ROTARY CLUB OF CHIKHLI RIVER FRONT

CHAKRA

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RI PRESIDENT RTN. GORDON MCNILLY

> **CLUB SECRETARY RTN NIKUNJ PATEL**

LITERACY PROJECTS DISTRICT GOVERNOR **RTN NIHIR DAVE**

PRESIDENT ELECT **RTN. MANOJ SHAH**

EDITORS RTN HASSAN MAYET & RTN SWETAL DESAI

CLUB PRESIDENT RTN MEHUL PATEL

SECRETARY ELECT **RTN. RAVI PATEL**

Rotary District 3060

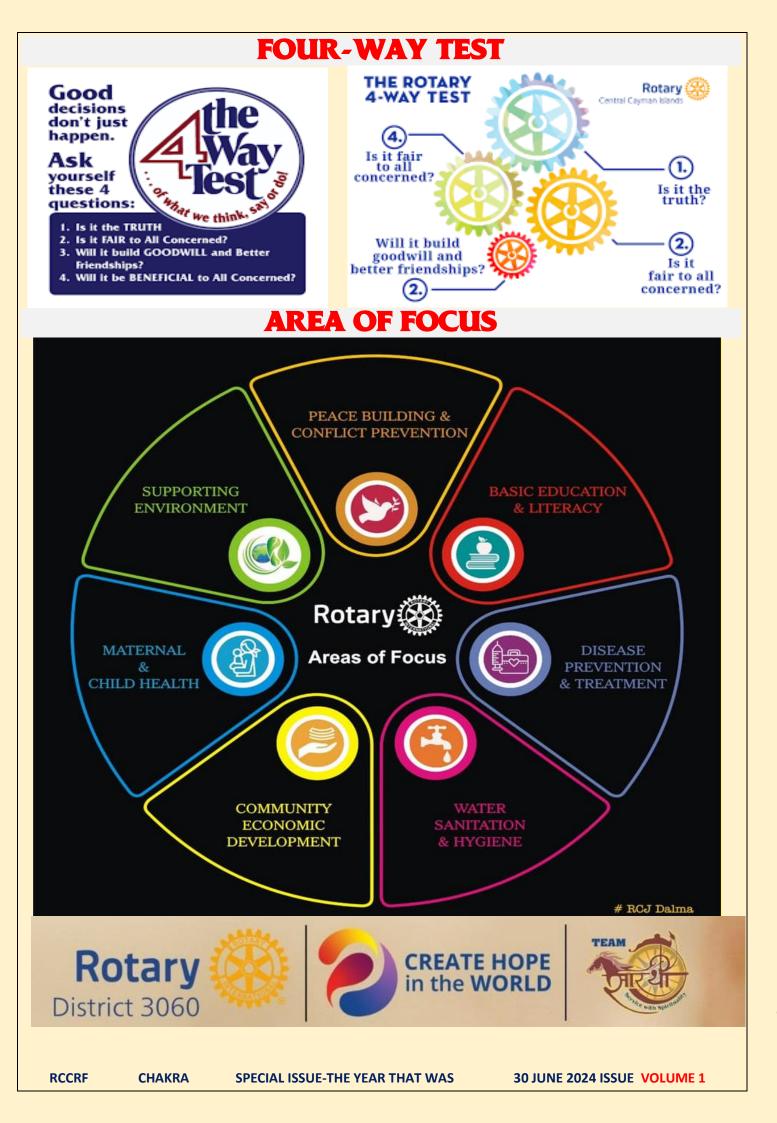




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SPECIAL ISSUE-THE YEAR THAT WAS



MESSAGE FROM THE EDITORS

Rotary Greetings to all of You,

We are pleased to submit this News Bulletin which will focus about past Eventful Year of the Team Saarthi. This Rotary Year 2023-24 had been very memorable and a very hectic one with so many projects undertaken and huge amount of funds spent, thanks to the contributions from everyone.

Our Rotary Club was highest contributors in Sanitary Napkins (60,000+), Note Book Distribution (15,000 Note-books) in RID 3060 and Malnourishment to Nourishment Project.

Our Club is 100% Donor Club for the Third consecutive year.

