



UNITE **FOR** GOOD

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THE



ISSUE 05

REGULAR MEETINGS

EVERY WEDNESDAY AT 6:30 PM 5TH FLOOR, EDC HOUSE DR. ATMARAM BORKAR ROAD PANAJI GOA



Franchisee Asha Parekh PANJIM

Address - Silvo Style - Shop No. 3, Kismet Hotel Building, Caetano de Albuquerque Road, Opp. Rizvi Chamber, Near Municipal Market, Panaji, Goa 40300



PRESIDENT'S MESSAGE

Rtn. Prashant Kaisare





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My Dear Rotarians,

As we complete five months of this Rotary year, I would like to express my sincere and heartfelt gratitude to each one of you.

These months have been marked by meaningful service, seamless teamwork, continuous learning, and memorable moments of fellowship. Every project we undertook—whether big or small—was made possible only because of your enthusiasm, commitment, and unwavering support.

Together, we have grown stronger as a club, delivered impactful initiatives, and truly exemplified the Rotary spirit in action. Your support has been my greatest strength, and I am immensely proud of all that we have accomplished as a united team.

As we step into December, we have two important annual projects lined up: the Drawing Competition for children on the 19th, and our much-awaited Christmas Nite on the 20th, in addition to our Annual General Body Meeting.

I look forward to seeing all our members participate in large numbers. Your continued involvement truly adds value to every event we host.

As the festive season approaches, I would also like to extend my warmest **Christmas wishes** to you and your families.

May this season bring joy, peace, and togetherness into your homes, and may the spirit of giving inspire us to serve with even greater compassion in the months ahead.

Thank you once again for your dedication, your service, and for being the driving force behind the success of our club.

Warm regards, Prashant Kaisare

President, Rotary Club of Panaji (2025-26)

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FROM THE SECRETARY'S DESK

Rtn. Deepak Gopani

Dear Fellow Rotarians,

I am pleased to present the Secretary's Report for the month of November, a month marked by the festive season and our much-awaited annual foreign tour. Many of our senior Rotarians, including the President, Secretary and Vice President, enjoyed a memorable Rotary tour to Georgia, returning with renewed enthusiasm and fellowship.

Weekly Meeting Highlights

1) 18th Weekly Meeting - 5th November

We were privileged to host a highly engaging session on Cybercrime, delivered by Adv. Eashan Usapkar. Our dynamic guest speaker demonstrated a live hacking demo by accessing the mobile device of Rtn. Abdul Razak right before our eyes—an eye-opening moment for all present. He emphasized the importance of safeguarding ourselves from digital threats and shared practical cybersecurity tips for members to protect their personal and professional data.

2) 19th Weekly Meeting - 12th November

With both the President and Secretary away on the Georgia tour, the meeting was ably conducted by our dependable Past President Rtn. Hemant Ramani as Acting President and Jt. Secretary Rtn. Rajesh Kunde as Acting Secretary. The meeting took a pleasantly informal tone: Vocational Talk by new members - Rtn. Sriram Karandikar, who shared insights into his journey in real estate and property development. Second session by another new member, a young and energetic Rtn. Akshay Dalvi, who delivered an excellent

With Best Compliments from Santosh Mahanandu Naik PANJIM - GOA

presentation on visual aids and interface design.

The fourth issue of the Spark

Magazine was released at the hands of Rtn. Dilip Ghanerkar. Special appreciation was extended to Editor Rtn. Dhilan Shah for his timely and well-curated publication.

3) 20th Weekly Meeting - 19th November

Upon returning from the tour, President Rtn. Prashant chaired a Condolence Meeting to honour the memory of Past President Late Rtn. Shri Sandeep Hari Prabhu, a humble, cheerful, and ever-helpful Rotarian whom we sadly lost in October 2025.

Heartfelt tributes were shared, Speakers -Rtn. Dinesh Kamat, Rtn. Parag Sardesai, Rtn. Subhash Sajane and PDG Rtn. Gaurish Dhond, shared their memories and expressed their grief and conveyed support to the family. Rtn. Nilesh Shah, Rtn. Parai Dubashi, Rtn. Dr. Prasad Netravalkar, and Rtn. Avinash Bhonsle also came forward and shared their memories and condolences. President Prashant Kaisare also shared his personal experience elaborating how grateful and helpful Late Shri Rtn Sandeep Prabhu was during the Kashmir tour. It was an emotional gathering reflecting the deep bonds within our Rotary family.

4) 21st Weekly Meeting - 26th November

We were delighted to welcome back our esteemed speaker Prof. Dr. Dattesh Parulekar for his first session of the Rotary year. His insightful talk on "Decoding





Tariffing and Non-Trade Sanctions" captivated the audience. The attendance was excellent, and members greatly appreciated the depth and clarity of his presentation.

