

ROTARY CLUB OF SEVEN HILLS DHARWAD

Charter Number: 81175 RID 3170 Charter Date: 14th January, 2009



SPANDAN

Club Bulletin

Rtn. Gauri Madalabhavi
President

Rtn. Smita Mantri
Secretary

Rtn. Sheetal Ladawa
Bulletin Editor

Editor's Desk



July is the new beginning of Rotary year. In Rotary we celebrate diversity, equity and inclusion. It does not matter who you are, who you love, how you worship whether you have disability, or what culture or country you are from what matter is you want to strengthen communities and take action to create lasting change.

Let's talk about "Always Dream big Fly high and reach the top!!!
"the sky is free of all that toxicity on land; hence flying high means reaching a position when you are respected and not dirtied by toxicity. It would be best to dream of flying high because it can give you peace that you would never have imagined. Although it is not easy to fly high, you can always give it a try, after all you cannot fly unless you learn to fall and get up try again. flying high also symbolised euphoric happiness after achieving something or going through an exciting experience, a bird has its wings which help it to fly high soaring through the clouds, similarly you must find your wings that will help you fly high to experience that eternal happiness.

The year 2023-2024 was lined up with eventful, unique and meaningful projects. I would like to congratulate the outgoing President Rtn Sangeeta Bagewadi, Secretary Rtn Ranjita Jadhav, BOD and their entire team for all the hard work throughout the year.

Our President Rtn Gouri Mahesh and Secretary Rtn Smita Mantri have here dropped their projects to reach the community, wishing the team to turn the promises into commitment and results. I would like to thank all the fellow Rotarians for making this bulletin a knowledgeable, and enlightening and reachable one happy reading,,

Your's in Rotary

Rtn. Sheetal S. Ladawa

Bulletin Editor





President's Pen

When life gets tough, it can be all too easy to give up on the wonder and magic we once felt as young children. As adults, we often get caught up in solving problems, putting out the proverbial fire, and simply surviving from one moment to the next, all the while forgetting that the magic of life ever existed.

While there may not be a silver bullet, special formula, or one-size-fits-all approach to create the 'happily ever after' that so many are searching for, there are a few things you can do to unlock the magic of life starting right now no matter how busy you are.

Step into the knowing that magic exists for you no matter how old you are, and I guarantee you will begin seeing, feeling, and experiencing the magic again instantly. Have you ever watched a child so immersed in their current activity they have no sense of past or future? As adults, we tend to split our attention by worrying about the past or the future while completely missing the magic of the moment. If this is the case for you, it's time to reconnect with the present moment. Love in and of itself is a magical feeling. Whether it is expressed in romance, friendships, or familial connections, love is what connects us all. Give love. Share love.

Miracles, both large and small, are happening around you every single day. Unfortunately, most people tend to overlook or ignore them altogether. Want more magic in your life? Look for it! Gratitude is the foundation upon which magic is born. It makes even the tiniest morsels of joy worth celebrating and makes you a magnet to attract more incredible experiences and opportunities to you. There is nothing more magical than letting loose and having a bit of fun. Life is an adventure that is meant to be enjoyed, so grab your bucket list and start ticking things off, and if you don't have one, make one! Surrounding yourself with other high vibe people is priceless when it comes to cultivating magic in your life. When like-minded souls connect, there is an energy and vibration that is palpable and contagious. It not only changes lives, but it has the power to change the world. There is nothing more magical than living the life your soul craves. The world is full of amazing opportunities, and when you expect the best, that's exactly what you receive. There are plenty of opportunities waiting for us, and many magical moments are awaiting us. Many people are having their contribution to keep our spirit high by bringing magic in our life.

If you are not getting anybody who is bringing that magic in your life, so what? you become that Magician who is changing others life in a fraction of second. Take them away from sorrows, create new opportunities for them by waving your magical wand and pull happiness, love, laughter, peace out of the hat. Rotary gave us that wand to bring change in others' lives. Let's work together the fullest to bring the smile on other's faces.