Many members at our Rotary Club of Chikhli River Front are new to Rotary and it is our duty to inform you what Rotary is all about and also what activities the Rotary is doing. Rotary Foundation is involved in most of the countries in the world, doing work for the Mankind and Environment like, Polio Eradication, Disaster Management, District Grants, Health, Hunger and Humanity (3-H) Program, Scholarships, Youth Exchange Programs, Other Educational Programs, Community Programs, Fellowships, Fulfilling the requirements of the Community as per need of the time.

We are pleased to inform you that we bagged 13 awards at Anand Arpan Award Ceremony 2023-24 held at Vadodara and still there are few more awards expected in the next conference.

We have tried our best to make this issue readable and enjoyable with information which will give you details of the work we did, during the Rotary Year 2023-24. We have worked on the lines of Rotary's Areas of Focus with dedication and sincerity.

Our main motive was to serve in a better way in the best possible manner. With Best Wishes to all of you.

- Rtn Hassan Mayet & Rtn Swetal Desai









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MESSAGE FROM THE PRESIDENT & SECRETARY

Rotary Greetings to All Our Dear Rotarian Friends and Family Members,

It gives us immense pleasure to submit this Bulletin which is to commemorate the last day of the Rotary Year and the beginning of the new Rotary year 2024-25.



A popular saying, "If you can dream it, you can do it". But first, you must hold the dream and remain focused on what is desired. Rotary provides many Rotarians the means to accomplish their dreams. Rotarians often find a particular program which becomes a passion. Rotary is not just a club that you join; it is an invitation to endless opportunities. We believe in creating opportunities for others and for ourselves.

We believe that our acts of service, large and small, generate opportunities for people who need our help, and that Rotary opens opportunities for us to live a richer, more meaningful life, with friends around the world, based on our core values.

Today, on 30th June 2024, being our last day as a President and Secretary of this glorious Rotary Club of Chikhli River Front, we would

like to thank each and every member for their moral and personal support during the difficult times we faced during the year.

This full co-operation lead to many achievement which only District Governor and Team Saarthi will judge but their appreciation verbally suggest that we had performed greatly in performance point of view as we did more than 875+ service projects during the year and as the year ends today, we feel proud to inform you that our dynamic President Elect Rtn Manoj Shah who will take over, has many specialities and prowess to work for the RCCRF even better and with us all supporting him and his vision we shall achieve much better.

Mobile Cancer Detection Unit Service, Free Ambulance Service, Blood Collection Van, Women Empowerment Centre and Project Kisaan- Free Tractor Project are part of the Permanent Projects and shall be working each day to serve the community.

Our main project was with the Women and Child Health Dept, Navsari District, under which we organised Nourished Food to Malnourished Children and Expectant Mothers which got successful with overwhelming results. Thanks to this Public Private Partnership!

Lastly, our apologies to all of you if we have knowingly or unknowingly have inflicted pain on anyone of you, we with humbleness ask to forgive us and our team members who were in action.

With deepest regards and gratitude to all of you and our generous donors and supporters

And with full co-operation and support to our President 2024-25 Rtn Manoj Shah and Secretary Rtn Ravi Patel and Team Boudi. Proud to inform you that we at RCCRF were conferred with 13 awards at Anand Arpan Award Ceremony, Vadodara. Now, we have one more permanent project-Rotary Eye Hospital, Chikhli, which will be a new challenge for all of us and we all shall strive to make this project a big success.

May Almighty bless us all with many more successes in future and may we all achieve much more goals and the goals which were not even set...let us all reach to a new horizon by working hard for the welfare of the community and mankind. We shall need continued co-operation of all the Rotarians and Clubs to make this Project a very big success and try our best to save lives. Sincere thanks to all of you

Yours sincerely

Rtn Mehul Patel, President 23-24Rtn Nikunj Patel, Secretary 23-24

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Basic Education & Literacy

Maternal & Child Health

Conflict Prevention/ Resolution

Disease Prevention 2 Treatment

Sanitation & Hygiene

Community & Support the Economic Development

Environment

REAS OF FOCUS

We direct our efforts in Seven Areas to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:

Basic Education & Literacy Mother & Child Health Peace & Conflict Prevention / Resolution Disease Prevention & Treatment Water, Sanitation & Hygiene **Community & Economic Development Support the Environment**



OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. VISION STATEMENT

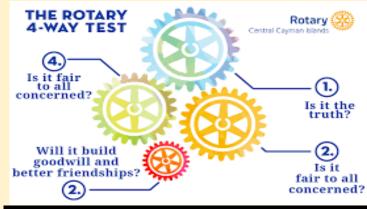
Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

WE WORK DIFFERENTLY

We see Differently: Our multidisciplinary perspective helps us see challenges in unique ways.