Projects at a Glance Community Projects

1. Cancer Awareness Program & HPV Vaccine Drive – Phase 2 was held on 1st November. The Cancer Awareness Program and the second round of the HPV vaccination drive were successfully conducted on 1st November. This session ensured that all girls who had taken the first dose six months ago received their second and complete dose. Rtn. Bhalchandra, along with Rtn. Dr. Kedar and the dedicated One World medical team, efficiently coordinated the process of contacting all 95 registered girls from various schools. Together, we take proud steps towards a healthier and more informed community.

A special note of gratitude to PDG ARRFC Rtn. Gaurish Dhond for generously providing the hall at Hotel Manoshanti and ensuring that all arrangements were handled smoothly.

2. "Saarthi" Project with IPA was held on 18th November. Under the Saarthi initiative, IPA in collaboration with the Rotary Club of Panaji organized a free health check-up and treatment camp for underprivileged children at the Government Primary School, Taleigao. A big thank-you to Rtn. Bhalchandra for his dedicated coordination and support in making this project a success.

Georgia Tour Highlights 8th - 15th November

Our annual Rotary tour to Georgia took place from 8th to 15th November and was an exciting and memorable experience for all 45 participants. We landed in Georgia on the evening of the 8th, welcomed by pleasant chilly weather and breathtaking panoramic views. The next day, we began with a city tour of Tbilisi, visiting historical sites including the Narikala Fortress. The day

ended with a refreshing and well-deserved sulphur bath experience at Abanotubani—famous for its traditional bathhouses.

During our stay in Tbilisi, we visited several churches, the synagogue, and the American church, all located amidst scenic surroundings. We enjoyed authentic Georgian lunch and tasted a variety of Georgian wines and Chacha (Georgian vodka). On 11th November, we proceeded towards Batumi, and enroute visited the Bojormi water springs. The long journey was made lively and fun as the President, Inner Wheel members, and fellow Rotarians sang and entertained everyone.

Besides this, we visited the border of Georgia at the Friendship Curve, a symbolic site celebrating Georgia's friendship with its neighbours. The last few days, spent back in Tbilisi, were dedicated to exploring souvenir shops and wine stores. All together, we had a fantastic tour of Georgia, and everyone returned safely to Goa on 15th November.

Yours truly, Deepak Gopani Secretary





FROM THE EDITOR'S DESK

Rtn. Dhilan Shah

It is with great pride and gratitude that I present the 5th issue of SPARK, a meaningful milestone that reflects the collective commitment and unwavering enthusiasm of our Rotary family.

Over the course of four successful editions, SPARK has steadily evolved into a distinguished platform that celebrates our service initiatives, showcases our achievements, and reinforces the values that define Rotary.

Each issue has carried forward our shared mission with clarity and purpose, and this edition is no exception. The dedication of our members, the depth of their contributions, and the spirit of fellowship that binds us continue to illuminate every page. Together, we have demonstrated that when intention meets action. impact naturally follows.

As we approach the festive season, I extend warm Christmas greetings to all our members. May this season bring joy, harmony, and renewed hope to you and your families. And as we welcome the year 2026, may it inspire us to reach higher, serve deeper, and lead with conviction.

Let the coming year strengthen our collective resolve to elevate lives and uphold the timeless principle of "Service Above Self."

In this spirit of progress and participation, I warmly invite all members to share your vision, ideas, and contributions for future editions of SPARK. Your stories, perspectives, and creative inputs are the very elements that give this magazine its heartbeat.

Together, we can shape SPARK into an even more dynamic and meaningful reflection of our club's service and spirit.

Allow me to share a thought for the year ahead:

"A new year invites us not only to reflect on what has been achieved, but to reimagine what is vet possible."

As we move forward, let us not merely read SPARK—let us build it. Let us use this platform to amplify our voice, strengthen our fellowship, and ignite the inspiration that drives our service.

I encourage each one of you to step in, contribute, and help us take SPARK to greater heights of excellence and impact.

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Yours in Rotary,

Editor

INTERNATIONAL

OTARY INTERNATIONA

THE FOUR-WAY TEST

OF THE THINGS WE THINK. SAY OR DO

- 1. Is it the TRUTH?
- 2. Is it FAIR to all concerned?
- 3. Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4. Will it be BENEFICIAL to all concerned?

ROTARY INTERNATIONAL



UNINTERRUPTED ENERGY, UNMATCHED EXPERTISE: POWERTRAC CORPORATION: REDEFINING POWER SECURITY FOR HOMES AND BUSINESSES By Vinay Verma

The Extraordinary Journey of Vinay Verma — The Electronics Engineer Who Lit Up Goa's Homes, Businesses & Future.

1. Introduction — The Spark That Became a Mission

Some journeys begin with privilege. Others begin with purpose.

For Vinay Verma, Founder & CEO of Powertrac Corporation, Goa, the journey began with a spark — not the electrical kind, but the spark of vision, grit, and a deep desire to build something bigger than himself.

Born and raised in Punjab, Vinay carried with him the values of honesty, hard work, humility and God-fearing discipline that would later shape his identity as one of Goa's most trusted business leaders.

But his story is not just about building a successful power solutions company.

