

RI Year 2024-25  
RID - 3132  
Club No. 23746

**Rotary**  
Club of Ahmednagar Midtown



**July 2024**  
**2<sup>nd</sup> Week**



**E-Bulletin No. 2**  
**Date : 12/07/2024**

# Celebrating New Leadership and Initiatives: The First Weekly Meeting of Rotary Midtown

As the torch of leadership passed on with colours of Hope, Peace & Well-being with the on-set of new leadership with President Rtn Ajay Pisute & Secretary Rtn Merlin Elisha. The 1st weekly meeting was uplifted by the presence of 55 members in shades of green colour. The meeting hall was decorated with the new theme Magic of Rotary, the monsoon themed selfie corner was decorated with vibrant colours. The meeting was called to order by the President, followed by the National Anthem. New insights, concepts & plans were shared by the President Rtn Ajay Pisute. With the onset of the new Rotary Year the summary of the three Projects completed in the 1st week was shared by the first lady Ann Priyanka Pisute, Public Image Dir. Rtn Tina Ingale & IPP Rtn Madhura Zaware. Sharing the glimpse of the Projects:

**Blood Donation Camp (1st July 2024):** 104 Bags of blood was collected, with a footfall of 170 people willing to donate blood.

**100+ Sapling Distribution:** All the donors were gifted with a sapling so as to appreciate their stand to save life through blood donation. With a request to join hands in the plantation drive.

**Flour Mill Distribution:** Through District Grant Rotary ki Asha three flour mills were distributed to empower the needy women.

Six new families were introduced & welcomed warmly by the Midtowners in the meeting. The 1st digital weekly club bulletin was shared by the President & Secretary. Followed by regular announcements there were exciting Team games arranged by the First lady & Secretary, where all members enjoyed & participated in the activities. The 1st weekly meeting ended with Birthday & Anniversary celebration of those from 1st July to 10th July 2024. A perfect group picture followed with fellowship & delicious dinner made the program complete.



# Glimpse Of The 1<sup>st</sup> Meeting Moments



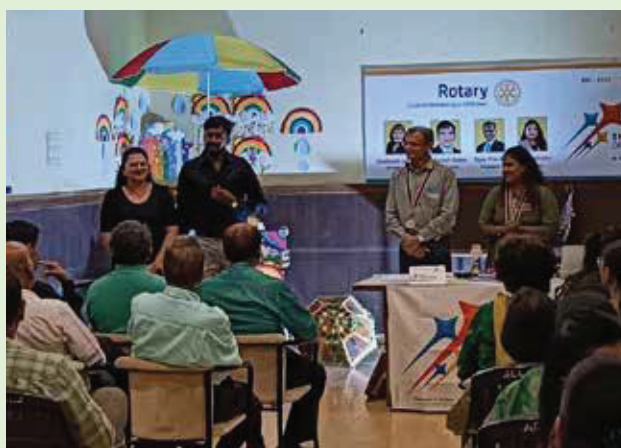
President Rtn Ajay Pisute and Secretary Rtn Merlin Elisha guide Board members on upcoming year projects.



Celebrating members' birthdays with joy and camaraderie.



Launch of the first bulletin by President & Secretary



Warm welcome and greetings extended to new members by the Rotary Club





Celebrating members' birthdays with joy and camaraderie.



Celebrating members' birthdays with joy and camaraderie.



"All the Anns gathered in front of the vibrant monsoon-themed backdrop, celebrating the spirit of togetherness and joy.



Warm welcome and greetings extended to new members by the Rotary Club

# Its the Quality of Life which matters not just the Quantity

- DR DEEPALI ANBHULE



आज Rotary Club of Ahmednagar Midtown निमित्त आपणा सर्वांशी सवांद साधण्याचा योग आला .

I feel truly blessed and proud to be a Doctor

I m thankful to all my patients for showing trust in me... us

आमच्या कडे येणाऱ्या प्रत्येक पेशंटची फक्त Quantity of Life च नाही तर Quality of Life हि सुधारण्याचा आमचा पुर्ण प्रयत्न असतो .