We think differently: We apply leadership and expertise to social issues — and find unique solutions.

We act responsibly: Our passion and perseverance create lasting change. We make a difference at home and around the world: Our members can be found in your community and across the globe.



GUIDING PRINCIPLES – The 4-Way Test

For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand.

The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity, and leadership.

The Four-Way Test is a nonpartisan and non-sectarian ethical guide for Rotarians to use for their personal and professional relationships. The second tenet of the Four-Way Test, "Is it fair to all concerned", serves as a beacon to Rotarians worldwide.

ROTARY MOTTO: SERVICE ABOVE SELF

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SPECIAL ISSUE-THE YEAR THAT WAS

THE YEAR THAT WAS..... ROTARY YEAR 2023-24 OUR SERVICES BEGINS July 2023



FIRST PROJECT WITH STARTS WITH UMBRELLA DISTRIBUTION LUNCHEON FOR THE BLIND SCHOOL CHILDREN



THIS LUNCHEON FOR THE BLIND SCHOOL IN KARANJVERI, NEAR DHARAMPUR WAS ORGANISED, THANKS TO RADHABEN MOHANBHAI PATEL, MINKACH (NOW IN THE UK)

PROGRAMME AT SCHOOL





Rotary



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SPECIAL ISSUE-THE YEAR THAT WAS

THE YEAR THAT WAS...... ROTARY YEAR 2023-24 UMBRELLA DISTRIBUTION AT PIPALGABHAN SCHOOL













Rotary Club of Chikhli River Front distributed 282 umbrella * at Government school, Pipalgabhan on 15th July 2023. We are grateful to Manjuben B Patel and her family for collaborating with us. This distribution was very timely as after distribution, there was torrential rainfall for more than 10 days. Thank you everyone for your support.

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SPECIAL ISSUE-THE YEAR THAT WAS

THE YEAR THAT WAS...... ROTARY YEAR 2023-24SERVICE PROJECTS 2022-23BLOOD COLLECTION SERVICE

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SPECIAL ISSUE-THE YEAR THAT WAS



PROJECT KISAAN – FREE TRACTOR SERVICE

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SPECIAL ISSUE-THE YEAR THAT WAS



PROJECT KISAAN: Free Tractor Service became an instant success and became a household name amongst the marginalized farmers. Thanks to the initiative by the PP Rtn Naresh Patel and Team who worked hard to acquire a brandnew tractor which has helped the small farmers in a big way. Our DG Rtn Nihir Dave and the First Lady Rtn Vaishaliben cultivated a small farm land during their visit in March 2024. Earlier in 2022, PDG Rtn Santosh Pradhan to did the same.



RCCRF's **Women Empowerment Centre** Project where 46 Ladies mostly girls learn tailoring and are then certified as a Tailor. We appreciate the efforts of Rtn Neha Desai and Rtn Amit Desai and Team for their selfless services.



MANAV-JYOT (Manavta-ni-Dewaal): This Wall of Humanity in Chikhli Town has become popular where one can put their belonging which they do not need and take away from the wall what they want at home.



AKSHARYAAN Service was has served more than 2200 Families. Our sincere thanks to Rtn Harshadbhai Patel and Indiraben Patel for their generous contribution which proved to become a turning point for RCCRF Project works. Aksharyaan service is a Free for all and have been very successful with punctuality and service.



Annapurna – Luncheon for School Children in various village. An initiative led by Rtn Manoj Shah and friends and team of donors where several school children were served with Lunch at their schools itself.





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THE YEAR THAT WAS...... ROTARY YEAR 2023-24 OFFICIAL GOVERNOR's VISIT



OCV – SMART BOARD PANEL INAUGURATION

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SPECIAL ISSUE-THE YEAR THAT WAS



OCV – RCCRF ROTARY WOMEN EMPOWERMENT CENTRE VISIT



PROJECT KISAAN: FREE TRACTOR SERVICE

Small Farmers suffer a huge expenditure and hardly have any spare sum for saving. We all at the members of Rotary Club of Chikhli River Front, had a very healthy discussion and came to a conclusion to help the small farmers with FREE Tractor Service and hence soon we shall be acquiring a Tractor to help the small farmers with zero expenditure or charges on them and hence give them all a helping hand. Project Kisaan has become a boon to the poor farmers.