It is the story of how a young Electronics Engineer (BE with distinction) transformed his life's purpose into a powerful mission — emPOWERing Lives, ensuring that people, businesses, hospitals and institutions across Goa never lose their light.

Today, Vinay is known not only as an entrepreneur, but as a mentor, community builder, visionary and catalyst for Goa's economic renaissance.

2. The Growing Need for Reliable Power — Why This Mission Matters

Electricity is invisible — until it disappears. Then we realise its significance.

In today's interconnected world, a single power disruption can ripple into halted production, compromised healthcare, lost productivity or disrupted family life. Goa's booming sectors — tourism, IT, healthcare, real estate and manufacturing — require uninterrupted power more than ever.

Vinay understood earlier than most that reliable power is not a luxury — it is dignity. It is

continuity. It is peace of mind. And from this understanding, Powertrac was born.

3. Understanding the Power Backup Ecosystem — It's Not Equipment, It's Empathy

To most people, a UPS or inverter is just a machine. But Vinay sees the story behind every requirement.

A hotel needs flawless guest experiences.

A senior citizen needs comfort and safety.

A hospital needs absolute stability.

A factory needs zero downtime.

A student needs power to learn.

Vinay's engineering brilliance shines in designing solutions based on lifestyle, risk, environment and long-term needs. His approach transformed Powertrac into a trusted partner for thousands of Goan families and businesses.

4. Powertrac — 25 Years of Grit, Resilience & Service

When Vinay moved to Goa in 2000, he had no contacts, no network, no familiar faces — only a dream and unstoppable resolve. He built Powertrac from scratch, one relationship at a time.

Today, Powertrac stands for:

Quick response

Fast resolution

Dependable after-sales service

Technically sound solutions

Customer-first relationships

Clients often say: "Call Powertrac and Vinay will always answer — anytime, any day."

Covid Crisis — When Leadership Became Service During the pandemic, Vinay launched an Emergency Help Desk to ensure essential backup systems and



vehicle batteries were serviced so people could move during medical emergencies. No charges. Pure service.

5. Technology, Innovation & Sustainability

Vinay continuously adapts to new technologies — solar, remote monitoring, intelligent systems — but always asks: "Will this improve someone's life?"

He brings sustainable, reliable solutions to homes, hotels, factories, hospitals and IT hubs — enabling clients to save resources, reduce costs and protect the planet.

6. Empowering Homes, Hospitals & Businesses Across Goa

Powertrac today serves:

Hospitality

Industrial Units

Corporates

IT & Data Centers

Hospitals & Clinics

Premium Homes & Villas

For industries, it means uninterrupted productivity. For hospitals, it means lives protected.

For families, it means comfort and safety.

And above all, it means trust — the trust that Vinay and his team will always be there.

7. Vinay Verma — The Man Behind the Mission

Vinay made Goa his home 25 years ago. He lives with his parents, his wife — a talented fashion designer with a boutique specializing in women's wear — and two daughters who inspire him every day.

His values:

Honesty, Humility, Helpfulness, Creativity, Sharp problem-solving, Deep relationships, Spirituality.



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Personal Motto:

LIVE MORE, STAY YOUNG, BE CURIOUS, FINISH RICH. Passions:Reading, Travelling, Networking, Mentoring Community building

8. Vibrant Goa Foundation — Building an Ecosystem

As Founder Trustee & Hon. Secretary of Vibrant Goa Foundation, Vinay helps drive Goa's economic development by supporting MSMEs, promoting entrepreneurship, enabling global exposure, and creating business forums.

9. Chairman — Amazing Goa Global Business Summit

As Chairman of this prestigious summit, Vinay brings together industry leaders, innovators, diplomats, investors and Goan businesses — creating global opportunities and partnerships.

His leadership philosophy:

"If I rise alone, it means nothing.

If we grow together, it means everything."

10. The Road Ahead — Vision of Growth & Impact Vinay's dreams:

Grow Powertrac into a ₹100-Crore company Lead with heart, humility and service Build a globally connected, opportunity-rich Goa Create a legacy of empowerment

Conclusion

In Vinay's story, we see that real success isn't built by machines or money — it is built by heart, humility, courage and purpose.

Through Powertrac, Vibrant Goa, Amazing Goa and every life he touches, Vinay lives his mission every day.

Rtn Vinay Verma is a power management and backup solutions specialist at POWERTRAC CORPORATION, dedicated to delivering reliable energy systems for homes, businesses, and industries. For professional assistance, connect with him at +91 9823186551 or vinay@powertraccorporation.com



STRENGTH FOR LIFE: BUILDING MUSCLES AND BONES THAT LAST

By Dr. Mahendra Kudchadkar



The Body: A Masterpiece of Movement

The human body is an extraordinary work of engineering — a seamless interplay of bones, muscles, and joints that lets us move with power and grace. Yet, in our fast-paced world, this harmony is often disrupted by sedentary habits, poor posture, and neglect.

True fitness goes beyond appearances; it's about sustaining the strength, flexibility, and resilience that allow us to live fully, move freely, and age gracefully.

