

October 2024



संवाद

मासिक पत्रिका

SAMVAD

Monthly bulletin

Rotary Club of Vishrambag

RI Dist. 3170
Charter dt. 1/2/1986
Club 23360
rotaryvbag@gmail.com

Community Economic Development Month



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Installation Ceremony

The front page shows photo of a local book seller, with QR code. It symbolizes the economic and community development through the use of QR code by small shopkeepers in India. Thanks to Mr. Onkar Tanawade for allowing his photo to be used for Rotary Bulletin.

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Family of

Rotary



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TRF Meter



District 3170 Pillars



Sharad Pai

District Governor

Rotary Club Of Belgaum
sharadpai58@gmail.com



Girishkumar Dhond

District Learning Facilitator 2024-25

Rotary Club Of Belgaum
sharadpai58@gmail.com



Arun Bandare

District Governor Elect

Ichalkaranji Executive
sharadpai58@gmail.com



Dr Lenny Da Costa

District Governor Nominee

Margao Midtown
drlennydacosta@gmail.com

Benchmarking Excellence, Cherishing Memories



Club Officers



Officers



Rtn. Rahul Shah
President (2024-25)



Rtn. Dr. Monika Kullolli
Secretary, (2024-24)



Rtn. Dr. Supriya Kulkarni
Treasurer (2024-24)

Rtn. Manish Danke
IPP

Rtn. Atul Daftardar
President Elect

Rtn. Gauri Patwardhan
Vice-President

Rtn. Sugam Shah
Joint-Secretary

Rtn. S. A. Karagane
Sarget-at-Arms

Rtn. Aniket Dhamangaonkar
Sarget-at-Arms

Directors

Rtn. Sachin Deshmane
Club Service

Rtn. Dr. Mugdha Tagare
Community Service

Rtn. Geetanjali Daftardar
Vocational Service

Rtn. Ar. Smita Kulkarni
International Service

Rtn. Dr. Aditi Kanitkar
Partner in Service

Rtn. Dr. Govind Kulkarni
Youth Service

Chairpersons

Rtn. Dr. Raghendra Adaki
Pulse Polio

Rtn. Vidhyadhar Dharmadhikari
Bulletin Editor

Total Rotarians

37

Lady Rotarians

12

(32.4%)

Rotract Club

Rotract Club of Sahyadri Pashan



Interact Club

Interact Club of Podar International School



RCCs

Rotary Community Corps, Haripur





यशाचा मार्ग: सखोल करियर मार्गदर्शन सेमिनार



OCTOBER is
Economic and Community
Development Month



'रोटरी' ही संस्था जगभरामध्ये सामाजिक बांधिलकी अनेक समाजोपयोगी उपक्रम राबवित असते. रोटरी क्लबच्या या उपक्रमांमध्ये शिक्षण आणि साक्षरता' हा महत्वाचा घटक आहे. यासाठी विद्यार्थ्यांना माहितीपूर्ण करिअर मार्गदर्शन, त्यांच्या सामर्थ्याचे आणि आवडीचे वैयक्तिक मूल्यमापन करून त्यांना करिअर संदर्भात निर्णय घेण्यासाठी आवश्यक ज्ञान आणि साधनांसह सक्षम करणे आणि यशाचा मार्ग मोकळा करणे हे आहे.

Contents of Seminar

- करिअर मार्गदर्शन
- सायकोमेट्रिक मुल्यांकन
- करिअर मार्गदर्शन हँडबुक
- ऑनलाइन करिअर लायब्ररी
- व्हॉट्सअप हेल्पलाइन



Wednesday, 02 October 2024, 10-11 am,
Kids' Paradise English Medium School
Shamnager Near Sutgirani Kupwad Road Sangli.

Rotary Club of
Vishrambag

Rtn. Rahul Shah
President

Rtn. Dr. Monika Kullolli
Secretary

Rtn. Supriya Kulkarni
Treasurer

Kids' Paradise
English Medium School

Dr Manasi Sonalkar
Director

Ms. Deepali Thorat
Principal

Community Service Project: Career Guidance to Students (02 Oct)

The community service project, "Career Guidance for 10th Standard students" of "Kids' Paradise English Media um School" was taken up on 2nd October 2024. The program involved a seminar to create awareness among students and parents about the need of enabling the students to identify their own inclination, through psychometric tests. Rotary Interact and RC Vishrambag jointly organized this activity.

The program started by welcoming the officers of RC Vishrambag and introduction of the resource person. It was followed by the session by Monika Baladawa on career guidance.



Welcome of President Rtn. Rahul Shah
by Manasi Sonalkar



Welcome of Rtn. Amit Patil
by Mrs. Supriya Chopade



Welcome of Rtn. Monika Baldava by
by Manasi Sonalkar



Manasi Sonalkar welcoming
Rtn. Smita Kulkarni



Introduction of the program by student representative

Career Counseling Session (02 Oct)

In the session, Monika Baladawa explained that, every student has different set of skills and intellect. Based on it he/she should select appropriate career. The students were informed about the reports generated by the psychometric test how these are useful for selecting the career. Nearly 60 students attended the session.



Session by Monika Baladawa and Present Students, Parents



Introduction of the program



Session by Monik Baldawa



Session by Monik Baldawa

Psychometric Test and handing over test reports (08 Oct)

After the career guidance session, the interested students enrolled for the psychometric test. The test was conducted and the reports of the tests along with the learning resources were shared with the students.



The psychometric test of students being conducted



The psychometric test of students



The psychometric test of students



Reports of psychometric test and learning resources given to students



संवाद
साप्ताहिक सभा

SAMVAD
Weekly meeting

Meeting No.

14



दांडिया



१. जगदंबा स्तुती
२. देवीला समर्पित गीत सादरीकरण :
Annet जिगीषा गोविंद कुलकर्णी आणि Annet चिन्मयी गोविंद कुलकर्णी
३. Annet दिशिता राहुल शहा यांचे सादरीकरण
४. रोटेरिअन Anns and Annets यांचे गरबा नृत्य

ड्रेस कोड - गरबा पारंपरिक ड्रेस / फ्युजन वेअर

All things in the
universe are of
divine origin and
deserve to be
loved

**Swami
Vivekananda**
Indian monk and
philosopher



Dinner after the program

Friday, 4 Oct. 2024, 7.45 to 9.30 pm, at Rotary Hall

Rtn. Rahul Shah
President

Rtn. Dr. Monika Kullolli
Secretary

Rtn. Supriya Kulkarni
Treasurer

OCTOBER is



**Economic & Community
Development**

Birthdays

1. Rtn. Sadanand Gadgil, 22 October
2. Rtn. Dr. Amit Tagare, 28 October

4 October is celebrated as
"Animal Welfare Day"
to raise awareness among people
about taking actions worldwide
for the rights of animals
as well as welfare.

Friday, 4 Oct. 2024
Meeting: 7.45 to 9.00 pm
Dinner: 9.00 to 9.30 pm

Venue:
Rotary Hall, Vishrambag

Meeting 14: Dandiya (Navaratri Celebrations) (4 Oct)

The 14th meeting of our club was a celebration of Navaratri. The meeting started with National Anthem followed by 4 way test.

The actual celebration started with "Jagdamba Stuti". After that, an excellent dance was presented by Annet Dishita Rahul Shah. The lady rotarians enjoyed the "Dandia" and Garaba Dance. The program ended with a delicious dinner which all rotarians and annets enjoyed.