Your's in Rotary

Rtn. Gauri Madalabhavi

President, 2024-25

Secretary's Pen



As I reflect on my Rotary journey from a new member to the role of Secretary, I am filled with gratitude for the enriching experiences, meaningful connections, and valuable lessons that have shaped my path within this esteemed organization.

From the moment I joined Rotary as a new member, I was inspired by the core values of service above self, integrity, and fellowship that define our global community. These principles have guided my actions and decisions as I navigated through various roles and responsibilities within the club.

Through active participation in club meetings, service projects, and leadership opportunities, I immersed myself in the vibrant Rotary community. I embraced challenges, sought new learning experiences, and honed my skills to contribute meaningfully to the club's mission and vision.

The transition to the role of Secretary marked a significant milestone in my Rotary journey. As the custodian of club records, communicator, and coordinator, I embraced this responsibility with dedication and a deep commitment to supporting the club's operations and fostering a culture of transparency and efficiency.

Serving as Secretary has been a transformative experience that has allowed me to develop essential leadership skills, including effective communication, organization, and teamwork. Collaborating with fellow club members and club leadership has enriched my understanding of Rotary's impact and the power of collective action.

In my capacity as Secretary, I have the privilege of contributing to the Rotary community by ensuring the smooth functioning of club activities, fostering strong relationships among members, and upholding the principles of Rotary's mission. Each day presents a new opportunity to make a positive difference in the lives of others and create lasting change in our communities.

As I continue on my Rotary journey, I am grateful for the support, mentorship, and camaraderie that have defined my experience in this esteemed organization. The path from functioning of club activities, fostering strong relationships among members, and upholding the principles of Rotary's mission. Each day presents a new opportunity to make a positive difference in the lives of others and create lasting change in our communities.

Rtn. Smita Mantri

Secretary, 2024-25

**RI President Message**

Dear fellow Rotary leaders:

As we begin a new year of service, let us not forget the importance of every one of Rotary's members.

We need your leadership now more than ever if we are to make every club and district an irresistible experience. Rotary has a chance to capture the world's attention and realize possibilities beyond our expectations. But we must build on the work that has come before us if we are to reach our goals, such as defeating polio and unlocking the power of girls and women.

Rotary offers people of action a chance to connect and find belonging, and this fellowship gives us the potential to improve our communities and the world. By following Rotary's Action Plan and helping make sure all members feel a sense of belonging in their club, you have a special opportunity to inspire members to new heights of service.

Our ability to create lasting change begins with our family of Rotary. Together, it is within our power to bring healing in a divided world.

Join me in making Rotary a source of strength for those who need it most, within and beyond our membership. Let this be the year we harness The Magic of Rotary, and let Rotary be known as an organization that takes care of its members as well as the people we serve.

It is within your power to help make Rotary a beacon of goodwill and fellowship in every community. Remember that your work can and will change the world with The Magic of Rotary.

Warm regards



Rtn. Stephanie Urchick

RI President, 2024-25

Know Your District Governor

District Governor Rtn. Sharad Pai



Born in Kumta and brought up at Belgaum. A Rotarian of Rotary Club Belgaum which is 84 year old and second oldest club in the Dist.3170. Has been a Member for over 32 years. A man who is known as “Anna” to the young and old in Rotary. Initially only in India but after attending the international assembly at Florida, he is now known as Anna across Rotary International. By profession, he is an Industrialist...Manufacturer of Industrial Valves, as well having interest in large scale farming. Recipient of many awards as Industrialist and as farmer by State and Union Govt.of India. Amongst them are..

- Best Small Scale Industrialist by Govt. of Karnataka.
- Innovative farmer by Central Silk Board, Ministry of Textile, Govt.of India.
- Krishi Pandit by KLE University.
- Doctorate at Bharati Vidyapeet for evolving unique method of
- Vermicomposting named as “Sharad Pai method”.
- Been on the advisory board on State Farming mission & as well as
- Research advisory committee member on Central Silk Board.

Recipient of many Rotary Awards, important amongst them are

- Citation for Meritorious Services,
- 3 times TRF Service Awards by RI & TRF.
- Given the CSR Grant valued 7.00 lac Dollars to the District to convert 1 million ltrs per day sewage water into white water. The single largest Grant in the country todate. This was recognised by RI President Rtn. Shekhar Mehta as Grant Man of India.