The Three Pillars of Human Strength

At the core of our movement lies the musculoskeletal system — bones that provide structure, muscles that create motion, and joints that connect it all. These elements depend on each other. When one weakens, the rest follow.

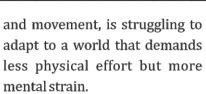
Balanced strength, flexibility, and stability form the trifecta of physical longevity. Supporting systems like the nervous and circulatory systems ensure these pillars work in harmony, powering every movement from a handshake to a marathon stride.

"When the body's systems work together, motion becomes effortless - when they don't, pain takes over."

The Modern Lifestyle Trap

We live in a paradox: our lives are more comfortable, yet our bodies are weaker. Hours spent sitting - in offices, cars, or on screens - have created a silent epidemic of muscle weakness and joint stiffness. Even young adults now face issues like chronic back pain and early osteoarthritis.

Urban stress, poor sleep, and digital fatigue compound the damage. The human body, designed for endurance mental strain.



Strong Muscles, Strong Bones, Strong You

Muscular fitness is not vanity — it's a biological necessity. Muscles protect joints, stabilize posture, and prevent injuries. Strength training, resistance work, or even daily bodyweight exercises help preserve function and metabolism as we age. Equally vital is bone strength. Bones thrive on stress the good kind. Activities like walking, climbing stairs, or squatting stimulate bone cells, increasing density and preventing osteoporosis. Without regular mechanical loading, bones weaken, setting the stage for fractures.

From an orthopaedic perspective, exercise is more than prevention; it's therapy. It enhances surgical recovery, improves balance, and extends independence into

"Every squat, every step, every stretch — a small investment in lifelong mobility."

Nutrition: The Silent Partner in Strength

No amount of exercise can compensate for poor nutrition. Muscles and bones depend on quality fuel protein for repair, calcium and vitamin D for density, and magnesium and antioxidants for recovery and resilience.

A diet rich in whole foods, lean proteins, fruits, and vegetables strengthens the body from within. Hydration, often overlooked, is equally essential: even mild dehydration can impair performance and healing. Think of nutrition as the quiet architect behind every strong muscle and sturdy bone.



The Mind-Body Equation

Fitness isn't just physical — it's deeply psychological. A focused mind sharpens movement, enhances coordination, and sustains motivation. Chronic stress, however, releases hormones that weaken bone and muscle tissue over time.

Practices like yoga, mindfulness, and controlled breathing reinforce the mind-body connection, keeping you grounded, centered, and physically capable.

Building Strength That Lasts a Lifetime

True fitness doesn't demand intensity — it thrives on consistency. Small, regular actions accumulate into lifelong habits: walking daily, stretching between tasks, and making time for resistance training. Functional strength — the ability to move without pain or hesitation — should be everyone's goal. It is the foundation of independence, vitality, and confidence. "Longevity isn't luck — it's built through movement, nutrition, and mindfulness, one day at a time."

Conclusion: Fitness for Freedom

Fitness is not a short-term pursuit but a lifelong partnership with your body. It's about preserving the mechanics that allow you to live without limits. By nurturing your muscles, bones, and mind in unison, you're not just exercising — you're future-proofing your life.

Strong bones. Strong muscles. Strong life.

The Author of this article is a Well known Doctor and an orthopaedic surgeon. He can be reached at ortho67@gmail.com or on +91 9822101506

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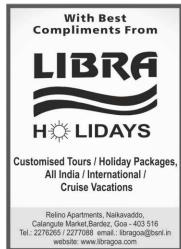


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MOMENTS FROM OUR WEEKLY GATHERING



18th Weekly Meeting Talk on Cybercrime by Guest speaker Adv. Shri Eashan Usapkar



19th weekly meeting
Talk on My Vocation - By 2 new members Rtn Sriram Karandikar & Rtn Akshay Dalvi









20th Weekly Meeting Condolence Meeting to pay Tribute to our Past President Late Rtn. Sandeep Prabhu



The 4th issue of Spark Magazine was released at the hands of Rtn Dilip Ghanerkar.



21st Weekly Meeting Talk on Decoding Tarriffing andNon Trade Sanctions By Prof. Dr. Dattesh Parulekar

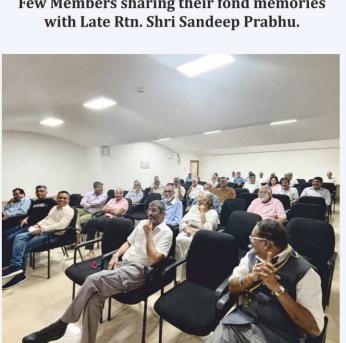


MOMENTS FROM OUR WEEKLY GATHERING



Few Members sharing their fond memories

IS IT THE TRUTH ? IS IT FAIR TO ALL CONCERNED WILL IT BUILD GOODWILL AND



Member's enjoying the live demonstration of their mobiles being Hacked in front of their eyes.