The program was nicely coordinated by Rtn. Smita Kulkarni, Rtn. Dr. Monika Kullolli and the Garba team. The audio-video was arranged by Rtn. Dharmadhikari and delicious dinner arrangements were done by Rtn Sachin Deshmane/Rtn. Sachin Kulkarni.



Program started with "Jagadamba Stuti"



Dance by Ann Dishita Rahul Shah



Dance by Ann Dishita Rahul Shah



Garaba Dance



Garaba Dance



The Garba Participants in a joulful mood..

संवाद
साप्ताहिक सभा

SAMVAD
Weekly meeting

Meeting No.

15

Panel Discussion by Annets on

Girls' Vision for the Future

Today's generation of girls are disproportionately affected by various factors and are pushed back on hard won gains for human rights and gender equality. The 21st century girls are courageous in the face of crisis but hopeful for the future.

Time to listen to their voices !!

शैलपुत्री

- Anvi Gadve
- Janhavi Tagare
- Ananya Patwardhan

Moderator

Rtn. Gauri Patwardhan

ब्रह्मचारिणी

- Jigeesha Kulkarni
- Anvi Patwardhan
- Rucha Patwardhan
- Purva Kulkarni
- Shriya Kulkarni
- Ormi Ainapure

Moderator

Rtn. Nidhi Patwardhan

Event Chairman

Rtn. Smita Kulkarni

चंद्रघंटा

- Gauri Nemani
- Chaitali Sontakke
- Chinmayee Kulkarni
- Riya Deshmane
- Shrini Kulkarni

Moderator

Rtn. Vijayashree Gadve

With the right support, resources and opportunities, the potential of the world's more than 1.1 billion girls is limitless.



Friday, 11 Oct. 2024, 7.45 to 9.30 pm, at Rotary Hall

Rtn. Rahul Shah
President

Rtn. Dr. Monika Kullolli
Secretary

Rtn. Supriya Kulkarni
Treasurer

OCTOBER is



Economic & Community
Development

Birthdays

1. Rtn. Sadanand Gadgil, 22 October
2. Rtn. Dr. Amit Tagare, 28 October

October 11 is celebrated as the
International Day of the Girl Child.

"Girls are not just the future; they are the present. Let's celebrate their potential and nurture their dreams."

Friday, 11 Oct. 2024
Fellowship: 7.45 to 8.00 pm
Meeting: 8.00 to 9.00 pm

Venue:
Rotary Hall, Vishrambag

Meeting 15: Panel Discussion by Annets (11 Oct)

Our club celebrated the "World Girl Child Day", on 11th Oct 2024, by conducting a Panel Discussion by Annets. The topic of the panel discussion was "**Girl's Vision for the Future**". The meeting started with National anthem followed by 4-way test. After it, President Rtn. Rahul Shah briefed about the program. The event chair, Rtn. Smita Kulkarni explained the concept of the Panel discussion and elaborated about the program and its purpose.

There were 3 panels with one moderator on each panel. The first panel was "Shailputri" with moderator Rtn. Gauri Patwardhan. The second panel was "Brahmcharini" with moderator Rtn. Dr. Nidhi Patwardhan and the third panel was "Chandraghanta" with moderator Rtn. Dr. Vijayashree Gadve. The panel discussion, explored the aspirations and challenges which young girls/women face. The program was very interesting as well as interactive as was evident from the insightful discussion and participation of attendees. The concept of the program was suggested by Rtn. Vidhyadhar Dharmadhikari. The event chair, president, secretary, moderators and participants did an excellent team-work to make the program successful. The program ended with secretarial announcement by Rtn. Dr. Monika Kulloli.



Rtn. Kedar Patwardhan and President Rtn. Rahul Shah



Introduction by Rtn. Smita Kulkarni. On the dias, Pres. Rtn. Rahul and Sec. Rtn. Monika



Attendees of the program



A moment during the panel discussion of **Sailputri Panel**



A highlight from the panel discussion of **Brahmcharini Panel**



A moment from the panel discussion of **Chandraghanta Panel**

Panel 1 – Shailputri (शैलपुत्री)

The Shailputri panel focused on gender equality in schools. The participants expressed that while many schools promote equality, there are still instances where it is not consistently practiced. The discussion emphasized the need for awareness and policy enforcement to ensure fairness for all students.



Moderator of "Shailputri" Panel
Rtn. Gauri Patwardhan



Annet Anvi Gadve presenting her views.



Annet Ananya Patwardhan answering
the questions



Annet Janhavi Tagare putting forward
her point of view



"Shailputri" Panel

"Behind every great woman...
is another great woman."

KATE HODGES

Panel 2 – Brahmacharini (ब्रह्मचारिणी)

The Brahmacharini panel addressed mental stress related to life and career choices. The girls highlighted the emotional pressure young women face from societal expectations and personal aspirations. They stressed the importance of support systems and open conversations to manage stress effectively.



Moderator of "Bramhacharini" Panel
Rtn. Dr. Nidhi Patwardhan



Annet Purva Kulkarni explaining
her vision for the future.



Annet Anvi Patwardhan presenting her views.



Annet Rucha Patwardhan sharing her insights.



Annet Jigeesha Kulkarni presenting her opinion.



Annet Shriya Kulkarni conveying her ideas.



"Bramhacharini" Panel

Panel 3 – Chandraghanta (चंद्रघंटा)

The Chandraghanta panel delved into professional challenges for girls in their careers. The participants discussed obstacles such as workplace bias, limited opportunities, and societal norms. They shared inspiring ideas about overcoming these challenges and building fulfilling careers.



Moderator of "Chandraghanta" Panel
Rtn. Dr. Vijayashree Gadve



Annet Chaitali Sontakke conveying her ideas.



Annet Riya Deshmane articulating
her perspective.



Annet Shrini Kulkarni
voicing her thoughts.



"Chandraghanta" Panel

**"What I want young women
and girls to know is:
You are powerful and
your voice matters"**

KAMALA HARRIS

Memorable Moments..



A cheerful moment with the proposed new member Mrs. Manasi Kumbharkar



An engaging interaction during the panel discussion. Rtn. Dr. Monika sharing her views.



Participating annets enjoying gift from President Rtn. Rahul Shah



Rtn. Dr. Mugdha Tagare sharing her views.



Announcements by Secretary Rtn. Dr. Monika



The enthusiastic team radiating the joy of achievement..!!



Rotary Magazine Photo Awards 2025

Rotary International is seeking photography submissions for the annual Rotary magazine photo awards, an opportunity to **share your vision** of the world with the Rotary community.

Who can Participate

Rotary Members
(Regular or Honorary)

Rotaract Members
(Regular or Honorary)

Participant or Alumnus
of official Rotary Program

Club Partners

Children of club members
(18 years or older)

What to submit

Max. **Five (5)** Entries
per club

Each Entry shall have

One Photo of

- Rotary Project
- Rotary Values
- People of Action
- Club activities
- General Interest

Photographs must have been
taken since 1 January 2024

Submit Before **31st Dec 2024**

Where to submit

<https://www.rotary.org/en/rotary-magazine-photo-awards>



Winning photos will appear in the
June 2025 issue of Rotary magazine.