Married to Ann Padmaja, daughter of Mr. N. D. Prabhu, former Chairman and Managing Director of Canara Bank. Blessed with a Son Rtn. Chetan.. Married to Dr. Pooja. Grandson.. Avirat Granddaughter..Smaya.

Rotary



District Governor's Message

Dear Irresistible Magicians,

Gear up to embark on an exciting and enriching Rotary year 2024-25. You won't be doing different things, but you will be doing them differently.

Let's elevate the public image of Rotary. It's not just about performing impactful services for our communities; we must ensure Rotary's presence is palpably felt and deeply appreciated by society. This will ignite our passion for taking on more need-based challenges and draw the next generation towards the Rotary movement. This will not only attract the attention of new donors but generate more members in the society.

We must fortify our Rotary Foundation, the cornerstone of our international acclaim. You can achieve this by collaborating with corporate companies through their "Corporate Social Responsibility" (CSR) initiatives. Rotary stands as a promising partner to fulfil their philanthropic needs. Readymade programs on Dialysis, Sewage Water Conversion, Diabetic Retinopathy, Dentures for the poor are a few projects planned by the District TRF/Grants team.

We all should take a pledge to illuminate our triumphs by sharing our success stories far and wide. Embrace creativity in our ventures to reach our noble goals with the magical powers within you.

With our collective commitment, conviction, and confidence, I am convinced that we will bring profound and meaningful changes to the lives of those in need. I need not reiterate again our punch line, "Benchmarking Excellence, Cherishing Memories."

Together, we can achieve the extraordinary through The Magic of Rotary!

With warm Regards

Rtn. Sharad Pai
District Governor 2024-25

Know Your Assistant Governor

Assistant Governor Rtn. Anand Tavargeri

Rtn Dr Anand Tavargeri born and brought up in Dharwad , in the family of Doctors where service is no stranger to him.



Did his Graduation and Masters from SDM College of Dental Sciences Dharwad in specialty of Pediatric Dentistry and is into Private practice for the past

more than 2 decades and also serves as Professor & head & vice Principal (admin) at his alma mater SDM college of Dental sciences, now part of SDM University.

He has delivered papers at various conferences and published scientific papers in various peer reviewed Research Journals and also examiner to various Universities. He is life member of Indian society of Pediatric Dentistry& Indian Dental Association And also member of International Association of Pediatric Dentistry. Rtn Dr Anand joined Rotary in the year 2009, during the President ship of Rtn Dr Satish Ikkal and during helm of RI President John Kenny

After serving in Rotary Club Dharawd Central in various avenues of services, was Secretary in the year 2015-16

Received the Best Secretary award for the selfless service rendered during his tenure Recently He served as President of RC of Dharwad central in the year 21-22 during RI president Shekar Mehta and DG Dhond and has received 4 district awards for serving the society. He is level 1 major donar and has donated generously to TRF and for all the activities of the club. He is also member of Indian Red Cross Society

He married to Rtn Dr Gauri - Dental Surgeon who is into private practice & PP President of Rotary club of seven hills, Dharwad and blessed with Son Rohan.



Assistant Governor's Message

Dear President,

Rtn Gauri Mahesh and team,

My heartiest congratulations to you for taking up leadership of Rotary club of seven Hills. I am greatly honoured to be part of this vibrant club. I'm sure the year under your leadership and well supported by your team, will achieve all the goals which are already planned. I am happy that you have worked for the release of club bulletin, which helps in sharing information to Rotarians about goals, activities and vision of your club. Let us unite people, take action and create lasting change across the globe and do good to the community. I am sure the current theme of RI president, Stephanie Urchick, "Magic of Rotary" and the team of irresistible Rotarian magicians will strive hard in embracing the magic by making strong connections with community leaders and volunteers to make a great contribution to the community. I look forward to a memorable rotary year ahead and I wish you and your team a successful Rotary year.

