

Rotary
Club of Ahmednagar Midtown



Discovering the Magic of Rotary:

Where passion, service, and fellowship
unite to create a world of endless possibilities

Date : 16/08/2024

RI Year 2024-25

RID - 3132

Club No. 23746

Minutes of Weekly Meeting

The weekly meeting was planned outdoor at Amolak Devrai, Kada on the 10th of August 2024 morning 7am. The members who were committed came on time & everybody pooled together & left for the location which was 45kms away from Ahmednagar. Approx 35 members were present for the meeting. The short trip was enjoyed & we all were welcomed with great happiness at the Amolak College. After the welcome & felicitation the information of the Amolak Devrai was shared which was accompanied by the site round, information on the species of plants which were collected from various parts of India was shared. There were 1500 +species from ancient times with high medicinal values, there was a Miyawaki forest.

After the site round all members did plantation for the butterfly garden. As prior preparations were made the plantation drive was enjoyed by all annets, anns & rotarians. 200+ plants specified for the butterflies were planted. The effect was seen soon after the plantation, there were butterflies attracted to the plants.

The meeting was conducted after the plantation drive, the projects done & the upcoming projects were discussed. A delicious spread of breakfast was served. Everyone enjoyed this short informative trip with the meeting updates.

Rtn Ajay Pisute,

President

Rtn Merlin Elisha,

Secretary

Amolak Devrai, Kada



Maternal & Child Health

▲ PNC Care

Dr. Deepali Anubhule
Dr. Sonal Borude

▲ Paediatric Care

Dr. Vikram Pansambal

▲ Nutrition

Dr. Aditi Pansambal

On 9th August 2024, a Project on Maternal & Child Health was conducted by Rotary Club of Ahmednagar Midtown at 11am in BDCD hospital, where 70 + mothers attended the session.

Rtn Dr Deepali Anbhule, Rtn.Dr Sonal Borude shared their expertise on Post Natal Care.

Rtn Dr Vikram Pansambal shared information on paediatric care & Ann Dr Aditi Pansambal shared expertise on Nutrition & Diet for lactating mothers & the children.

The session was interactive & many doubts of the new mothers were cleared. The information shared added value to the health care & nutrition of the mothers & children.



Maternal & Child Health News Coverage Paper Cut Outs

लोकमत

स्तनपान सप्ताहानिमित्त जनजागृती

लोकमत न्यूज नेटवर्क
अहमदनगर : महानगरपालिका व
रोटरी क्लब ऑफ अहमदनगर
मिडटाऊन यांच्या संयुक्त विद्यमाने
स्तनपान सप्ताहानिमित्त मातांसाठी
जनजागृती अभियानाचे आयोजन
करण्यात आले होते. मंगळवारी
मनपाच्या कै. बाळासाहेब देशपांडे
रुग्णालयात हा उपक्रम राबविण्यात
आला.

यावेळी डॉ. दीपाली अनभुले, डॉ.
विक्रम पानसंबळ, डॉ. आदित्य
पानसंबळ, डॉ. सोनल बोरुडे, डॉ.
दीपमाला चव्हाण, क्लबच्या मॉनिंग
एलिंशा डॉ. ममता गांधी, डॉ. उज्वला
शिरसाठ, डॉ. शिल्पा पाठक, डॉ.
श्रेयस सुरपुरे आदींसह महिला व
रुग्णालयातील कर्मचारी उपस्थित
होते.

याप्रसंगी बोलताना डॉ. अनभुले
म्हणाल्या, मातांनी आपले आरोग्य
सुदृढ व निरोगी राहण्यासाठी योग्य
आहाराचा वापर करावा, जेणेकरून
आपल्या बालकाचे आरोग्य निरोगी
राहील, बालकाची बाल वयातच
योग्य काळजी घ्यावी, शासनाच्या
वतीने बालकाला दिले जाणारे
लसीकरण मोफत असून, योग्य वेळी
सर्व लसीकरणाचा डोस पूर्ण करावा,
कै. बाळासाहेब देशपांडे हॉस्पिटल
नेहमीच गरोदर मातांची काळजी घेत
असून, त्यांना योग्य मार्गदर्शन करीत
असते. आईचे दूध +
रोगप्रतिकारकशक्ती
करण्यास मदत करते. डॉ.
गांधी, डॉ. शिरसाठ, डॉ.
सुरपुरे यांनी उपस्थितांना
केले.