Rotaract Club of Sahyadri Pashan

Installation Ceremony (13 Oct)

The installation ceremony of the Rotaract Club of Sahyadri Pashan for year 2024-25 was conducted on 13th October 2024, at Kranti Agrani Dr. G. D. Babu Lad Smarak, Kundal, Tal. Palus, Dist.Sangli. Some of the moments of the event are..



IPP Rtr. Sahil Magdum watering the plant



DRR. Nikhil Chindak sharing his views



Rtn. Rahul Shah, President, RC Vishrambag, felicitating President Rtr. Prathamesh Bagal



DRR. Nikhil Chindak wishing President Rtr. Prathamesh Bagal



Rotaract Club of Sahyadri Pashan

Standing (from Left):

Rtr. Shailesh Deshmukh, Rtr. Apurva Pawar, Rtr. Swaraj Mohite, Rtr. Prashant Koli, Rtr. Abhishek Gaikwad, Rtr. Sandesh Lipare, IPP Rtr. Sahil Magdum, Rtr. Shubham Suryawanshi, Rtr. Aniket Lad, Rtr. Komal Chalekar, Rtr. Anisha Khot, Rtr. Gaurav Kharkande

Sitting (from left)

Club Treasurer Rtr. Vinay Mali, Rtn. Amit Patil, Rtn. Rahul Shah, President Rtr. Prathamesh Bagal, PHF DRR. Nikhil Chindak, PHF ZRR. Prathamesh Ghanere, Secretary Rtr. Shital Waghmode

Artificial Limb Donation (20 Oct)

Community Service Project

Rotary RID 3170  **रोटरी क्लब ऑफ विश्रामबाग**

सांगली राऊंड टेबल 377

रोटरी क्लब ऑफ इचलकरंजी टेक्स्टाईल सिटी

साधू वासवाणी मिशन, पुणे

यांचे संयुक्त विद्यमाने आयोजित

अद्ययावत टेक्नॉलॉजीद्वारा फायबर पासून निर्मित,
अत्यंत हलके व मजबूत

मोफत

कृत्रिम पाय व हात शिबीर
(आर्टिफिशियल लिम्ब कॅम्प)



कृत्रिम हात व पाय लावलेनंतर

मनुष्य चालू शकतो.

टेकडीसुद्धा चढू शकतो.

सायकल चालवू शकतो.

सर्व दैनंदिन कामे करू शकतो.

शिबीरा दिवशी फक्त पायाची व हाताची मापे घेतली जातील.
माप घेतलेनंतर ३०/३५ दिवसानंतर अवयव वाटप केले जाईल.

नांव नोंदणी आवश्यक असलेमुळे लवकरात लवकर नांव नोंदणी करावी.

- नांव नोंदणी -
शनिवार, दि. 19/10/2024 पर्यंत

- शिबीर दिनांक व वेळ -
रविवार, दि. 20/10/2024
सकाळी 9.30 ते दुपारी 1.00

- नांव नोंदणी व अधिक माहितीकरीता संपर्क -

डॉ. अमित पाटील | डॉ. अनिकेत धामणगावकर | डॉ. डॉ. विजयश्री गाडवे
9767799991 | 9561046124 | 9921995388

रोटरी क्लब ऑफ विश्रामबाग

Tr. सागर चव्हाण | Tr. निखील पेलवान | Tr. भाविक ठवकट
7350011199 | 9921303999 | 9028479777

सांगली राऊंड टेबल 377

शिबीर स्थळ - रोटरी मल्टीपर्पज हॉल, क्रांती भेळ समोर, विश्रामबाग, सांगली

Event Publicity Across Newspaper, Social Media, and Online Platforms

The "Artificial Limb Donation" Project was an ambitious project to help the needy people in the society. To convey the benefit and to enhance the participation, the organizing committee took immense efforts to publicise the event through news papers, videos and flyers through social media. Following are some of the publications. Our club expresses sincere thanks to all who helped to make this information reach a large number of beneficiaries.

दैनिक सकाळ

रोटरीतर्फे उद्या मोफत कृत्रिम अवयव शिबिर

सांगली, ता. १८। रोटरी क्लब ऑफ विश्रामबागर्फे यातून दिव्यांगांसाठी रोटरीतर्फे (ता. २०) मोफत कृत्रिम अवयव शिबिराने आरंभ केला. यातून अल्पकाळी माहिती अर्थव्यय राहून शाहा, सचिव डॉ. मोनिका कुल्लोळी यांनी दिव्य, रोटरी क्लब ऑफ विश्रामबाग, सांगली राउंड टेबल ३७७, रोटरी क्लब ऑफ दिव्यांगांसाठी टेक्नॉलॉजी मिठी व सधू वासवाणी मिशन (पुणे) यांच्या विद्यमाने विश्रामबाग येथील रोटरी मल्टिपार्षद हॉलमध्ये हे शिबिर होत आहे. संकड्या साडेदहा ते दुपारी १ कावेनंतर होणाऱ्या शिबिरात उद्योगात टेक्नॉलॉजीद्वारा फायबरपासून निर्मित हात व पाय व हात व पाय कृत्रिम अवयव मोफत उपलब्ध करून देण्यात येणार आहेत. ह्यासाठी फक्त मागे शिबिरा दिवशी घेतली जातील. मोफत कृत्रिम अवयव शिबिराचा लाभ जिन्हातील गरजूनी घ्याऊन, असे आवाहन संस्थानी केले आहे.

स्थानिक आणि राज्यस्तरीय दैनिकातील बातम्यांची कात्रणे

दैनिक तरुण भारत

गरजू दिव्यांगांना मिळणार कृत्रिम हातपाय

रोटरीतर्फे रविवारी मोफत शिबिर

दिव्यांगांसाठी मोफत कृत्रिम हात व पाय शिबिराचे आयोजन रोटरी क्लब ऑफ विश्रामबाग, सांगली यांनी केले आहे. यातून अल्पकाळी माहिती अर्थव्यय राहून शाहा, सचिव डॉ. मोनिका कुल्लोळी यांनी दिव्य, रोटरी क्लब ऑफ विश्रामबाग, सांगली राउंड टेबल ३७७, रोटरी क्लब ऑफ दिव्यांगांसाठी टेक्नॉलॉजी मिठी व सधू वासवाणी मिशन (पुणे) यांच्या विद्यमाने विश्रामबाग येथील रोटरी मल्टिपार्षद हॉलमध्ये हे शिबिर होत आहे.

दैनिक जनप्रवास

सांगलीत मोफत कृत्रिम अवयव वाटप शिबिर

रोटरी क्लबसह सलग संस्थांचा रविवारी कार्यक्रम

दिव्यांगांसाठी मोफत कृत्रिम हात व पाय शिबिराचे आयोजन रोटरी क्लब ऑफ विश्रामबाग, सांगली यांनी केले आहे. यातून अल्पकाळी माहिती अर्थव्यय राहून शाहा, सचिव डॉ. मोनिका कुल्लोळी यांनी दिव्य, रोटरी क्लब ऑफ विश्रामबाग, सांगली राउंड टेबल ३७७, रोटरी क्लब ऑफ दिव्यांगांसाठी टेक्नॉलॉजी मिठी व सधू वासवाणी मिशन (पुणे) यांच्या विद्यमाने विश्रामबाग येथील रोटरी मल्टिपार्षद हॉलमध्ये हे शिबिर होत आहे.