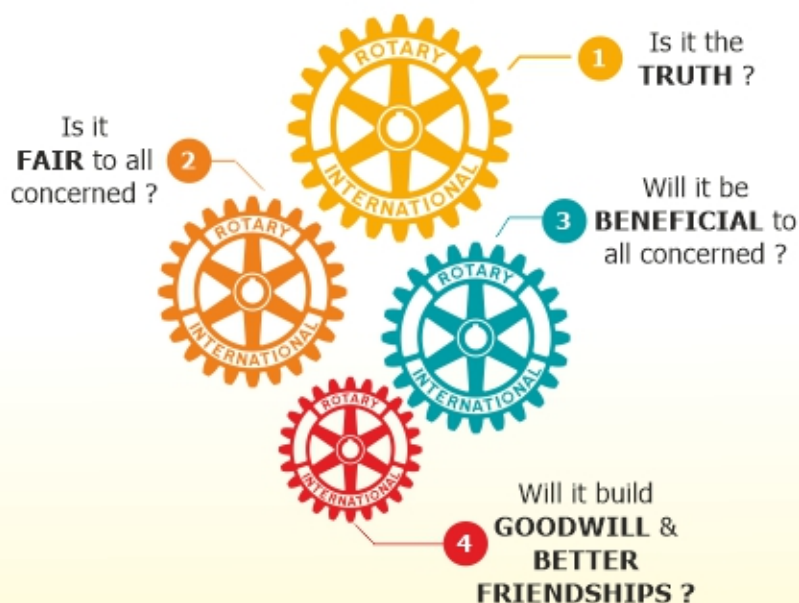
*LET THE MAGIC BEGIN *

Rtn. Anand Tavargeri

Assistant Governor, 2024-25

THE ROTARY FOUR - WAY TEST

Of the things we think, say or do



Know Your Installing Officer

Installing Officer Rtn. Gaurish Dhond

Gaurish comes from a lineage of reputed businessmen, professionals, and social workers who hold a respected position in society. Throughout their endeavors, the Dhond Family is dedicated to upholding integrity, sincerity, and total devotion.



Gaurish is an active Rotarian and served as the District Governor for RID 3170 during the year 2021-2022, breaking previous records and overseeing significant projects worth 30 crores in the district. He is also deeply involved in philanthropic activities and serves various organizations in Goa and Delhi. His contributions were recognized with the Gold Medal of the Indian Red Cross Society in New Delhi for the year 20-21, and he was felicitated by the Honorable Chief Minister of Goa on the 35th Statehood day at Raj Bhavan for his excellent work through Rotary. He is a Receipt of "SERVICE ABOVE SELF" one of Rotary's highest Award in 2023-24.

Gaurish is happily married to Smt. Pratima Dhond who are also 2nd level major donors to Rotary Foundation. They are proud parents of three children: two sons, Viraj and Sairaj, who are both married to accomplished professionals, and a daughter, Simran, who holds a master's degree in Fashion Designing. Gaurish and Pratima are also doting grandparents to two grandsons.



Felicitations by Honorable Chief Minister of Goa Shri Pramod Sawant on 35th Statehood Day at Raj Bhavan.



Installing Officer Message

Dear Members of the Rotary Club of Seven Hills Dharwad,

It gives me immense pleasure to extend my warmest greetings to each and every one of you on the occasion of Gauri's installation as the President of your esteemed club. As the Installation Officer for this special event, I am truly honoured to witness this significant moment in your club's history.

The Rotary Club of Seven Hills Dharwad holds a special place in our hearts as a 15-year-old club established in the year 2009. Under the exemplary leadership of your Club GSR, PDG Rtn Ganesh Bhat, you have flourished as the only ladies club in Dharwad, standing out as a vibrant and dynamic force within District 3170.

Throughout the years, your past presidents have laid a strong foundation for your club, and with the dedication of your active members since 2009, your club has achieved remarkable success. Hosting numerous district events such as the District Leadership Forum, Interact Conference, and district MHM Seminar has showcased your commitment to service and excellence.

Your Club's initiatives, including the establishment of the Rotary Forest, Human Milk Bank, Water Recycling plant and Bus shelters, have significantly enhanced your public image and demonstrated your unwavering dedication to community welfare. Projects like Happy Schools and Ujwal Drishti Abhiyan have impacted the lives of countless individuals, reflecting the club's deep-rooted mission to create positive change.