Rtn Akshay Dalvi spoke on Visual Aids and Interface Designing



Rtn Sriram Karandikar spoke Abt Real Estate and Property Development



Glimpses of the recently held BOD meeting.



PROJECTS THAT MATTER: ROTARY CLUB OF PANJIM IN ACTION











Glimpses of the Cervical Cancer Awareness & HPV Vaccination Drive



PROJECTS THAT MATTER: ROTARY CLUB OF PANJIM IN ACTION



Glimpses of the Cervical Cancer Awareness & HPV Vaccination Drive



On 18th November, Rotary Club of Panaji in Associationwith Indian Association of Pediatrics launched IAP Saarthi at Government Primary School Taligao.



President Rtn Prashant Kaisare distributing the free kits to the underprivileged children.



On 1st November, Our club in collaboration with One World Support, successfully conducted an HPV and Cancer Aqareness Program aimed at helping reduce the global cancer burden.



CHEERS TO FELLOWSHIP! ROTARY CLUB OF PANAJI'S GEORGIA ESCAPADE

















CHEERS TO FELLOWSHIP! ROTARY CLUB OF PANAJI'S GEORGIA ESCAPADE



















COUPLES IN GEORGIA:

FUN, FLAIR & FOREVER MOMENTS









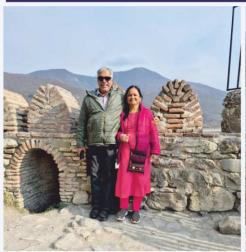






COUPLES IN GEORGIA:

FUN, FLAIR & FOREVER MOMENTS



















FROM PANAJI TO THE PEAKS OF GEORGIA:

A JOURNEY WOVEN WITH FELLOWPSHIP

8th to 15th November | A Journey of Fellowship, Culture & Discovery

The Annual International Tour of the Rotary Club of Panaji has always been one of the most eagerly awaited events of the Rotary year. This time, the club travelled to the enchanting nation of **Georgia**, a land known for its warm hospitality, ancient culture, and stunning landscapes. From **8th to 15th November**, a vibrant group of **45 participants**—including senior Rotarians, Anns, Annets, Rotarian friends, Licians, Ttians, and families—embarked on a memorable experience that beautifully blended fellowship, adventure, and lifelong memories.

A Warm Welcome to a Chilly Paradise

The group arrived in Tbilisi on **8th November**, greeted by crisp winter air and breathtaking panoramic views. Georgia's natural beauty, combined with the welcoming spirit of its people, instantly set an uplifting tone for the journey ahead. The charming streets of the capital, dotted with modern cafés and centuries-old structures, offered a delightful first impression.

Exploring the Soul of Tbilisi

The city tour of Tbilisi gave members a rich cultural immersion. The group visited several iconic landmarks, including:

•Narikala Fortress, offering sweeping views of the cityscape and the Mtkvari River

Historic **churches** reflecting Georgia's deep-rooted Christian heritage

The **Synagogue** and **American Church**, highlighting the city's multicultural identity

Various **scenic viewpoints** that captured the contrast of ancient charm and modern elegance

A rejuvenating highlight was the traditional **Sulphur Bath experience** at Abanotubani—a unique Georgian ritual that allowed members to unwind and soak in the warmth of mineral-rich thermal waters.

A Taste of Georgian Hospitality

Every meal offered an opportunity to experience the richness of **Georgian cuisine**, renowned for its robust flavours, hearty breads, and comforting stews. The group also enjoyed tasting some of Georgia's finest **wines**, a nod to the nation's ancient winemaking traditions, as well as the famed **Chacha**, Georgia's signature vodka.

Journey to Batumi - Music, Mountains & Memories

On **11th November**, the group set off for the scenic coastal city of **Batumi**, making a refreshing stop at the **Bojormi water springs** along the way. The long drive turned into a delightful adventure in itself, filled with **singing**, **storytelling**, **jokes**, **and entertainment** led by the President, Inner Wheel members, and spirited Rotarians. The bus resonated with laughter and energy, transforming travel time into unforgettable moments of togetherness.

At the Monument of Friendship

The tour also included a visit to the iconic **Friendship Curve at Gudauri**, symbolizing Georgia's friendship with neighboring nations. Surrounded by towering mountains and breathtaking landscapes, the site offered a perfect blend of history, art, and nature. Members captured dozens of photographs, each frame reflecting the sheer magnificence of the location.

Relaxed Final Days & Souvenir Trails

The last leg of the journey brought the group back to **Tbilisi**, where the pace slowed down, giving everyone time to revisit their favourite spots, shop for souvenirs, and explore local wine stores for memorable takeaways. These unhurried moments allowed members to reflect on the experiences shared over the past week and enjoy the warmth of Georgian hospitality one final time.



A Journey Enriched by Fellowship

More than just a trip, the Georgia tour was a celebration of Rotary camaraderie. It strengthened existing bonds, nurtured new friendships, and created cherished memories that will remain special to all who participated. Whether through shared adventures, scenic wonders, or simple conversations, the tour brought the Rotary family closer together.