"मेड इन सांगली" यु ट्यूब चॅनेल च्या माध्यमातून "कृत्रिम हात-पाय शिबिराची" माहिती सर्वसामान्यांच्या पर्यंत पोहोचविणेचा प्रयत्न..



मेड इन सांगली

दिव्यांगांसाठी मोफत कृत्रिम हात व पाय शिबिराचे आयोजन रोटरी क्लब ऑफ विश्रामबाग, सांगली यांनी केले आहे. यातून अल्पकाळी माहिती अर्थव्यय राहून शाहा, सचिव डॉ. मोनिका कुल्लोळी यांनी दिव्य, रोटरी क्लब ऑफ विश्रामबाग, सांगली राउंड टेबल ३७७, रोटरी क्लब ऑफ दिव्यांगांसाठी टेक्नॉलॉजी मिठी व सधू वासवाणी मिशन (पुणे) यांच्या विद्यमाने विश्रामबाग येथील रोटरी मल्टिपार्षद हॉलमध्ये हे शिबिर होत आहे.

दैनिक लोकमत

सांगलीत रोटरीतर्फे रविवारी कृत्रिम हातपाय शिबिर

लोकमत न्यूज नेटवर्क

सांगली : विश्रामबाग रोटरी क्लबतर्फे सांगलीत रविवारी (दि. २०) कृत्रिम हात व पाय शिबिर आयोजित केले आहे. विश्रामबागमध्ये रोटरीच्या सभागृहात ते होईल. हात व पाय नसलेल्या दिव्यांगांना कृत्रिम अवयव देण्यासाठी तज्ज्ञांकडून मोजमापे घेण्यात येणार आहेत. त्यानंतर सुमारे महिन्याभराने कृत्रिम अवयव दिले जातील. यासाठी शुल्क घेतले जाणार नाही. रोटरी क्लब आणि साधू वासवाणी मिशनतर्फे हा खर्च केला जाणार आहे. आतापर्यंत १३० नोंदणी केली आहे. संयोजन रोटरीचे अध्यक्ष राहुल शाहा, डॉ. मोनिका कुल्लोळी, नील परीख, अमित पाटील, अनिकेत धामणावकर, डॉ. विजयश्री गाडवे, सागर चव्हाण, निखिल पैलवा, भाविक ठक्कर आदींनी केले आहे.

दैनिक केसरी

रविवार मोफत कृत्रिम पाय व हात वाटप शिबिर

रोटरी क्लबसह सलग संस्थांचा उपक्रम

दिव्यांगांसाठी मोफत कृत्रिम हात व पाय शिबिराचे आयोजन रोटरी क्लब ऑफ विश्रामबाग, सांगली यांनी केले आहे. यातून अल्पकाळी माहिती अर्थव्यय राहून शाहा, सचिव डॉ. मोनिका कुल्लोळी यांनी दिव्य, रोटरी क्लब ऑफ विश्रामबाग, सांगली राउंड टेबल ३७७, रोटरी क्लब ऑफ दिव्यांगांसाठी टेक्नॉलॉजी मिठी व सधू वासवाणी मिशन (पुणे) यांच्या विद्यमाने विश्रामबाग येथील रोटरी मल्टिपार्षद हॉलमध्ये हे शिबिर होत आहे.

प्रतिष्ठा न्यूज

प्रांतिका न्यूज

रोटरी क्लब ऑफ विश्रामबाग तर्फे रविवारी मोफत कृत्रिम हात पाय शिबिर, गरजूनी लाभ घेण्याचे आवाहन




Press Conference (17 Oct)

A joint press conference was arranged by all the host clubs on 17th Oct 2024 at Rotary Club of Vishrambag for wide publicity of the camp.

The dignitaries present in this press conference included President Rtn. Rahul Shah, Secretary Rtn. Dr. Monika Kullolli, Activity Coordinator Rtn. Amit Patil of RC Vishrambag, Tr. Neel Parikh, Tr. Bhavik Thakkar, Tr. Sagar Chavan and Tr. Nikhil Pailwan of Sangli Round Table 377.

The journalists of renowned daily news papers also were present.

On this occasion, Mr. Shivraj Katkar of Maharashtra Patrakar Parishad and Mr. Abhijit Shinde of Digital Media were felicitated.

In this program, President Rt. Rahul Shah, Activity Coordinator Rtn. Amit Patil and Tr. Neel Parikh conveyed the idea of the camp, its purpose, benefits and the need to reach to large number of probable beneficiaries through the print media.

The host clubs extended thanks to all journalists for their time and efforts and for helping the host clubs to give wide publicity.



President Rtn. Rahul Shah briefing about the activity



Activity Coordinator Rtn. Amit Patil highlighting the purpose of activity to the Journalists.



Mr. Shivraj Katkar, Maharashtra Patrakar Parishad felicitated by President Rtn. Rahul Shah



President Rtn. Rahul Shah felicitating Mr. Abhijit Shinde, Digital Media



Tr. Neel Parikh explaining the activity and need to spread the news to probable beneficiaries

Registration



Banner at the entrance of the club



Beneficiaries in the registration process



Volunteers doing registration of beneficiaries and also extending other help.



Beneficiaries of the Camp. There were total 202 beneficiaries from nearby villages.

Activities during the camp

The first phase of the "Artificial Limb Donation Camp" was conducted on Sunday, 20th Oct 2024. The program started at 9 am with registration of beneficiaries. The volunteers of RC Vishrambag, Round Table Sangli 377 and RC Ichalkaranji arranged for the registration and also did other required arrangements for smooth conduct of the camp.

The volunteers from Sadhu Vaswani Trust, Pune arranged for taking measurements required for manufacturing the artificial limbs as per the need of individual person. For each beneficiary, required moulds were prepared and appropriate numbering was done. The records of beneficiaries are maintained by the volunteers in paper as well as digital format so as to communicate with beneficiaries as and when required.

There are total 202 beneficiaries, including men, women and children. People from nearby villages in Sangli, Kolhapur districts and north Karnataka took benefit of this camp. In the first phase, only measurements of each beneficiary are taken. The actual limbs will be manufactured and they will be distributed to all beneficiaries on 24th Nov 2024.



Beneficiaries



Taking measurements



Preparing the mould as per the need



Moulds after taking measurements and numbering



Voluneteers from RC Vishrambag, RC Ichalkaranji and Sangli Round Table 377



Artificial Limb Technology

Empowering Lives through Innovation



Rtn. Dr. Vidhyadhar
Dharmadhikari

The journey of artificial limbs reflects humanity's relentless pursuit to restore mobility, dignity, and independence.

Ancient Origins: Rig Veda and Early Prosthetics

India holds one of the earliest references to prosthetics. The *Rig Veda* recounts the story of Queen Vishpala^[1], a warrior who lost her leg but was fitted with an iron prosthetic leg to continue fighting. This ancient example illustrates not only the importance of restoring physical functionality but also the human spirit's drive to return to a life of purpose.

In the Renaissance, *French surgeon Ambroise Paré* introduced prosthetics with movable joints, marking a turning point in design. These innovations emphasized functionality and comfort, laying the groundwork for modern prosthetics.

Industrial Era Innovations

The Industrial Revolution ushered in mass-produced prosthetic limbs made with lighter materials like aluminium. Following World War I and II, the growing demand for better prosthetics led to collaborations between governments, hospitals, and engineers, resulting in major advances in both design and usability.