Today, with a roster of 40 dedicated and passionate members, each specializing in their respective fields, your club continues to work tirelessly towards the betterment of society. Your collective efforts and unwavering commitment inspire us all and exemplify the true spirit of Rotary.

As we gather to celebrate Gauri Madalabhavi's installation as President & Smita Mantri as Club secretary, please reaffirm your pledge to uphold the values of Rotary and continue your noble work for the greater good. Together, you'll can achieve even greater heights and make a lasting impact on the world around us. With warm regards and best wishes for a successful and fulfilling year ahead,

Gaurish M. Dhond

Past District Governor (21-22)

District Learning Facilitator (24-25)

ARRFC Zone VII (24-25)

BOARD OF DIRECTORS



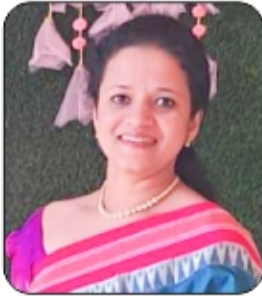
Rtn. Gauri Madalabhavi
President



Rtn. Smita Mantri
Secretary



Rtn. Dr. Drishti Deshpande
Treasurer



Rtn. Dr. Ramya Shenodh
Joint Secretary



Rtn. Ranjeeta Jadhav
Vice President



Rtn. Sangeeta Bagewadi
IPP



Rtn. Hetal Thakkar
Club Service Director



Rtn. Dr. Komal Revankar
Vocational Service Director



Rtn. Rashmi Shishir
Vocational Service Director



Rtn. Dr. Sangeeta Mane
Community Service Director



Rtn. Taradevi Wali
Community Service Director



Rtn. Dr. Shweta Shurpali
International Service Director

Rotary



BOARD OF DIRECTORS



Rtn. Dr. Madhuri Biradar
Youth Service Director



Rtn. Trupti Raikar
Youth Service Director



Rtn. Saraswati Kakade
Public Image Chair



Rtn. Dr. Nagaratna Biradar
Rotaract Chairman



Rtn. Dr. Lata Pujar
Interact Chairman



Rtn. Dr. Sneha Mudholkar
Interact Chairman



Rtn. Dr. Khushboo
Bulletin Editor



Rtn. Sheetal Ladwa
Bulletin Editor



Rtn. Pushpa Uppar
Sergeant at Arms



CLUB LEADERSHIP PLAN



Rtn. Jayashri Joshi
Club Administration Committee



Rtn. Dr. Vinuta Muktamath
Membership Committee



Rtn. Taradevi Wali
Rotary Foundation Chair



Rtn. Dr. Pallavi Deshpande
Service Project Chair



Rtn. Dr. Lata Pujar
Grants



Rtn. Dr. Renuka Salunke
WINS



Rtn. Dr. Komal Revankar
MHM



Rtn. Dr. Hanumakshi Gogi
Club Historian



Rtn. Dr. Sadhana Kulloli
Strategic Planning



Rtn. Rashmi Shishir
Water & Environment



Rtn. Dr. Neeta Sambrani
Literacy



Rtn. Pranali Morey
Girl Child Education

Rotary



CLUB LEADERSHIP PLAN



Rtn. Suman Heblikar
Women's Health



Rtn. Dr. Gauri Tavargeri
Women Empowerment



Rtn. Dr. Nisha Galgali
RYLA



Rtn. Malavika Kadkol
Skill Development



Rtn. Dr. Rajashri Agasar
Nutrition & Wellness



District Officers



Rtn. Dr. Pallavi Deshpande
Assistant Governor



Rtn. Dr. Gauri Tavargeri
District Secretary for women
Empowerment



Rtn. Dr. Renuka Salunke
DCC Strategic Planning
(Kar)



Rtn. Dr. Lata Pujar
DCC Youth Service
(Kar)



Rtn. Dr. Nagaratna Biradar
DCC Rotaract
(Kar)



Rtn. Dr. Sadhana Kolloli
DCC Vocational Training
(Kar)