Special Thanks & Appreciation

A journey of this scale is successful only when meticulously planned and seamlessly executed. The Rotary Club of Panaji extends its heartfelt gratitude to **Purshottam Bhagwan and Associates (PRA Holidays)** and **Rtn. Nilesh Shah** for their impeccable organisation and dedicated efforts. Their attention to detail, thoughtful arrangements, and commitment to ensuring a smooth, enjoyable experience for every participant played a pivotal role in making this tour truly exceptional. The club deeply appreciates their hard work and professionalism in crafting an itinerary that was not only enjoyable but also enriching in every aspect.

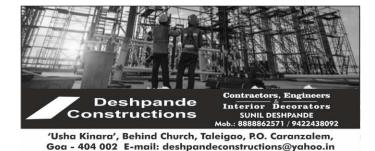
A Safe & Joyful Return

On **16th November**, the entire group returned safely to Goa—tired in body perhaps, but rejuvenated in spirit, carrying home beautiful memories, meaningful connections, and stories that will be fondly narrated for years to come.









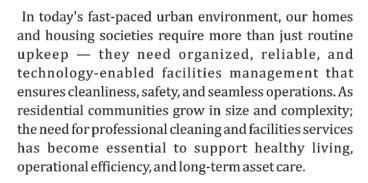




INTEGRATED FACILITIES MANAGEMENT:

ELEVATING CLEANLINESS AND COMFORT IN HOUSING SOCIETIES

Rtn. Vijay Gopi



With the advent of technology, Cleaning and Facilities management (FM) services has undergone a major transformation in recent years. What was once limited to housekeeping and minor maintenance has expanded into a comprehensive discipline that touches every aspect of community living. Modern FM companies integrate preventive maintenance, sanitation management, pest control, security oversight, waste management, mechanical and electrical care, and customer service — all aligned to enhance residents' comfort and convenience.

To match these growing expectations of residents we have set up **Doorstep24 Directory (OPC) Pvt Ltd (Doorstep)**; a significant driver of change in Goa.

We offer homeowners timely service, transparent communication, and quick resolution of issues. We follow structured processes, trained manpower, and digital tools that increase both accountability and responsiveness.

Our emphasis is on hygiene, safety, and sustainability and thus become a long-term service partner invested in the maintaining the value of the property. We provide Housing societies that benefits of reduced breakdowns, efficient energy usage, and a visibly enhanced living experience.

Directory (OPC) Pvt Ltd is backed by Veejay Facility Management Pvt Ltd that has 25yrs of expertise in providing professional housekeeping and building maintenance services for industries and hotels in Goa. Veejay is owned by Rotarian Vijay Gopi.

For Homeowners we bring this expertise to provide

end-to-end cleaning and facilities management services designed specifically for housing societies. Our goal is to offer a

seamless experience where every aspect of community upkeep is planned, monitored, and delivered with precision. Our cleaning services include daily housekeeping, deep cleaning of common areas, high-pressure cleaning, care of delicate and natural floors, façade cleaning, Pool maintenance, Pest Control & Garden Maintenance, Cleaning over-head water tanks in superior hygiene standards.

Beyond cleaning, we offer comprehensive facilities management solutions such as preventive maintenance for electrical and mechanical systems, lift monitoring support, plumbing and carpentry services, garden and landscape management, waste collection and segregation, security supervision, and vendor management. We also manage DGs, Gensets, STP & ETP operations. Every task — from repairing a light fixture to managing AMCs — is handled professionally and promptly.

Our Mobile App will offer residents simplicity in communication and service tracking. Through the app, residents can raise service requests, report issues, track progress, receive notifications, and view facility schedules — ensuring complete transparency and smoother coordination between the society and our team. A strong team is the backbone of effective facilities management. At Doorstep24 Directory (OPC) Pvt Ltd; our core team includes experienced facility managers, certified cleaning supervisors, technical engineers, safety officers, and trained housekeeping professionals. Each member goes through continuous skill development programs to ensure high service quality and adherence to industry standards.

Our leadership team brings expertise across real estate operations, engineering services, and community management. With a people-first culture, we empower every staff member to work responsibly, proactively, and in alignment with the needs of each housing society we serve.



Our team is also backed with tech professionals brining to you intelligent, data-driven, and increasingly automated housing society app.

All gated communities and housing societies will soon rely more on IoT-based monitoring, smart sensors, predictive maintenance, and AI-powered task management to prevent breakdowns before they occur. Residents will expect instant communication, digital transparency, and faster turnaround times. And Doorstep brings you this.

We believe that your housekeeping partner must become strategic partners in community well-being — not just service providers. This means aligning operations with sustainability targets, health standards, and long-term asset preservation, ultimately transforming housing societies into smarter, cleaner, and more self-sustaining ecosystems.

At Doorstep our mission is clear: to deliver peace of

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mind through professional care, transparent processes, and operational excellence. By combining skilled teams, sustainable practices, and advanced technology, we ensure that every housing society we serve remains clean, efficient, and future-ready — enabling residents to enjoy a truly elevated living experience.