India's Revolutionary Contribution: The Jaipur Foot

India changed the course of prosthetics in 1968 with the creation of the Jaipur Foot by Dr. P.K. Sethi and Ram Chander Sharma. This inexpensive rubber-based limb was uniquely designed to allow users to walk, run, and squat, catering to the specific needs of rural communities.

The Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS), based in Jaipur, has distributed millions of Jaipur Foot prosthetics worldwide, making mobility accessible to all.

Built for Flexibility and Comfort

The Jaipur Foot is designed to be lightweight, durable, and affordable, meeting the needs of people who walk on uneven terrain, squat, or sit cross-legged—common in rural India.

The prosthetic is made from rubber, wood, and EVA foam, materials that are both flexible and sturdy. The foot is shaped to allow natural movement, making it possible for users to run, climb, or work in fields. Unlike more expensive prosthetics, the Jaipur Foot provides both mobility and comfort at a fraction of the cost.

Manufacturing Process

The process begins with customizing the socket (the part that fits the user's limb), to ensure a comfortable fit. Technicians take precise measurements or moulds of the amputee's stump to create a socket made from plaster of paris, thermoplastic or fibre-reinforced plastic.

The foot component is made by moulding layers of rubber and foam rubber around a wooden core, which gives it strength and flexibility. Once the parts are ready, they are assembled using bolts, adhesives, and straps, making sure the prosthetic is both secure and adjustable.

Why Jaipur foot is popular

One of the reasons the Jaipur Foot is popular is that it can be fitted in a single day. Technicians adjust the socket, foot alignment, and straps to ensure maximum comfort and usability. The prosthetic is tested by the user, and any discomfort is addressed immediately.

Camps are often held in rural areas where these prosthetics are distributed for free, ensuring that even people from remote regions have access. The Jaipur Foot's low cost and durability have made it a global model, empowering millions of people to live active, independent lives.

Modern Prosthetics: Bionics and 3D Printing

The latest advancements include bionic limbs and myoelectric devices, which detect muscle signals, allowing users greater control and mobility. Indian companies, like Aether Biomedical, are working to develop cost-effective bionic solutions.

The Atal Innovation Mission promotes 3D printing, enabling the creation of custom-fit prosthetics at lower costs and reducing production times, ensuring quicker access for those in need.



Courtesy: jaipurfoot.org

Building a Future of Inclusion and Empowerment

The journey of illustrates humanity's determination to overcome physical challenges. India's Jaipur Foot remains a beacon of functional, affordable innovation, transforming millions of lives.

Through artificial limb donation initiatives, Rotarians are building a future where no one is limited by physical challenges but empowered by opportunity, where service and fellowship create lasting change, and where happiness is found in making others happy.

[1] International Journal of Human and Health Sciences Vol. 06 No. 03 July'22

Open Gym Inauguration (25 Oct)

Community Service Project

RI Dist. 3170

Charter dt. 3 Feb 1986

Club 23360

rotaryvbag@gmail.com



Rotary Club of
Vishrambag

संवाद
साप्ताहिक सभा

SAMVAD
Weekly meeting

Meeting No.

17

Inauguration of Open Gym

at Rotary Club of Vishrambag Multipurpose hall
at the hands of

Chief Guest

Rtn. Sharad Pai,

District Governor, RI Dist 3170. 2024-25

Guest of Honour

Dr. Vijay Kullolli, President, गोद फाऊंडेशन

in the Presence of

Rtn. Abhay Gulavani,

Assistant Governor, RI Dist 3170, 2024-25

Friday, 25 Oct. 2024, 6.00 pm to 7.00 pm,
at Rotary Club of Vishrambag Hall

"Peace,
dignity and
equality
on a healthy
planet"

United
Nations



Rtn. Rahul Shah
President

Rtn. Dr. Monika Kullolli
Secretary

Rtn. Supriya Kulkarni
Treasurer

OCTOBER is



Economic & Community
Development

Birthdays

1. Rtn. Sadanand Gadgil, 22 October
2. Rtn. Dr. Amit Tagare, 28 October

October 24 is celebrated as the
United Nations Day

UN is One place on Earth where all the
world's nations can gather together, discuss
common problems, and find shared solutions
that benefit all of humanity.

Friday, 25 Oct. 2024
Meeting: 6.00 to 6.45 pm
Fellowship: 6.45 to 7.00 pm

Venue:
Rotary Club Hall,
Near Kranti Bhel,
Vishrambag

Open Gym Inauguration (25 Oct)

Community Service Project

An Open Gym has been established by the club for the benefit of local residents, senior citizens, and Rotarians. The gym features five pieces of equipment, each accommodating two users at once, allowing up to 20 people to exercise simultaneously. This facility was made possible through the generous support of the Godh Foundation, Sangli, and Rtn. Vikas Gosavi of RC Vishrambag.

President Rtn. Rahul Shah and Secretary Dr. Monika Kullolli welcomed all the dignitaries and attendees. President Rtn. Rahul Shah felicitated the dignitaries. The inauguration was carried out at the hands of Rtn. Sharad Pai, District Governor, and Dr. Vijay Kulloli from the Godh Foundation, in the presence of Ann. Padmaja Pai, Rtn. Abhay Gulavani, Assistant Governor, Mr. Santosh Patil, Corporator, SMK Municipal Corporation, Rtn. Kishor Lulla, Rtn. Mallikarjun Badde, local residents, and members of RC Vishrambag.

Rtn. Sharad Pai expressed his joy at the completion of the project. Dr. Vijay Kulloli also conveyed his happiness and congratulated the club on this initiative. Mr. Santosh Patil praised the facility, highlighting its benefits for the local community.

Dr. Vikas Gosavi appreciated the efforts of the President, Secretary and the team who made this possible, noting that constructive activities have increased over the past 5-6 years under the leadership of various presidents and secretaries. He emphasized the importance of exercising in open spaces for better health and commended the club for aligning with Rotary's motto, "Service Above Self." He also expressed hope for the addition of a play area for children in the future.



Inauguration of Open Gym

Open Gym Inauguration (25 Oct)

Community Service Project



Secretary Rtn. Dr. Monika Kullolli felicitating DG Rtn. Sharad Pai



Secretary Rtn. Dr. Monika Kullolli felicitating AG Rtn. Abhay Gulavani



President Rtn. Rahul Shah felicitating Dr. Vijay Kullolli, GODH foundation



President Rtn. Rahul Shah felicitating Dr. Vikas Gosavi



President Rtn. Rahul Shah felicitating Mr. Santosh Patil, Corporator, SMCK



President Rtn. Rahul Shah felicitating Mr. Ashutosh Mali, Supplier of Gym Equipment



Felicitation of Mr. Arvind Joshi



Mr. Santosh Patil sharing his views about Open Gym



Dr. Vijay Kullolli sharing his thoughts



Dr. Vikas Gosavi congratulating the team



Attendee Rotarians



Mr. Ashutosh Mali, Rtn. Atul Daftardar, Rtn. Amit Patil, President Rtn. Rahul Shah



Dr. Vijay Kullolli and Rtn. Dr. Monika Kullolli



Secretary Rtn. Dr. Monika Kullolli and President Rtn. Rahul Shah



Rtn. Gulavani, Rtn. Badde, Rtn. Lulla, Rtn. DG Pai, Ann. Padmaja Pai, Rtn. Dr. Monika



Mr. Ashutosh Mali giving information about the gym equipment to the attendees



Rotarians enjoying exercising in Open Gym

OPEN GYM EQUIPMENT



Shoulder Builder Double



ABS Board



Standing and Seating Twister



Seated Puller



Sky Walker



Leg Press

BoD Meeting

The BoD meeting for October month was held on 23rd Oct 2024, at Hotel Icon Inn, Sangli. Along with routine activities, discussions on the Sports Event and Funds generation activity (Drama) was discussed.