New Members

Welcome to **Rotary**



Dr. Sanrupti Katti
BAMS M.D Y/C
Specialized in Fertility
& Rejuvenative Treatment



Shivaleela Hosakeri
Entrepreneur



Nikita Sardesai
Entrepreneur



Rise to Resolute

Youth, is the strength of today's India. The country, that is rising above all its odds and becoming one of the largest growing economies in the world. According to the 2022 revision of the world population prospects the population of India stood at 140 crores. India has more than 50% of population below the age of 25 and more the 65% below the age of 35. In 2020 the average age of an Indian is 29 years. India has one of the youngest populations in the world. Youth in a country is the most viable & potential human resource for the social structure. In any nation, the future of politics, economy, science and technology lies in the hands of the youth.

Young people are enthusiastic, energetic, and able to pick up new skills to adjust to dynamic surrounding. Only when their energy is directed to tasks those fulfil their dreams, they contribute in nation building. Current advancement in technology has made many day to day requirements easier, at the same time pose major distraction for their future endeavours. Easy access to internet enables them to expose to showbiz, fashion world and social media, which make it difficult for teenagers to concentrate and focus on demanding responsibilities like academics or extra-curricular activities.

If practice makes perfect, Sachin Tendulkar's early years in cricket provide as clear an indication as any of the dedication the boy had to the game at which the man would become peerless. In Shivaji Park, Mumbai, the young Sachin would play in as many as 13 matches in a day. As mentioned in a book, Sachin Tendulkar: Masterful by Peter Murray and Ashish shukla, At the age of 12 or 13 he was practising 12 hours a day. That is the kind of dedication required to achieve success in any field.

As well quoted in Bhagawad Geeta (2.41)

*vyavasayatmika buddhir, ekeha kuru-nandana
bahu-sakha hy anantas ca, buddhayo 'vyavasayinam*

Meaning, Those who are on the path of profession are resolute in purpose, and their aim is one. O beloved child of the Kurus, the intelligence of those who are irresolute is many-branched.

At the young age there is eagerness to explore and experience the world. It becomes hard to understand and prioritise goals. Working at ones dream as a penance becomes challenging at times, to stay focussed and centred is the need of the time than ever before.

Rtn. Dr. Madhuri Biradar

ARTICLES



All the humanitarian women are born to meet a great need, To be successful they must have a clear sense of mission and how to accomplish it . Rotary is one of such voluntary service, Organisation Today, Rotary is one of the most well known international service , Organisation the member of this organisation are businessmen professionals both men of women unitedly worldwide, It provides community service and encourages high ethical standards in all vocations and help to build good will and peace in the world . Rotarians are United in the commitment to carry out Rotary's Moto "Service above self "Belonging to Rotary Club gives the members on enjoyable and organised way to make a contribution to the community by using their skills and expertise globally members also enhance their professional network, career development and cross cultural understanding .Rotary Clubs are non religious, non political and open to every race, cultural and creed.Members represent a cross section of local business, professional and community leaders. Rotary international and all the Rotary Clubs are committed to service.The application of ideal of service is-each Rotarians personal business and community life to serve society.

Rtn. Taradevi wali



The vital role of club service Director in Rotary are renowned for their community service and humanitarian efforts, And club service director ensures a smooth operation of initiatives In this article we will delve the responsibilities duties and significance of club service director.The club service director will be responsible for club programs that promote fellowship and a better understanding of Rotary.I Hetal Thakkar, The club service Director will ensure to fulfill my duties by co ordinating club events and meetings by the presence of each member. We will encourage each member to participate and volunteer every events and meetings. It will develop and implement community service, projects will ensure to collaborate with other Rotary leaders and communities. The club committee will promote to perform logistical task that helps create a great club to experience both current and newly inducted members.In conclusion club service director are vital to functioning and prosperity of rotary clubs. Their dedication leadership organisation skills enable clubs to deliver meaningful service projects foster a sense of community and perpetuate rotary spirit.