PROUD MOMENTS: It was very encouraging to see that our DG Rtn Nihir Dave and First Lady Rtn Vaishali Dave just climbed inside the tractor and started ploughing the land for the marginalised farmer at the farms in Sadakpore Village.





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THE YEAR THAT WAS...... ROTARY YEAR 2023-24 **OCV – ALIPORE HOSPITAL VISIT CANCER DETECTION-ON-WHEELS ROTARY PERMANENT PROJECTS BLOOD COLLECTION-ON-WHEELS AKSHARYAAN CARDIAC AMBULANCE AMBULANCE SERVICE** District 3060 Rotary Alipore Hospital Chikhli River Front **OUR MOTTO – SERVICE ABOVE SELF OCV GET-TOGETHER** tary CHIKHLI RIVER FRO ROTAR

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THE YEAR THAT WAS...... ROTARY YEAR 2023-24

FELLOWSHIP WITH RC BHARUCH - PROJECT SAKHI

"A life of dignity and respect is the basic right of every human being."

Rotary Club of Bharuch has started a powerful initiative called the Sakhi Project, meaning "a friend," to uphold this truth for female sex workers and empower them towards rehabilitation.

PP Talkin & President Rizwana Zamindar have initiated this project supported by the Development Support Team & it required great determination and trust-building. They worked diligently, meeting the female sex worker ladies repeatedly in small and large groups across Bharuch and Ankleshwar areas. They even provided transportation assistance by paying for their rickshaw trips, and engaged with brothel owners and brokers. The team fostered a non-judgmental environment to them through psychiatric counselling session led by Dr. Sajid Day.

Gradually, the women opened up about their struggles and concerns as sex workers. Health camps were also organized to assess their needs. The Rotary Club helped facilitate access to eligible government welfare schemes for them. The Bharuch District Administration has encouraged & supported this noble Sakhi Project.

A proud milestone achieved with the successful completion of the first sewing course batch of 10 ladies at the Rotary Club of Bharuch Narmada Nagri's women empowerment center. Gratitude to President Dr. Yuvrajsinh & PP Rtn. Dhruv Raja for the successful training sessions.

However, one key challenge remained - funding sewing machines for this trained batch. While Companies appreciated the initiative's importance, directly associating with the rehabilitation of them is still considered taboo by some. Fortunately, the Rotary Club of Chikhli River Front & Alipore Social Welfare Trust came forward to provide quality sewing machines, thanks to the efforts of AG Rtn. Hassan Mayet and his associated NGOs. They have generously sponsored all the machines.

This is just the start of an important transformation. The Sakhi Project represents the power of compassion, perseverance and the fundamental belief that every person deserves an opportunity for a dignified life. Their journey of empowerment has begun.



3 MORE SMART BOARD DONATION TO SCHOOLS



DONATION OF PC TO DYSP OFFICE-PUBLIC IMAGE



Today, on 6th April 24, at the request of DySP Bhagirathsinh Gohil, the Rotary Club of Chikhli River Front has taken a significant step in supporting our police department by donating a computer. This contribution will aid the police in their day-to-day operations. Previously, we donated 10 barricades to the Chikhli Police Station, as well as provided food kits, masks, gloves, PPE kits, and sanitizers to police and home guards in the Chikhli area during the COVID-19 pandemic.

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ROTARY HARSHAD PATEL MULTISPECIALITY HOSPITAL PROJECT

UPDATE: The work for the Proposed Rotary Harshad Patel Multispeciality Hospital has already been started. General Emergency – Casualty Room has been done, Pathology Laboratory work is under progress, Demolition Work and Excavation Work at the Main Hospital Building is right now being done. Purchase of Cement and Steel has been done and foundation work. Application for Metal, Stone, Sand etc to the Quarry Association, Chikhli has been done. Donation for the Multispeciality Hospital Project is open. We invite everyone to contribute generously.





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Anganwadi Workers by providing nourished foods to 137 malnourished infants and children in Chikhli Taluka. Their efforts are making a significant impact in improving the health and wellbeing of these children.

Feeding people not only nourishes their bodies but also fosters a stronger, healthier and more compassionate society. It promotes dignity, reduces poverty, and ensures a brighter future for all.