District Sports Event at Sirsi

9th and 10th Nov

Rotary Interact

Rtn. Stephanie Urcheck III President
Rtn. Sharad Pai District Governor

HOST : ROTARY CLUB OF SIRSI
DISTRICT INTERACT SPORTS
Yuva Kreedha Mahotsav 2024
NOVEMBER 9th & 10th
VENUE : FOREST EMPLOYEES COMMUNITY HALL, YELLAPUR NAKA, SIRSI

Rtn. Utkarsha Patil District Interact Committee Chair
Itr. Gargel Charane District Interact Representative

Rtn. Jayashree Kamat Zonal Co-ordinator
Rtn. Raghavendra Prabhu Assistant Governor
Rtn. Manuel Rodrigues Assistant Governor

Rtn. Dr. Suman Hegde President
Rtn. Saraswati N. Ravi Secretary
Rtn. Dr Ramesh Hegde Event Chairman

TEAM ROTARY, SIRSI

For Queries & Registration:
Rtn. Harish Hegde 9449403838
Rtn. Vishakh Isloor 9036103465

District Interact Sports
Yuva Kreedha Mahotsav

Date : Saturday 9th Nov. 2024 Time : 10 am to 6.30 pm
Sunday 10th Nov. 2024 Time : 9 am to 4 pm
Venue : Forest Employees Community Hall, Yellapur Naka, Sirsi

Chess and Shuttle Badminton
RULES & REGULATIONS

Chess

- * Tournament will be played under Swiss-League format of 7 or 9 rounds
- * Players have to provide FIDE ID if they have it (www.ratings.fide.com)
- * Time Control will be 20 minutes + 10 seconds increment
- * Boys and Girls will be paired separately
- * Latest FIDE Rapid rules are applicable
- * Chief Arbitrator decision is final, if there is any protest by the player against the CA decision, they can go to appeal committee by paying Rs.500/- within 10 minutes of incident occurrence

Rtn. Vinaykumar Hiremath Event Co-ordinator for Chess
Dr. Shripad K.V. (FA) Bangalore Chief Arbitrator for chess

Badminton

- * Matches will be conducted on Knock out format
- * The shuttles used will be Mavis 350
- * Non Marking shoes are compulsory
- * Players have to get their own Racquets
- * Events will be Boys Singles and Girls Singles
- * Upto semifinals, the matches will of 30 points, single game

Rtn. Dr. Kailesh Pai Event Co-ordinator for Shuttle Badminton
Shri Prashant Gaolkar Chief Referee for Shuttle Badminton

NO SPOT REGISTRATION

One participant can take part in only one sport event either chess or shuttle badminton not both.
Dinner with Entertainment from 7 pm onwards
(Sports Participants also can take part in entertainment)

Registration Fees

Early Bird Registration, till October 25th	Rs. 300/-
Late Registration, till Nov. 7th at 5 pm	Rs. 400/-
Rotarians	Rs. 700/-
Interact Co-ordinators / Parents	Rs. 500/-

Note : Registration Fee Includes - 1 Breakfast, 2 Lunch, 1 Dinner, 3 High Tea and Dormitory Facility

To avail Dormitory facility, inform before Nov. 7th

- * Carry your School ID
- * Carry an Extra pair of dress, Warm Cloths & Blankets for stay
- * Pickup and drop facility will be arranged from New Bus Stand to Venue

For Queries & Registration Contact
Rtn. Harish Hegde 9449403838
Rtn. Vishakh Isloor 9036103465

Bank Details:
Rotary Seva Prathisthan
The State Bank of India
Branch - Sirsi Main Branch
SB A/C No. : 082200100008587
IFSC Code : SBIN00069261

Rotary Hall Development

United for a cause

Members of RC Vishrambag and Godh Foundation, Sangli, contributed generously toward the development of the Rotary Multipurpose Hall and its facilities. The club extends heartfelt thanks to all contributors for their invaluable support in bringing this project to life.



Name	Contribution
Dr. Vijay Kullolli, Godh Foundation	Rs. 1,35,0000/-
Rtn Dr. Vikas Gosavi	Rs. 25,000/-
Rtn Dr. Mahesh Sale	Rs. 20,000/-
President Rtn Rahul Shah	Lights
Rtn. Manish Danke	Cement
Rtn Pranav Kulkarni	Steel
Rtn Sachin Deshmane	Murum
Rtn Amit Patil	Grit
Rtn Sanjay Sontakke	Khadi
Rtn Atul Daftardar	Labour

Contributions to other institutions

Rtn. Vidhyadhar Dharmadhikari and Rtn. Sugam Shah contributed to a social activity by donating Rs. 500/- each to सुखायु जन्मजात व्याधी प्रतिबंध व साहाय्य प्रतिष्ठान सांगली.

Rtn. Vidhyadhar Dharmadhikari contributed to a social cause by donating Rs. 5000/- to चैतन्य माउली विश्वस्त मंडळ, पंचशील नगर, सांगली