Rtn. Hetal Thakkar



Breaking The Silence - Infertility & Beyond

Infertility is a condition defined as “an inability to conceive within one year of unprotected sexual intercourse, and in women more than 35 years of age, who are not being able to conceive within six months”. There are several causes for infertility with male and female factors contributing equally. As a fertility consultant, today I see a tremendous increase in infertility. In older days 1 in 10 couples would face fertility issues, but these days the frequency is more than 1 in 6 couples. It's also shocking to see many young women in their early thirties with very low egg reserves and quality. The rates of miscarriages have also increased. Here are few reasons for infertility issues on the rise...

1. Age.

Maternal age is a crucial factor defining fertility. With increasing age, we notice a gradual decline in fertility due to depleting egg quantity and quality. This decline starts more steeply after 32- 35 yrs. Hence delaying childbearing for various reasons like career preference, late marriages etc. has been contributing significantly to infertility

2. Lifestyle factors.

Factors such as lack of exercise, stress, sedentary life style and job profiles, smoking, excessive alcohol consumption, erratic eating and sleeping habits, poor diet, obesity all have a negative impact on fertility

3. Environmental factors.

Exposure to pesticides, chemicals in the form of preservatives, industrial fumes, toxins in air, water together referred to as endocrine disrupting chemicals (EDC) are affecting quality of both eggs and sperms

4. Medical conditions.

Certain underlying disorders like polycystic ovarian syndrome (PCOS), endometriosis, and severe sperm abnormalities; all could have a genetic basis and are also on the rise contributing to the burden of infertility

5. Changes in diagnostic criteria and awareness.

Due to advances in medical technology and increased awareness, people seeking diagnosis and treatment has also increased contributing to the perception of rise in infertility rates.

Various forms of treatment by fertility experts are available today which will increase the chances of conception like Ovulation induction, Fertility enhancing laparoscopic surgeries, Intrauterine insemination (IUI), In vitro fertilization (IVF). For

those who want to delay child bearing for personal reasons (initially developed for those suffering from cancer and undergoing cancer therapy) can now opt for freezing their eggs at younger age (late twenties or early thirties), which can be used later to form embryos with sperms of their future partner and help them have babies with their own eggs even in their forties. This procedure called social egg freezing is very simple, cost effective, safe technique to overcome the effects of ageing especially in women.

IVF is a widely used assisted reproductive technology that is helping couples achieve their dreams of having a baby. Unfortunately there are several myths and misconceptions surrounding IVF. As an IVF consultant it is very important to throw light on a few myths.

1. IVF always results in multiple pregnancies.

Multiple pregnancies rates are slightly higher in IVF when multiple embryos are transferred but nowadays with the policy of single frozen embryo transfer, its rates are significantly reduced

2. IVF is unnatural and unsafe.

IVF is now a well established treatment that has helped millions of couples conceive healthy babies worldwide. IVF performed by fertility experts at registered centers are totally safe

3. If you visit a fertility center, only IVF will be suggested.

There are multiple options available depending on the couples diagnosis like life style changes, fertility awareness counseling, IUI, ovulation induction methods.

4. IVF is always successful.

Since IVF is an expensive procedure, couples undergoing the treatment expect guaranteed results. But the success rate depends on various factors. Primarily the quality of embryo and implantation capacity of uterus which is directly related to the age of the couple. Younger the age, better the chances of pregnancy. Some may need a repeat embryo transfer to improve their cumulative pregnancy rate.

5. IVF is the last resort or only for older couples.

IVF can be a blessing for a wider age group of couples. Even young couples with severe bilateral damaged tubes, severe male factor etc would need IVF. Elderly couples may need use of donor eggs or embryos more often.

It is essential to consult qualified fertility experts to discuss individual conditions and treatment options. Education and open communication can dispel many myths and help those struggling from infertility to fulfill their dreams of parenthood.

Rtn. Dr. Komal Revankar Kulkarni



ARTICLES

INTERNATIONAL SERVICE IN ROTARY

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.

Rotary Club guiding principles include the Four-way Test (Truth, Fairness, Goodwill, and Friendship). Other principles involve Rotary's commitment to Service above Self, Rotary's motto, which is channelled through the Five Avenues of Service: Club, Vocational, Community, International, and New Generations.