Hello Ahmednagar
Page No. 4 Aug 14, 2024
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आईच्या दुधामुळे प्रतिकारशक्तीत वाढ

डॉ. दीपाली अनभुले; कै. देशपांडे रुग्णालयात स्तनपान सप्ताह

यात्रा : पुढारी वृत्तसेवा

मातांनी आपले आरोग्य मजबूत व
निरोगी राहण्यासाठी योग्य आहाराचा
वापर करावा, जेणेकरून आपल्या
बालकाचे आरोग्य निरोगी राहील,
बालकाची बालवयातच योग्य
काळजी घ्यावी, शासनाच्या वतीने
बालकाला दिले जाणारे लसीकरण
मोफत असून योग्य वेळी सर्व
लसीकरणाचा डोस पूर्ण करावा.
आईचे दूध बालकाची रोग प्रतिकारक
शक्ती विकसित करण्यास मदत करते,
असे प्रतिपादन प्रतिपादन डॉ. दीपाली
अनभुले यांनी केले.

अहमदनगर महानगरपालिका व
रोटरी क्लब ऑफ अहमदनगर
मिडटाऊन यांच्या संयुक्त विद्यमाने
स्तनपान सप्ताहानिमित्त मातांमध्ये
जनजागृती अभियान राबविण्यात
आले. यावेळी डॉ. दीपाली अनभुले,
डॉ. विक्रम पानसंबळ, डॉ. आदित्य
पानसंबळ, डॉ. सोनल बोरुडे, डॉ.
दीपमाला चव्हाण, डॉ. ममता गांधी,



डॉ. उज्वला शिरसाठ, डॉ. शिल्पा
पाठक, डॉ. श्रेयस सुरपुरे आदी
उपस्थित होते.
डॉ. विक्रम पानसंबळ म्हणाले,
बाल आणि माता या दोघांच्या
आरोग्यासाठी स्तनपानाचे महत्त्व
स्तनपान सप्ताह साजरा केला जातो.
स्तनपानाच्या कामगिरीमुळे बाल
आणि आई दोघांच्याही आरोग्यावर
विशेष परिणाम होऊ शकतात.
त्यामुळे स्तनपानाच्या महत्त्वाबाबत
जागरूकता निर्माण होणे गरजेचे आहे.

आईच्या दुधाला एंटीबायोटिक्स असतात
जे स्तनाने मुलांना विविध आजारां
आणि संक्रमणांपासून संरक्षण
करण्यास मदत करतात. ज्या बालकांना
स्तनपान दिले जात नाही. त्यांना
क्षयजन्य संक्रमण, कानाचे
संक्रमण आणि इतर रोग होण्याचा
शोका जास्त असतो. याप्रसंगी डॉ.
दीपमाला चव्हाण, डॉ. आदित्य
पानसंबळ, डॉ. सोनल बोरुडे, डॉ.
ममता गांधी, डॉ. उज्वला शिरसाठ
डॉ. शिल्पा पाठक, डॉ. श्रेयस सुरपुरे
यांनी उपस्थितांना मार्गदर्शन केले.

Plantation Drive for Butterfly Garden, Kada Ashti

10th August 2024 - Project: Planting of Butterfly Garden at Amolak Devrai, Kada. To create a Butterfly Garden within the Amolak Devrai Garden by planting a variety of flowering plants that will attract butterflies, contribute to biodiversity, and enhance the aesthetic appeal of the garden. This project was highly educational for the Rotarians, as it introduced them to a wide variety of trees, many of which were unfamiliar to the participants. The experience highlighted the diversity and richness of the plant species within the Amolak Devrai Garden. This garden hosts medicinal plants which play a multifaceted role in promoting human health, environmental conservation, cultural heritage preservation, and community well-being. They serve as living repositories of traditional knowledge and contribute to a more sustainable and interconnected relationship between people and the natural world. One of the volunteers also shared an interesting insight, explaining that planting just five trees could be a path to heaven.