GENERATION HEALTHY



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MALNOURISHMENT TO NOURISHMENT PROJECT SANJAYBHAI RAMANBHAI PATEL KUPOSHAN NE SUPOSHAN SEWAYAGNA PROJECT



Honorable Navsari District Development Officer Smt. Pushpalataji inaugurated Rotary Club of Chikhli Riverfront's most ambitious project Sanjaybhai Ramanbhai Patel "Malnutrition-to-Nourishment Service" at PHC Hond.

By adopting 137 malnourished children from Chikhli taluka, the Rotary Club of Chikhli River Front is taking concrete steps to improve their health and wellbeing. Providing adequate nutrition and support to these children will have a significant impact on their lives, allowing them to grow, develop, and lead healthier, more fulfilling futures.







OUR MOTTO – SERVICE ABOVE SELF

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THE YEAR THAT WAS – 2023-24

LITERACY PROJECTS - STUDENT EXCELLENCE AWARDS



વિધાર્થી શ્રેષ્ઠતા પુરસ્કાર

શિક્ષણ ક્ષેત્રે આપ આપની શ્રેષ્ઠતા પુરવાર કરી શકો એ માટે રોટરી કલબ ઓફ રીવર ફ્રન્ટ દ્વારા પ્રોત્સાહનના ભાગરૂપે ધોરણ 12 વાણિજ્ય શાખા વિનયન શાખા અને વિજ્ઞાન શાખા આ ત્રણેય શાખામાંથી આગામી માર્ચ 2024ની બોર્ડની પરીક્ષામાં પ્રથમ ક્રમે આવનાર વિદ્યાર્થીને ₹5,000 દ્વિતીય ક્રમે આવનાર વિદ્યાર્થીને ₹3,000 અને વૃતીય ક્રમે આવનાર વિદ્યાર્થીને ₹2,000 રોકડ પુરસ્કાર આપવામાં આવશે.

President Rtn. Mehul Patel 99980 35413 Hon. Secretary Rtn. Nikunj Patel 97235 54116

LITERACY - STUDENT EXCELLENCE AWARDS

project chair Rtn. Hitesh Patel

63534 70077



LITERACY - STUDENT EXCELLENCE AWARDS

Rotary Club of Chikhli River Front hosted an award ceremony at MG Vashi High School, Pipalgabhan, where cash prizes were presented to the top three rank holders of Class 12th in both General and Science streams.

DGE Rtn Tushar Shah graced the occasion as the Chief Guest, and over 15 principals from various government schools in the area were also in attendance.

This initiative is part of the Rotary Club's ongoing commitment to supporting and encouraging the students of 44 government schools in Chikhli and Khergam Taluka.

We also extend our gratitude to all the generous donors. The prize money awarded to the students was as follows:

1. ₹5000 for first place,

2. ₹3000 for second place,

3. ₹2000 for third place.

Heartiest Congratulations to all the awardees!"

We all at RCCRF extend our good wishes and pray for all the successful students with bright future.





PRIZE MONEY 1ST - Rs.5,000, 2ND - Rs.3,000 & 3RD - Rs.2,000

STUDENT EXCELLENCE AWARDS



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THE YEAR THAT WAS.....2023-24

10 OCTOBER 2023 WORLD MENTAL HEALTH DAY

Ten Things You Can Do for Your Mental Health

1. Value yourself: Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body: Taking care of yourself physically can improve your mental health. Be sure to: Eat nutritious meals

Avoid smoking

Drink plenty of water

Exercise, which helps decrease depression and anxiety and improve moods

Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students. See Sleep.

3. Surround yourself with good people: People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself: Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people. See Fun and Cheap Things to do in Ann Arbor for ideas.

5. Learn how to deal with stress: Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind: Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy. To get connected, see spiritual resources on Personal Well-being for Students

7. Set realistic goals: Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal. Wellness Coaching, free to U-M students, can help you develop goals and stay on track.

8. Break up the monotony: Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant. See Rejuvenation 101 for more ideas.

9. Avoid alcohol and other drugs: Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems. For more information, see Alcohol and Other Drugs.

10. Get help when you need it:

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Wishing All a Healthy State Of Mind.

RTN HASSAN MAYET AG 2023-24

Rotarians working on this project are hopeful that more clubs will focus on improving mental health. "Being a Rotarian confers a kind of legitimacy and authority on Rotarians in whatever they do," says Obialo. "Rotarians thus become a moral force against the stigmatization of people with mental health conditions."