Rtn Vijay Gopi leads Facilities Management operations at Doorstep24 Directory (OPC) Pvt Ltd , delivering efficient and reliable services to residential and commercial societies. For enquiries contact Rtn Vijay on +919326114900 or vijay1g@yahoo.com

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LIFE POST 60

Rtn. Deepak Gopani

When I turned 60+, I sat in my favorite chair, looked back at my life, and whispered to myself,

"So... this is the beginning of the final stretch." And slowly, the truths I had avoided all my life began to surface.

Kids? They're busy writing their own story.

Health? Slips away faster than sand through open fingers.

The government? Just headlines, promises, and numbers that never change your daily reality.

Aging doesn't hurt your body first — it hurts your illusions.

So I sat down with myself and carved out a handful of bitter but necessary truths.

Kids don't save you from loneliness Children grow, life pulls them in every direction, and you become a memory they visit when time allows. You smile... and yet something inside you remains strangely hollow. Kids bring joy — but they are not a shield against loneliness.

Health is not forever

One day, the outings you once jumped into with enthusiasm feel like a marathon.

You realize health was never a background character—it was the main pillar holding your life steady.

Retirement and money

Retirement is not a reward — it's a reality check. Depending on the system is like standing on thin ice. Bills grow, needs grow, prices grow... but support doesn't. So I rebuilt my life on new rules — honest, sharp, practical rules for living with dignity.

Rule 1: Money is more reliable than anything else.

Love your kids, cherish them but don't make them your retirement plan. Save for yourself.

Even small savings create big freedom. Financial independence is dignity.

Rule 2: Your health is your real job

Nothing else matters if your body refuses to cooperate. Move. Walk. Stretch.

Guard your sleep like treasure. Eat cleaner. Reduce the poison disguised as sugar and salt. Illness doesn't

discriminate, but it respects those who take responsibility for themselves.

Rule 3: Create your own joy

Waiting for others to make you happy is the fastest way to heartbreak. So you learn to enjoy the small things a peaceful breakfast, a good book, music that warms the soul. When you know how to make yourself happy, loneliness loses its power.

Rule 4: Aging is not an excuse to become helpless

Some people turn aging into a performance of complaints. And slowly, even those who love them start stepping away. Strength is attractive. Resilience is magnetic. People respect the ones who stay capable, not the ones who surrender.

Rule 5: Let go of the past

The good old days were beautiful yes. But they're gone, and there is no return ticket. Clinging to the past steals the present. Life today may look different, but it still holds moments worth living.

Rule 6: Protect your peace like it's your property

Not every argument needs your voice. Not every insult needs your response. Not every relative deserves access to your emotions. Peace is expensive. Protect it from drama, negativity, and draining people even if they're your close ones.

Rule 7: Keep learning something — anything

The day you stop learning is the day you start aging. A new recipe, a new word, a new app, a new hobby your brain needs movement just like your body does. Learning keeps you young. Stagnation makes you old.

Strength and freedom still belong to you Aging is an exam no one can take for you. You can adapt, rebuild, and rise stronger. or sit back, complain, and wait for someone to rescue you. And if No one comes to rescue you Stand up for yourself. Because you still can And that single truth is enough to transform the rest of your life.



THE POWER OF YOUTH - ROTARACT CLUB OF PANJIM IN ACTION

CLUB SERVICE AVENUE

Dandiya Masti: Vibrant Navratri night with 15 members dancing to Garba beats, strengthening fellowship and festive unity.

Narkasur Preparation: Members crafted a Narkasur idol, celebrating Goan Diwali traditions through teamwork and creativity.

Narkasur Night: A symbolic burning of Narkasur promoting mental wellness and the triumph of good over evil.

Aakash Kandil Making: Rotaractors designed handmade lanterns spreading light, joy, and festive cheer.

Diwali Celebration: 22 members celebrated Diwali with rituals, games, and laughter, reflecting the spirit of togetherness.

COMMUNITY SERVICE AVENUE

Zero Waste Zone 3170: Gandhi Jayanti cleanup drive with 47 participants promoting cleanliness and sustainability at Panjim Market.

Animal Welfare Week: Week-long awareness campaign blending art and compassion to protect and celebrate animals.

Project Sparsh 2.0: Donated 70 towels and shared joy at Missionaries of Charity, spreading kindness and care. **Screen for Dreams:** Donated projector screen to an

adopted school, enhancing interactive learning experiences.

Flavours of Empowerment: Culinary workshop empowering 35 SHG women with skills and entrepreneurial confidence.

Sahasra Deep Prajwalan: Lit 1000 diyas at Mahalakshmi Temple symbolizing devotion, light, and cultural unity.

Nritya Kala Workshop: Five-day Bharatnatyam workshop inspiring 20 students to embrace art and tradition.

PROFESSIONAL SERVICE AVENUE

Project Pink Pride: Educated 65 girls on menstrual hygiene and health, fostering awareness and confidence.