International Service volunteers work to expand the Rotarians' humanitarian work around the world. This important service promotes understanding and peace, sponsors projects in other countries and works with international partners to support projects in their communities. An International Service Director in a Rotary Club promotes global understanding and goodwill by organizing cultural exchange events, facilitating international projects, supporting youth exchange programs, and engaging with Rotary International initiatives. They build partnerships with other clubs and organizations, educate and engage club members on global issues, maintain project documentation, and advocate for peace and conflict resolution. Their efforts extend the club's impact globally, addressing health, education, and sanitation challenges while fostering international cooperation and peace



Rtn. Dr. Shweta Shurpali

**Article on Balanced diet**

A balanced diet is essential for maintaining good health and well-being. It provides the body with the necessary nutrients, including vitamins, minerals, proteins, carbohydrates, and fats, in appropriate proportions. The key to a balanced diet is variety and moderation, ensuring that all food groups are represented in adequate amounts.

Components of a Balanced Diet:

1. **Fruits and Vegetables:** These should make up a significant portion of your diet. They are rich in essential vitamins, minerals, and fiber. Aim for a variety of colors and types to maximize nutrient intake.

2. **Proteins:** Essential for growth and repair, proteins can be sourced from both animal (meat, fish, eggs, dairy) and plant (beans, lentils, nuts, seeds) origins. Including a mix of both helps meet protein needs and other essential nutrients.
3. **Carbohydrates:** These are the body's primary energy source. Opt for complex carbohydrates like whole grains, which provide sustained energy and are rich in fiber, over simple carbohydrates like refined sugars.
4. **Fats:** Healthy fats are crucial for brain health and energy. Include sources like avocados, nuts, seeds, and olive oil while limiting saturated and trans fats found in processed foods.
5. **Dairy or Alternatives:** These provide calcium and other essential nutrients. If you are lactose intolerant or vegan, opt for fortified plant-based alternatives.
6. **Hydration:** Water is essential for all bodily functions. Aim to drink at least 8 glasses a day, adjusting for activity level and climate.

Benefits of a Balanced Diet:

Energy: A balanced diet provides sustained energy throughout the day.

Disease Prevention: Proper nutrition helps prevent chronic diseases such as heart disease, diabetes, and cancer.

Weight Management: Balancing calorie intake with physical activity helps maintain a healthy weight.

Mental Health: Adequate nutrition supports brain function and can reduce symptoms of depression and anxiety.

Growth and Repair: Essential nutrients are crucial for the growth and repair of tissues, especially in children and adolescents.

Tips for Maintaining a Balanced Diet:

- Plan meals ahead of time to ensure variety.
- Read nutrition labels to make informed choices.
- Practice portion control to avoid overeating.
- Limit intake of processed and sugary foods.
- Cook at home to have better control over ingredients.

In conclusion, a balanced diet is fundamental to overall health. By incorporating a variety of foods in the right proportions, you can ensure your body receives the nutrients it needs to function optimally. Regularly evaluating and adjusting your diet can help you stay on track towards a healthier lifestyle.

Thank you

Rtn. Ranjeeta Jadhav

Rotary



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Attended PETs SETs and AGTs at Kolhapur



Attended District Training Assembly at Belagavi

Events & Activities of our Club



Felicitation to PDC Dr Soubhaya Kulkarni Famous Doctor from Dharwad



Doctors from RCSH got felicitated for their dedication and service



Chartered Accountant's Day Celebration by felicitating CA Vittal Gutti



Tree plantation at Lions School Dharwad



Birthdays

05th July - Rtn. Shivleela R Hoskeri
13th July - Rtn. Sheetal Ladawa
27th July - Rtn. Sarswati Kakade
29th July - Rtn. Dr. Santrupti Katti
30th July - Rtn. Nagaratna Biradar

Anniversaries

07th July - Rtn Dr. Gauri Tavargeri
10th July - Rtn Sangeeta Bagewadi
17th July - Rtn Dr. Pallavi Deshpande

13th August - Rtn. Prashanti Reddy

07th August - Rtn. Gauri Mahesh
14th August - Rtn. Renuka Salunke
28th August - Rtn. Shweta Shurpali



"Alone we can do so little; together, we can do so much." - Helen Keller.