आज च्या प्रगत तंत्रज्ञानाने हे सहज शक्य आहे . ज्या ऑपरेशन्स साठी पूर्वी पोटाची चिरफाड केल्याविना पर्याय नसायचा अशी किचकट ऑपरेशन्स हि दुर्बिणीद्वारे -keyhole सर्जरीस ने सहज शक्य आहे - आणि फक्तच उच्चु लोकांसाठी नाहीतर शेतात काम करणाऱ्या,रोजंदारी च्या कामाला जाणाऱ्या महिलांसाठी सर्वात जास्त फायदाचे आहेत - ह्या पद्धतीने भविष्यात ऑपरेशन

मुळे होणारा त्रास हा नगण्य असतो .

मी गेली 10वर्षे स्त्रीरोगतज्ञ म्हणून कार्यरत आहे- पुरुषांच्या तुलनेत एका स्त्रीला बऱ्याच बदलांना सामोरे जावे लागते - फक्तच माहेर सासर हा बदल नाही तर - गर्भारपणात तसेच प्रसूतीदरम्यान शारीरिक आणि मानसिक बदल होत असतात , पस्तिशीला पोहचत आल्या कि हॉर्मोनल imbalances कमालीचे

वाढतात ... डिलेव्हरी नंतर हि बरेच शारीरिक बदल घडून येतात - loose vagina , लघवी रोखू न शकणे अथवा कपड्यात होणे , सतत ड्रायनेस जाणवणे , चिडचिड होणे , संबंधांच्या वेळेला कोरडेपणा जाणवणे ,स्किन changes -वांग उठणे असे बरेच बदल होतात ज्यामुळे "ती"च "ती" "पण हरवल्याची जाणीव तीव्र होते , सामाजिक - वैयक्तिक ह्या सगळ्यांवरच त्याचा effect दिसून येतो - Her Quality of Life is affected....- physical , personal , social - almost all aspects.. पण सध्याच्या प्रगत तंत्रज्ञानाने ह्यातले बरेचसे बदल reversible आहेत . नुकत्याच एका fellowship दरम्यान मला हि मी जे नेहमीच उत्तर द्यायचे - its all because of hormonal changes n we cant do much - ते ही उत्तर बदलतंय we can do something better for this सर्जिकल व नॉन सर्जिकल दोन्ही options आहेत .

बऱ्याच वेळेला लोक डॉक्टरांकडे न जाता सोशल साइट्स -Google Google दार उघड करत चुकीच्या गोष्टी करून बसतात -!! Youtube ही !! ह्या सर्वांना बळी पडू नका !! योग्य तज्ज्ञांचा सल्ला घ्या .

It's the Quality of information & Quality of care which matters



Written By,

## **DR DEEPALI ANBHULE**

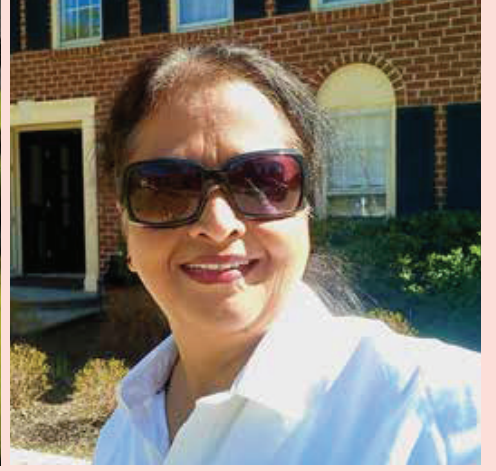
Consultant Gynecologist  
at Dr Anbhule Multispeciality Hospital  
& Mehrazad Trust Hospital  
-director-kranti Nursing College  
-director-dr Anbhule Medical  
Rural Development N Social Foundation





# पेरुचं पंचामृत

- Rtn Madhuri Gurjar



हित्य: 2 पिकलेले पेरु, 2 चमचे तीळ मिक्सरमधून किंचित जाडसर वाटलेले, 1 चमचा दाण्याचं कूट, 1 चमचा गूळ,

अर्धा चमचा चिंचेचा कोळ, चवीपुरतं मीठ, 1 चमचा काळा/गोडा मसाला आणि हिंग पाव चमचा.

फोडणी साहित्य: 2 चमचे तेल, मोहोरी, जिरं, पाव चमचा मेथ्या पावडर, हळद, 2 हिरव्या मिरच्या, कढिलंबाची पानं.