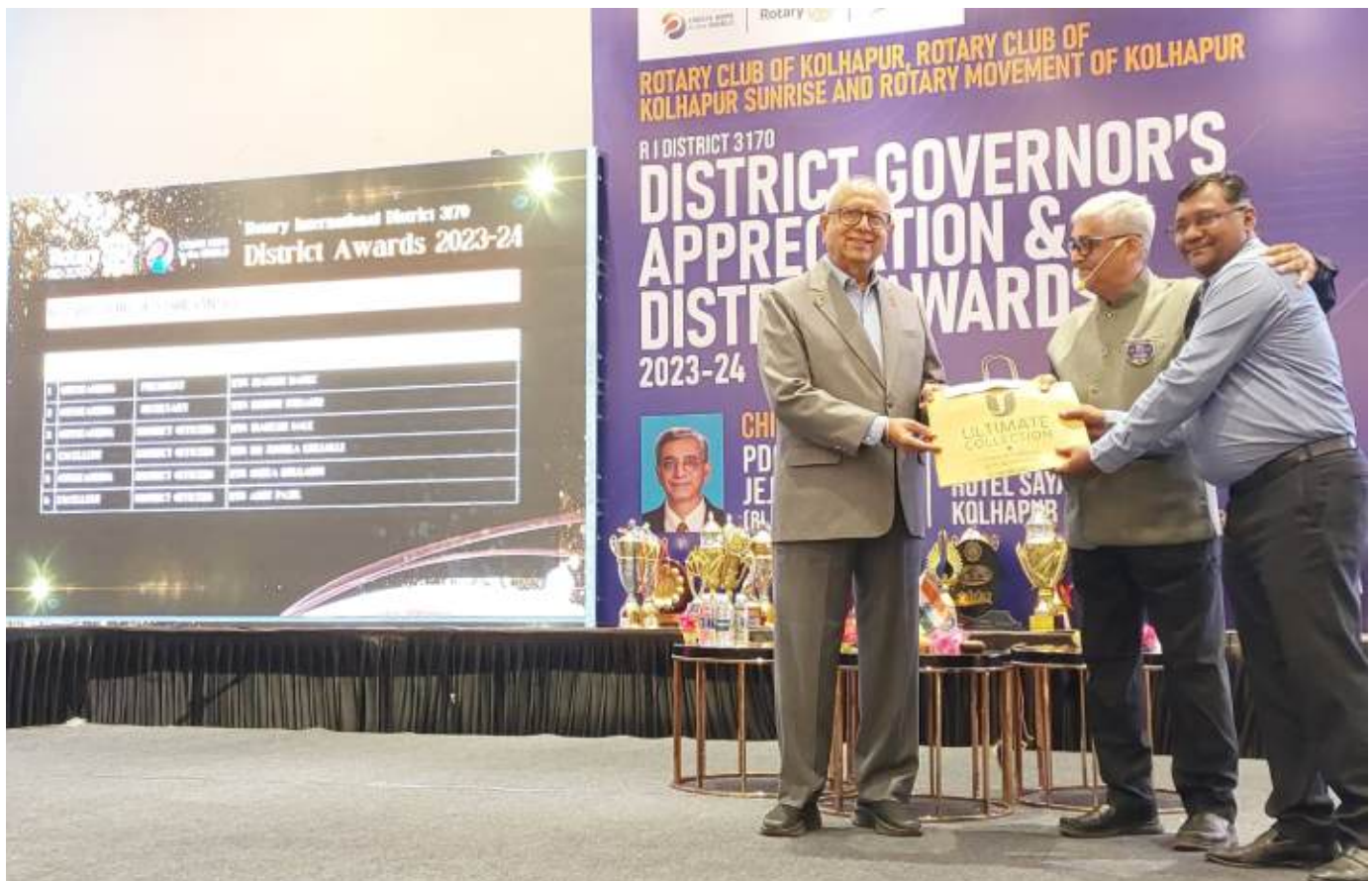
Achievements of the Club

District Awards



The RC Vishrambag got District appreciation awards for the year 2023-24.
The rotarians honoured by the awards are,

PRESIDENT	Rtn Manish Danke	OUTSTANDING
SECRETARY	Rtn Kishor Mirashi	OUTSTANDING
District Officer	Rtn Mahesh Sale	OUTSTANDING
District Officer	Rtn Dr. Monika Kullolli	EXCELLENT
District Officer	Rtn Ar. Smita Kulkarni	OUTSTANDING
District Officer	Rtn Amit Patil	EXCELLENT



Rtn Amit Patil receiving the awards on behalf of President



कंबोडियाची सफर

भव्य देवळांच्या देशातलं अनोखं अनुभवविश्व



रो. सौ. गौरी पटवर्धन

**कंबोडियाच्या प्रवासात भव्य मंदिरे,
शांत सरोवरे, आणि हिंदू-बौद्ध
संस्कृतीचं मनोहर दर्शन घडतं.**

**अंगकोरच्या प्राचीन मंदिरांमध्ये
कोरलेला इतिहास आणि संस्कृतीचा
ठेवा जगभरातून पर्यटकांना आकर्षित
करतो.**

कंबोडिया हा दक्षिण-पूर्व आशिया खंडामधील एक प्राचीन आणि समृद्ध देश आहे, आणि तेथे असलेल्या हिंदूंच्या देवळांसाठी प्रसिद्ध आहे. तसेच हा देश युनेस्को चा मेंबर असून तेथील देवळांसाठी त्यांना "जागतिक वारसा" दर्जा मिळालेला आहे. यामधील एक प्रमुख मंदिर "अंगकोर वाट" हे एक हिंदू मंदिर असून जगातील सर्वात मोठी धार्मिक वास्तू म्हणून "गिनीज जागतिक विक्रमा" द्वारे ओळखली जाते.

कंबोडियाला पूर्वी Kingdom of Cambodia, Land of Khmers , Khmers Land, Khmer Republic, Kingdom of Kampuchea, State of Cambodia अशी विविध नावे होती परंतु आता Combodia हेच नाव प्रचलित आहे.

दोन-तीन वर्षांपासून कंबोडिया ला जायचा विचार आमच्या मनात घोळत होता. केदार आर्किटेक्ट असल्यामुळे त्याला तेथील हिंदूंची सर्वात मोठी आणि प्राचीन मंदिरे पाहाण्याची अतिशय इच्छा होती. आपण म्हणतो ना, योग यायला लागतो.. त्याप्रमाणे बरेचदा हो-नाही करता करता अगदी सर्व बुकिंग्स आयत्या वेळेला करून आम्ही कंबोडियाला पोचलो.

ऑफिसमधून फक्त चार दिवसाची सुट्टी मिळाल्याने आम्ही कंबोडियात पोहोचल्यावर इतर कोणती ठिकाणं न बघता फक्त मंदिरेच बघायची हे ठरवले आणि 35 डॉलरचे तीन दिवसांचे मंदिरे बघण्याचे तिकीट काढले. जी मुख्य देवळे होती त्यामध्ये बिग टूर आणि स्मॉल टूर अशी विभागणी

केली होती. तसं बघायला गेलं तर कंबोडिया देशांमध्ये तीन हजारांपेक्षा जास्त मंदिरे आहेत परंतु एवढ्या कमी वेळामध्ये आपणास प्रमुख मंदिरेच पाहणे शक्य होते.



पोहोचलेल्या दिवशी आम्ही सर्वप्रथम नॅशनल म्युझियम पाहिले. मंदिरे पाहण्याआधी म्युझियम पाहण्याचा खूपच फायदा झाला. त्याने आम्हाला कंबोडियाचा इतिहास कळाला आणि मंदिरे पाहणे सोपे आणि अधिक माहितीपूर्ण झाले.

कंबोडियाची राजधानी फेनॉम फे (Phnom Penh) आहे, पण या सर्व प्राचीन वास्तू मात्र सीएम रीप (Siem Reap) या शहरात आहेत. कंबोडियाचे चलन हे कंबोडियन रियेल आहे पण तिथे टुरिस्ट साठी सर्रास डॉलर्स वापरले जातात. आश्चर्य म्हणजे आमच्याकडून एका ठिकाणी रुपयेही स्वीकारले गेले. पण डॉलर आणि रियेल व्यतिरिक्त इतर कोणतीही करन्सी किंवा चलन तेथे शक्यतो वापरले जात नाही.

सीएम रीप मध्ये पाऊल ठेवताच आपण कोकणातच आलोय की काय असे वाटायला लागते. नजर जाईल तिथपर्यंत पसरलेली भातशेती, फळझाडे, कुरणात चरणारी गुरे, पावसाळी हवा आणि टुमदार घरे यामुळे गोव्याचा भास तरी नक्कीच होतो.

एक वेगळी जाणवलेली गोष्ट म्हणजे इथे कुठेही एखादा डोंगरवजा टेकडी सुद्धा आमच्या निदर्शनास आली नाही

कारण तसा डोंगर किंवा टेकडी तेथे नाहीत. Koh Kong Province आणि Kampong Sepu Province या भागांमध्येच जास्त करून पर्वतरांगा आहेत.

