमचं पण दार खूप फुगलं होतं तेव्हा.
दोघींचा "रुसवा" कारण दाराचा "फुगवा"
तेव्हा लक्षात ठेवा "पावसाळ्यात दार फुगतात".
कुणी तुमच्या समोर असं धाडकन दार लावलं तर गैरसमज नसावा.
बिल्डिंगमध्ये दारांचा असा जोरात आवाज येऊ शकतो.
"नवरा बायकोचं भांडण झालं असेल" असे निष्कर्ष लगेच काढू नका.
आणि हो SS ..
आपण सगळ्यांनीच "मनाची दार" मात्र फुगण्यापासून वाचवूया.
किलकिली तरी ठेवूया निदान.
चांगले विचार आत यायला आणि वाईट बाहेर घालवायला.
सरतेशेवटी सगळ्यात महत्वाचं...
कधीही काही वाटलं तर आडपडदा न ठेवता लगेच बोलूया एकमेकांशी.
बरेचदा कारण क्षुल्लक असतं पण आपण उगाच गंभीर समजतो.
बघितलं ना SS "ही आणि ती" च्या चांगल्या मैत्रीची कितीतरी वर्ष वाया
गेली.
आणि कारण काय तर *"घराचं फुगलेलं"* आणि *"मनाचं रुसलेलं" ..
"दार"*

००

ROTAKIDS

WHO AM I

1. I dont have life but i can die . who am I ?
2. What comes down but never goes up ?
3. I'm light as a feather, but even the world's strongest man couldn't hold me for over a minute. What am I?
4. I go through towns and over hills but never move. What am I?
5. I have branches but no fruit, trunk, or leaves. What am I?
6. You can catch me but cannot throw me. What am I?
7. What has a neck but no head?
8. What has to be broken before you can use it?
9. I'm full of holes but can hold a lot of water. What am I?
10. What has one eye but can't see?

Ans. 1. Battery 2. Rain 3. Breath 4. Road 5. Bank 6. Cold 7. bottle 8. egg 9. Sponge 10. Needle

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- Where did the music teacher leave her keys?
A. In the piano!
- Why was the math book sad?
A. It had a lot of problems.
- What did the paper say to the pencil?
A. Write on.
- Why did the student eat his homework?
Because his teacher said it was a piece of cake.
- Where do pencils come from?
A. Pennsylvania.
- What do kids do during recess on rainy days?
A. Play bored games.
- Why don't science teachers trust atoms?
A. Because they make up everything.
- How did the student feel when he learned about electricity?
A. Totally shocked.

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Donated daily requirements for the children of Matruchaya Orphanage at Ponda on 21st September 2024

PALETTE OF FLAVOURS

I.W Mrs. Reena Mantravadi



How to make Rava Idli

Fry Cashews, Spices & Lentils



1. Heat 2 tablespoons ghee in a pan. Keep the heat to low or medium-low and add 14 halved cashews.
 2. Stirring often, fry the cashews till golden. Remove with a slotted spoon draining the ghee and keep aside. Reduce the heat to low or medium-low.
 3. To the same pan, add ½ teaspoon mustard seeds. Let the mustard seeds begin to splutter.
 4. Add 1 teaspoon husked and split Bengal gram (chana dal).
 5. Stirring often, fry chana dal till golden and crunchy. Then, add ½ teaspoon cumin seeds and fry for 4 to 5 seconds.
 6. Now, add 10 to 12 chopped curry leaves, 1 pinch asafoetida (hing), 1 teaspoon finely chopped ginger and 1 finely chopped green chili (about ½ to 1 teaspoon chopped).
 7. Mix well and fry for about 10 seconds. Keep the heat to a low.
 8. Now, add 1 cup rava or suji (finer variety of cream of wheat or semolina).
 9. Mix the rava very well with the ghee and other ingredients.
 10. Roast rava till it become aromatic, changes color a bit (but should not get browned or golden) and the grains look separate. Stir often. Roasting rava takes about 5 to 7 minutes depending on the thickness and heaviness of the pan and the heat intensity. Once the rava is well roasted, keep the pan aside. Let the rava become warm.
 11. To the roasted rava, add 2 tablespoons finely grated carrots, 2 tablespoons chopped coriander leaves and ½ teaspoon salt or as required. If adding any other grated vegetables or steamed green peas, then add them at this step.
 12. Next, add ½ cup curd (yogurt) and ½ to ¾ cup water. Depending on the quality of rava and the thickness of curd, you can adjust the water.
- Tip 1: If the curd is liquid and has whey in it, then add ½ cup water.

Tip 2: If the curd is very thick, then add ¾ cup water. Basically, you need to get a medium consistency batter.

13. Mix very well and let the batter rest, covered for 20 minutes. The idli batter is neither thick, nor thin in consistency. It has a medium consistency.
14. Brush oil or ghee on the idli moulds. Place a fried halved cashew in the center of the moulds.
15. Before you add fruit salt (Eno) or baking soda to the batter, take 2 to 2.5 cups water in a pot. Keep a small length trivet stand or a rack in the pot. Heat the water till it comes to a boil.
16. After 20 minutes, this is the consistency of the batter. In case the batter looks thick, add 1 to 2 tablespoons water to get a medium consistency. Rava absorbs water. So, the batter might thicken after 20 minutes. If the curd is thick, then also you may need to add more water. In case you have added more water in the beginning, you do not need to add any water at this step.
17. Sprinkle 1 teaspoon fruit salt (Eno) or ¼ teaspoon baking soda evenly over the batter. I have used Eno.
18. Mix very well, quickly.
19. Pour the batter in the greased idli moulds.
20. Stack each idli plate and place them in the pot with the hot water. Cover with a lid and steam Suji Ki Idli for 10 to 12 minutes on medium heat.
21. I have used the Instant Pot for steaming and had set the time for 10 minutes (check notes section in recipe card on finer details for steaming in the IP as well as pressure cooker and pan). Keep a stop-watch or timer to check the time as Instant Pot does not beep in the steaming mode after the steaming time is over. It will continue to steam further. You can even steam idlis in an electric cooker, pan or pressure cooker for 10 to 12 minutes.
22. To check the doneness, a bamboo skewer or a fork inserted in the steamed idlis should come out clean. Remove the idli plates carefully and let them rest for 3 to 4 minutes. Then, with a spoon remove the idlis.
23. Serve Rava Idli hot with sambar, coconut chutney or coriander coconut chutney.



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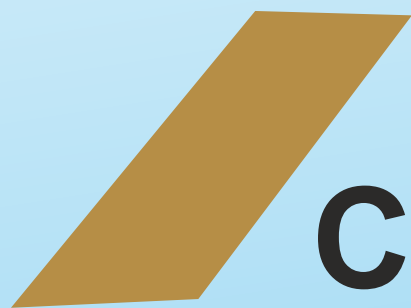


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