कृती: पेरु स्वच्छ धुवून त्याचे शेंडे बुडखे काढून त्याच्या फोडी करून त्याच्या बीया शक्यतो काढून टाका. मग मध्यम आकाराच्या फोडी करा. कढईत तेल तापवून त्यात मोहोरी जिरं टाकून ते तडतडलं की नंतर मेथ्या पावडर, मिरचीचे तुकडे, कढिलंबाची पानं, हिंग व हळद घाला. यानंतर तिळाची भरड घालून या फोडणीत चांगली परतून घ्या. तीळ आपण न भाजता तसेच घेतले आहेत. मग या सगळ्यावर दाण्याचं कूट घालून तेही परतून त्यावर पेरुच्या फोडी घालून वर मीठ, चिंचेचा कोसाळ व गूळ घालून दीड वाटी पाणी घाला. झाकण ठेऊन एक उकळी आली की लगेच गॅस बंद करा. वरून बारीक चिरलेली कोथिंबीर घाला. हा पदार्थ ताटात डावीकडे वाढण्याची पद्धत आहे. आता श्रावणात मंगळागौरीच्या जेवणात हा पदार्थ करण्याची पद्धत आहे.

हे पंचामृत अगदी तोंडाला चव आणणारं आहे. आंबट गोड जितकं आवडत असेल त्या प्रमाणात चिंच गूळ वापरावा.

# Know Your Members



In Pic  
Rtn Prashant Amrapurkar &  
Rtn Priti Amrapurkar,  
Annets Girija &  
Gururaj Amrapurkar

## Rtn Prashant Amarapurkar (B.Com)

Owner Shri Datta Trading Company - Mountaineer by Passion

Basic course, Advance course, Search & Rescue course with A grade from Nehru Institute of Mountaineering Uttarkashi. Prashant has participated in many mountaineering expeditions such as Mt. Satopant, Mt. Kedar kantha, Mt. Gangotri 2, Mt. Bhagirathi II. He has successfully organised Panchachuly glaciard trek, Nandanvan gangotri glaciard trek, Pindari kafni glaciard Trek, many high altitude trek such as Chader trek in Leh, Everest Base camp Trek, Annapurna Base camp Trek. He has also participated in cycling expedition Manali to Leh, Panipat to Nashik.

**"It's a passion and desire and moreover belief on oneself."**

The motivation comes from passion that gives individual joy and happiness that one can experience through this adventures. It's a journey of Self Belief & Trusting your own strengthens & others who accompany you. It is not the Mountain we conquer but ourselves. - Rtn Prashant Amarapurkar





# Know Your Members



In Pic Rtn  
**Dr. Deepali Anbhule,**  
**Dr Bhushan Anbhule,**  
**Annets Veeraat &**  
**Hridhaan**

## **Rtn. Dr. Deepali Anbhule**

- Consultant Gynecologist at Dr Anbhule Multispeciality Hospital & Mehrasad Trust Hospital
- Director-Kranti Nursing College
- Director-Dr Anbhule Medical rural development n social foundation

## **Dr Bhushan Anbhule**

- Consultant Ophthalmologist at DrAnbhule Multispeciality Hospital
- Vicechairman-Ahmednagar Shahar Sahkari Bank
- Chairman-Ahmednagar Homeopathic Medical College Ahmednagar
- Chairman-KrantiNursing College
- Director-DrAnbhule Medical rural development and Social Foundation
- Director - Sun Pharma High Schools and College Ahmednagar

# Know Your Members



In Pic

Rtn Anuradha Vijay Arsule,  
Dr Vijay Arsule ,  
Annets Dr Nikita Arsule,  
Viraj Arsule

Let's know our Member **Rotarian Anuradha Arsule** who by Profession is a Beautician specialized in Cosmetic and Aesthetic having wide experience of 17 years, she has taken her degree in Professional Beautician, ABTC and Cosmetology India & Advance Skin Aesthetic. Her husband Dr Vijay Arsule is a Pathologist, they are blessed with two children daughter Dr Nikita Arsule & son Viraj is pursuing his 1st year in Computer Science.





11th July – 19th July 2024

## July Birthdays

11th July - Annet Tejas Ingale

12th July - Rtn Pramod Mutha

12th July - Annet Nakshatra Sonawane

15th July - Rtn.PDG Pramod Parikh

17th July - Rtn Hemchandra Ingale

18th July - Ann Smita Bora

18th July - Rtn Nirmal Khandelwal



11th July – 19th July 2024

## July Anniversary

12th July Rtn Tushar & Savita Deshmukh

14th July Rtn Anuj & Smital Sonimadalecha

Bulletin Design - Akshay Raut

Write up - Rtn Tina Ingale, Rtn Merlin Elisha

**Thank You!**