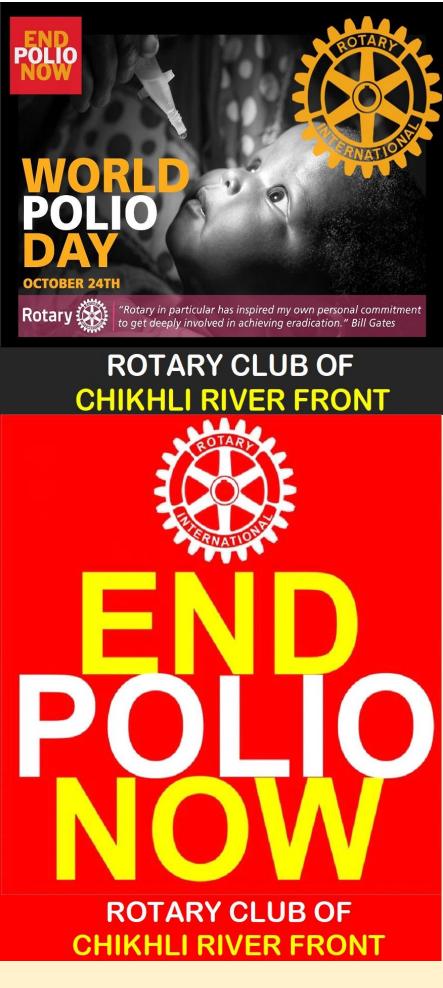


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WORLD POLIO DAY -24 OCTOBER 2022



World Polio Day is observed annually on October 24. The day raises awareness about the disease and honours the global efforts toward a polio-free future, as well as the selfless sacrifices of those working on eradicating polio from every corner of the world.

Polio is contagious due to the ease with which the poliovirus spreads. Although the virus is now exceedingly rare because of modern interference, it can impair the brain regions that govern respiration, resulting in death. Polio, which has no recognized therapy, can only be avoided through vaccination.

Few interesting facts about Polio

- Polio (poliomyelitis) primarily affects children under the age of five. Hence children are mostly affected by the disease.
- One in 200 infections results in permanent paralysis and when their respiratory muscles become immobilized, 5% to 10% of paralyzed people die.
- To take action against polio, many countries have increased their ability to monitor and immunize their populations through a global effort.
- There were around 350,000 cases of polio worldwide in 1988, however, this figure has since dropped to only 37 confirmed cases in 2016.
- Polio can spread across the globe as long as there is a single person who is still carrying the disease.
- Polio is an infection caused by a virus that affects the entire body, including muscles and nerves.
 - There are 3 types of polio: nonparalytic (does not lead to paralysis), spinal-paralytic (can result in the paralysis of one or more limbs), and bulbar (can result in weak muscles, reflex loss, and respiratory problems).

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THE YEAR THAT WAS..... 2023-24 HUMF -NOURISHMENT PROJECT FOR MALNOURISHED EXPECTANT LADIES



Rotary Club of Chikhli River Front's started a new project **"MALNOURISHMENT TO NOURISHMENT of PREGNANT WOMEN** SERVICE PROJECT", in which we have adopted 4 PHC centres (Alipore, Fadvel, Sadakpore and Ghej centres in Chikhli taluka) 30 identified pregnant MALNOURISHED women below the weight of 40 KG. The project was today launched by Prakesh Patel of Tankal, USA. This project will help all the women to survive and newly born child will be fully nourished.







DISTRICT SCIENCE EXHIBITION: 9th October 2023, B.R.C. Chikhli organised District Children Science Exhibition 2023-24 where children from various schools of Chikhli District participated in this exhibition. Rotary Club of Chikhli River Front organised lunch for around 700 School Children who participated in this Children Science Exhibition



BLOOD DONATION CAMP HELD IN KHERGAM WHERE 55 PERSONS DONATED BLOOD TO SAVE LIVES

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EVENTS CHANDRAYAAN -3 ISRO EXHIBITION



ISRO EXIBITION AT GADAT SCHOOL: In association with RC GANDEVI, it was a privilege for the members of Rotary Club of Chikhli River Front to be part of the exhibition at Gadat school, featuring the work of ISRO scientists who designed modules for Chandrayan-3. This is a testament to the incredible strides made in space exploration, and it's an honor to witness and learn from their expertise.

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