Speak to Inspire: Public speaking and interview session boosting members' confidence and communication skills.

The Founder's Voice: Social media initiative inspiring youth towards entrepreneurship and innovation.

INTERNATIONAL SERVICE AVENUE

Synergy Connect (RID 3170 × 9104): Global exchange connecting Rotaractors from 7 nations, celebrating culture and unity.

Joint Meeting with RAC Patan (Nepal): Twin Club meeting strengthening bonds through collaboration and shared updates.

Rota Tank: Entrepreneurial pitch event promoting innovation and business thinking among members.

ZONAL EVENTS

Let's Dandiya: Colorful inter-club Navratri celebration promoting cultural fellowship and joy.

Zonal Futsal Fellowship: Friendly futsal event fostering teamwork, sportsmanship, and unity.

DISTRICT EVENTS

District Trek - Aaste Kadam: Trek to Rajgad Fort building teamwork, leadership, and adventure spirit.

Navaroop District Bulletin: Featured inspiring Goan women leaders celebrating empowerment and resilience.

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Best Wishes From

SIDDHESH SHETYE





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STIRRING UP MAGIC: A RECIPE YOU'LL WANT TO MAKE AGAIN Rtn. Mester Sequeira

Some simple Christmas recipes that would be good for a fab weekend meal too. Enjoy and do let me know how it turned out.

Roast Chicken

Ingredients:

1 whole chicken 1.4 kgs

3 tbsp Tomato ketchup

3 tbsp Worcestershire sauce / Bancal sauce

1 tbsp Cooking oil

1 tsp Crushed pepper

1 tbsp Honey

Salt to taste

50 gms Butter

3 medium Potatoes

3 medium Onions

2 carrots

Wash the chicken thoroughly, drain and pat dry . Chicken skin must be unblemished (without a tear) In a bowl mix with the sauces with the rest of the ingredients and whisk well keep it to rest for about 15 mins.

After the chicken has been patted dry. Open up the skin between the legs and the breast enabling the marinade to be put between the skin and the meat.

Take a teaspoon and put the marinade in the pockets, the balance apply in the chest cavity and externally on the skin.

Let it rest for a minimum of 1 hr.

Take a baking tray lay the chicken breast down along with the potatoes/onions and carrots cleaned and cut in large pieces around the chicken and cover with a cooking foil. Make a couple of small holes in the foil for a little bit of the steam to release and put it in a preheated oven at medium heat for 30 mins.

Remove the foil and baste the chicken with the melted butter and place the chicken under the grill on medium heat. Observe the chicken after 10 mins you will notice the chicken skin will bubble a bit and release some of it's fat, baste it again, be generous. Also baste the veggies (season with some salt and crushed pepper. Turn off the heat once the skin get golden brown . Let it

rest for 10 mins and serve along with the roasted veggies. The delicious jus in the baking tray goes well with a slightly toasted poe.

Glazed Carrots

Ingredients

500 gms Baby carrots

5 tbsps Honey

300 ml water

Two 2 inch pieces Cinnamon

Peel the carrots, keep whole. In a saucepan heat the water add the honey and cinnamon let it reduce by 20 % on a low heat. Boil the carrots till they are 50 % done drain and immerse them in the reduction and put off the heat and keep covered. Let them stay in the reduction for about 30 mins. Drain and they are ready to eat. The reduction can be stored for another meal.

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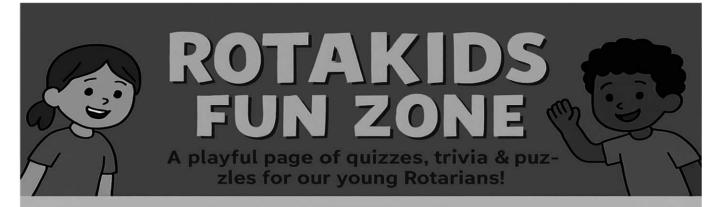
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ROTAKIDS



1. RotaKids Quick Quiz

(Circle the correct answer)

- 1. What is the motto of Rotary?
 - O Helping Hands
 - O Service Above Self
 - O Learn & Play
- 2. What do RotaKids mainly do?
 - O Help their community
 - Sleep late
 - O Grow plants for fun
- 3. What is the symbol of Rotary?
 - O A wheel
 - O A cloud
 - O A penci!
- 4. RotaKids are usually aged:
 - O 7-12 years
 - O 20-40 years
 - O 3-5 years
- 6. A good RotaKid always shows:
 - Kindness
 - O Anger

3. RotaKids Trivia

- 1. What is served at RotaKids meetings? _____
- 2. What wears a bright yellow vest?
- 3. RotaKids are active in what type of community?

2. RotaKids Trivia - Did You Know?

- RotaKids clubs exist in many countries around the world!
- RotaKids learn teamwork, confidence, leadership, and service.
- ★ Their projects include tree planting, helping schools, cleaning playgrounds, and supporting charity.
- Even small acts of kindness can make a big difference in the community!





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