The five trees mentioned were:

- Peepal Tree (*Ficus religiosa*)
- Neem Tree (*Azadirachta indica*)
- Banyan Tree (*Ficus benghalensis*)
- Tulsi Plant (*Ocimum sanctum*)
- Bilva Tree (*Aegle marmelos*)

They also went on to say that all your legacy will survive for only a few hundred years after you, but some of these robust trees will live for thousands of years. It is said that the Amolak Devrai area is a natural home to many species of butterflies. Remarkably, within an hour of planting the new saplings, a few butterflies were already observed

visiting the newly planted flowers. This immediate response is a promising sign of the garden's potential to become a thriving habitat for butterflies. The planting of these flowering plants is expected to: - Attract and support a diverse population of butterflies. - Contribute to the preservation of biodiversity in the region. - Enhance the beauty and ecological value of the Amolak Devrai Garden. - Provide educational opportunities for visitors to learn about the importance of plant diversity and conservation. Rotarians and volunteers participated in planting various flower saplings that are known to attract butterflies. The species planted included: - Rose (*Rosa*) - Jasmine (*Jasminum sambac*) - Marigold (*Tagetes*) - Hibiscus (*Hibiscus rosa-sinensis*) - Sunflower (*Helianthus annuus*) - Zinnia (*Zinnia elegans*) - Ixora (*Ixora coccinea*) - Periwinkle (*Catharanthus roseus*) - Ananta (*Gardenia ,Gandhraj*) - Butterfly Pea (*Clitoria ternatea*) and many more The Butterfly Garden project at Amolak Devrai is a step towards fostering a deeper connection with nature and contributing to environmental conservation. The Rotary Club of Ahmednagar - Midtown is committed to continuing such initiatives that promote sustainability and community engagement. Thanks to all the Rotarians and volunteers who participated in this project. Special thanks to the enthusiastic Annets who were super excited to contribute in every small way that they could. I am sure this was a life altering experience for them and they will forever strive to live in Harmony with the nature.

Rtn Tina Ingale,
Public Image Director, Rotary Ahmednagar Midtown

Glimpses of

Plantation Drive for Butterfly Garden, Kada Ashti



15th August Midtown's Get-together & Celebration

The 77th Independence Day was celebrated with great enthusiasm at Nagar Club a full day program was planned by the Members & Anns. The celebration started at 10.30 am with Pool Breakfast & Tri coloured dress code.

Our Anns brought in various delicacies, sweets & savoury breakfast items for all. The hot breakfast spread was enjoyed by the 80+ members.

The Midtown's traditional fruit punch was made at the table, everyone pitched in to peel and cut the fruits, making the process more enjoyable. In the end, everyone relished the delicious fruit punch.

Followed by games conducted by Rtn Tina Ingale. There was special celebration & display of all the 19 District Awards won by RCAM.

The IPP Rtn Madhura Zaware shared gratitude towards all the Midtown family for supporting her & the team in the previous year. The Awards were distributed by her avenue wise to the Rotarians & BOD members.

The celebration continued with delicious food, fellowship, group picture & birthday celebration.



Glimpses of 15th August Midtown's Get-together & Celebration

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Special Highlights in the Rotary News- August 2024 Edition

Rotary Ahmednagar Midtown's global grant project of Rotary

Swayampurna Dairy: At Mauli Seva Pratishthan

was showcased in Rotary News – August Edition on page No. 29 – 31. Great coverage given by Rotary News Trust.

Highly appreciated project in Rotary world by TRF Vice Chair Dr. Bharat Pandya sir & RI Director T.N Subramanian sir.

Congratulations to IPP Madhura and team Global Grant and RCAM for the highlights of the Project in the global edition.





A medically challenged woman being treated at the Mooli Tanna Prashasthali.

been transported by nearby organizations, including St. Mary's Hospital, which has been working with the Mooli Tanna Prashasthali. "Many members of our club, which has a membership of 100, regularly donate money to the Mooli Tanna Prashasthali and we have also been doing some projects with them, as NCD 21, we have discussed it with the club about living here."

Next to partnering with RSI, the club started the Mooli Tanna Prashasthali. The club started the Mooli Tanna Prashasthali, at which about 200 women go to the club for living here. "Usually, most of them, women such as Aisha, Parvati, and all the kids in Mooli have become an integral part of my life and home. And there was a day when I was hospitalized and the club started to come to my house to take care of my mother."



Milk being collected from cows at the dairy.

regulation because of inflation and self-sufficiency," says Madhavi.

The thought of the club could do some kind of self-sustaining project that would give the women a purpose in life, and generate a decent income for the Mooli Tanna Prashasthali. "We already knew that these women can do great and even earning and even agricultural activities very well. I have successfully done these things at the Mooli Tanna Prashasthali, and we found that not only did these women take good care of the houses, they also looked to them regularly. The idea would be to have these and even about their progress with them. And it was then that I suddenly remembered the Vietnam Veterans story I had read."

The club president thought that if a time the situation was critical here, helping the women with cows, "it could be used as a psychological treatment for the women because, while creating financial self-reliance for the women, had them the idea of setting up a dairy with good quality cows at the Mooli Tanna Prashasthali club area."

The idea was discussed with the "committee" at the club, and the President of Mooli



The vision of the Mooli Tanna Prashasthali is to provide a safe and healthy environment for the women and their children. The club members are committed to providing the best possible care for the women and their children.

was. The members knew that the women were not attached to the three centers around the club, but when one of them was having a problem, the women took such good care of it, as they would of their own project designed.

But the amount required to buy 10 good quality cows and set up other facilities such as a veterinary work, growing fodder for the cows, and generating fuel from cow dung etc was rather huge, and it was here that the project team got encouragement and guidance from the Rotarian Madhavi and DRC's, of RSI Ahmednagar, U.S. Member Madhavi who was in her

time in the form of her belonging to the Mooli Prashasthali. For this, the committee proposed doing some thing will be used as organic fertilizer. The club collected will be taken to the regional milk collection center located near Mooli. The thing was produced will help reduce the expenditure on LPG in the kitchen. "We've tried to make this project as self-sustaining as we possibly can," notes Madhavi.

The project was recently inaugurated by the Rotarian Madhavi, who granted the club members the membership number at which they



Club president Madhavi, club's International Service director Rishi, Zaveria and Madhavi (DRC's) with members of the Mooli Prashasthali after inauguration of the Dairy Unit.

had planned the entire infrastructure to make it a totally self-sustaining project. "This is just another example of how RSI helps Rotarians do good in the world," he said. IFDC (International Federation of Dairy Clubs) members for their maintenance and providing their dream.

Recently RI President Raja Subramanian visited the project and interacted with the women and staff. "It was great to see the

while work that is being done at the center. Talking to the women and learning to their stories brought tears to my eyes. While for average these women have displaced in India, it is difficult to digest the fact that there is such a great world out there. It is important the people who are doing this, because work and members of RSI, Ahmednagar Madhavi, who are collaborating with the Mooli Tanna Prashasthali to provide these women a sustainable livelihood," he said.

"The vision is to add that the growing, primarily helped this center project at the Mooli Tanna Prashasthali. Madhavi's vision project Rotarians to take care of the normally distressed and medically challenged people in our community," she says. The also thanked RSI President Madhavi, club's International Service Director Rishi, Zaveria, DRC's Madhavi and club member Vijay Singh.



Members of the Mooli Tanna Prashasthali with the NGO members, Societies and Rotarians Chairman.



Women selling milk at the Mooli Tanna Prashasthali.

Information Corner – Rtn Abhishek Shelar

What Is Candid Photography ?

Candid Photography is one the most popular Type of Photography these days.

Candid Photography means capture true moment “AS IT IS”. Anything you see you capture the moment as it is. Without giving pose or without disturbing the on going event you can capture true expressions of people with Candid Photography.

For example. When subject is engaged in some activity then Photographer Captures subjects expression by surprising him or without making him notice or making him conscious.

A candid photograph is a photograph captured without creating a posed appearance.

This is achieved in many ways,for example:

- when the subject is in motion,
- by avoiding prior preparation of the subject,
- by surprising the subject,
- by not distracting the subject during the process of taking photos.





In this type of Photography , photographer capture original expressions in available light.

In Event such as weddings have unique moments to capture such as Happiness on faces of Bride and Grooms, Excitement of friends and family, Parent's mix feeling about events, Moment when teary eyed father gives away his daughter to live happily with her groom.

Capturing such live moments is considered under Candid Photography.

Author of this article is Professional photographer.



Author :

Mr. Abhishek Shelar

Email Id:abhishekshelarphotography@gmail.com

**New Fellowship group started by
Women Rotarians & Anns -
Chai Pe Charcha, where 34 active
members meet monthly for fellowship.**





25th July – 31st July 2024

August Birthdays

Samrat Nikam - 17th August

Rashika Deshmukh - 20th August

Rohini Nikam - 18th August

Revati Pisute - 21st August

25th July – 31st July 2024



August Anniversary

Rtn Anil & Aarti Hoshing - 25th August

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Write up - Rtn Tina Ingale, Rtn Merlin Elisha

Thank You!