एका पुरातन कथेप्रमाणे, कंबुजा ऋषींच्या गोत्रातील कौंडिण्या-१ या व्यापाऱ्याने इंडो चायनीज पेनिन्सुला मध्ये पोहोचून नागा राजकन्या सोमा हिच्याशी विवाह केला ज्यामुळे भारत आणि साउथ ईस्ट एशिया हे एका संस्कृतीने जोडले गेले. साधारणपणे ९ व्या दशकाच्या सुरुवातीला "खेमेर संस्कृती" तेथे उदयास आली. आणि जयवरमन राजाची राजवट सुरु झाली. अकराव्या शतकापर्यंत जयवरमन राजाचे वंशजानी हिंदू संस्कृतीचे जतन केले आणि नंतर बौद्ध धर्माचा स्वीकार केला.

हिंदू संस्कृती असल्याने ब्रम्हा, विष्णू, महेश, लक्ष्मी आणि सरस्वती या देवतांची प्रामुख्याने तेथे पूजा केली जायची. रामायण, अमृत मंथन यातील खूपशा कथा तेथे कोरीव काम किंवा मूर्तिरूपात साकारलेल्या आहेत.

तेथील काही प्रसिद्ध मंदिरांची नावे मी इथे नमूद करते.

A) Big Tour
Pre Rup Temple
Ta Som Temple
East Mebon Temple
Pre Khan Temple
Neak Poam Temple
Prasat Preah Khan

B) Small Tour
Angkor Wat Temple
Bayon Temple
Ta Prohm Temple
Prasat Ta Kao Temple

अति प्रचंड मोठी मंदिरे आहेत ही. तसं म्हटलं तर बारकाईने बघणाऱ्याला एक मंदिर बघायला एक दिवस सुद्धा पुरणार नाही. जेव्हा आपण ही मंदिरे बघतो ना, तेव्हा आश्चर्याने तोंडाचा "आ" च होतो. किती अवाढव्यता आणि किती विस्तीर्ण आवारात पसरलेली आहेत ही देवळे!

जवळजवळ प्रत्येक मंदिराजवळ जाईपर्यंत आपल्याला मेन रोड पासून अर्धा ते एक किलोमीटर अंतर पायी जावे लागते. सर्वसाधारणपणे सर्वच मंदिरांच्या बाहेर पाण्याची





अंगकोर वाट मंदिर

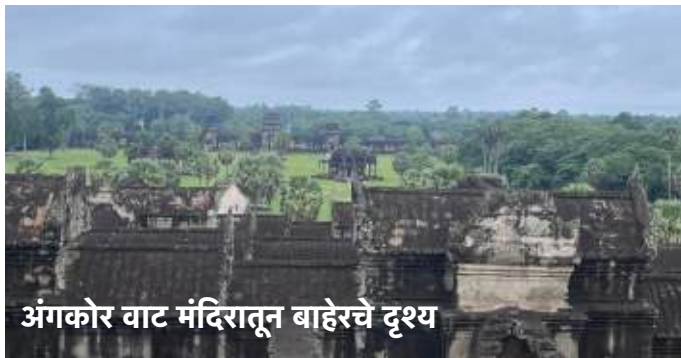


भगवान विष्णू

मोठी जलाशये आहेत, मोठी सरोवरेच म्हणाना. आणि त्या सरोवरात अतिशय मोहक कमळे आहेत. जसं की चित्रात दाखवतात ना लक्ष्मीच्या हातात कमळ असतं अगदी तसंच भलं मोठं. खूप सुंदर. अतिशय प्रसन्न वाटते. इतर फुले नाहीत पण प्रत्येक मूर्ती समोर एखादे तरी कमळ ठेवलेले असतेच.

येथील एक प्रमुख मंदिर म्हणजे अंगकोर वाट मंदिर. अंगकोर वाट चा अर्थ खमेर भाषेत "मंदिर शहर" किंवा "मंदिरांचे शहर" असा होतो. अंगकोर म्हणजे "शहर" किंवा "राजधानी शहर". "अंगकोर" हा शब्द नोकोरचे स्थानिक रूप आहे आणि संस्कृत/पालीतील नगर (देवनागरी: नगर) या शब्दापासून आला आहे.

या अंगकोर वाट (Angkor Wat) मंदिराजवळ सूर्योदय बघण्यासाठी मुद्दामहून तिथे लोक जातात. आम्ही गेलो त्या दिवशी इक्विनाक्स पण होते (या दिवशी दिवस आणि रात्र साधारणतः समान असतात). पहाटे चार वाजता निघून पाच वाजताच मंदिरासमोर आम्ही बैठक मांडली. मंदिरासमोर जलाशय आणि त्याच्यासमोर, आम्ही स्थानापन्न झालो. जवळच बुद्धांची धर्मस्थळे होती आणि तेथे त्यांचे जप पठण चालू होते. त्याचा आवाज त्या उगवत्या पहाटेला आणि आम्हाला एक नवीन ऊर्जा देत होता. उजाडायच्या आतच आम्ही भगवान विष्णूंचे दर्शन घेतले. ही एकमेव विष्णूची अखंड मूर्ती सान्या जगावर लक्ष ठेवण्यासाठी आजतागायत तेथे उभी आहे. ढगाळ वातावरण असल्यामुळे सूर्यदर्शन मात्र आम्हाला झाले नाही, परंतु तो अनुभव खरंच वेगळा होता.



अंगकोर वाट मंदिरातून बाहेरचे दृश्य

नंतर मुख्य देवळामध्ये प्रवेश केला. त्यासाठी जवळजवळ पन्नास-पन्नास खड्या पायऱ्यांचे तीन चार मजले चढून जावे लागते. मंदिराच्या वरच्या भागात आल्यावर चहुवार नजर फिरवल्यावर जे साम्राज्य दिसते ना ते शब्दात नाही सांगता येणार, सगळं दृश्यच अत्यंत विहंगम..

या मंदिरांच्या लांबच्या लांब भिंतींवर रामायण कोरलेले आहे. राम - वानरसेना आणि रावण यांचे युद्ध, अगदी खूपच रेखीव काम आहे सगळं. मेरू पर्वता भोवती झालेल्या समुद्रमंथनाची कथा तर मूर्तीरूपात लिलया साकारलेली आहे. एकीकडे देव, त्यांच्या हातात वासुकी नागाची शेपटी आणि दुसरीकडे दानव आणि त्यांच्या हातात वासुकीचे तोंड. मग त्यातून मिळालेले अमृत. सारं काही खूपच कलात्मकपणे आपल्यासमोर मांडले आहे.

कंबोडियामधील सर्वच मंदिरे ही अतिशय सुबक आणि कोरीव कामाने परिपूर्ण आहेत. मंदिरांच्या बांधणीसाठी सॅंड स्टोन (वालुकाश्म) वापरलेला आहे. एकूण एक दगडावरती अगदी बारीक नक्षी कोरलेली आहे. कुठे अप्सरांची चित्रे तर कुठे देवदेवतांची चित्रे साकारलेली आहेत. मंदिराच्या कळसाला मध्यभागी एक चौकोन मोकळा सोडलेला आहे जेणेकरून पुरेपूर उजेड आत येऊ शकेल. काही मंदिरांच्या गाभाऱ्यामध्ये चहूबाजूंनी प्रत्येक दगडाला बारीक बारीक समान आकाराची छिद्रे दिसली. नंतर आमच्या गाईडने अशी माहिती दिली की त्या छिद्रामध्ये त्याकाळी रत्ने ठेवलेली असायची.



रामायण



Bayon Temple

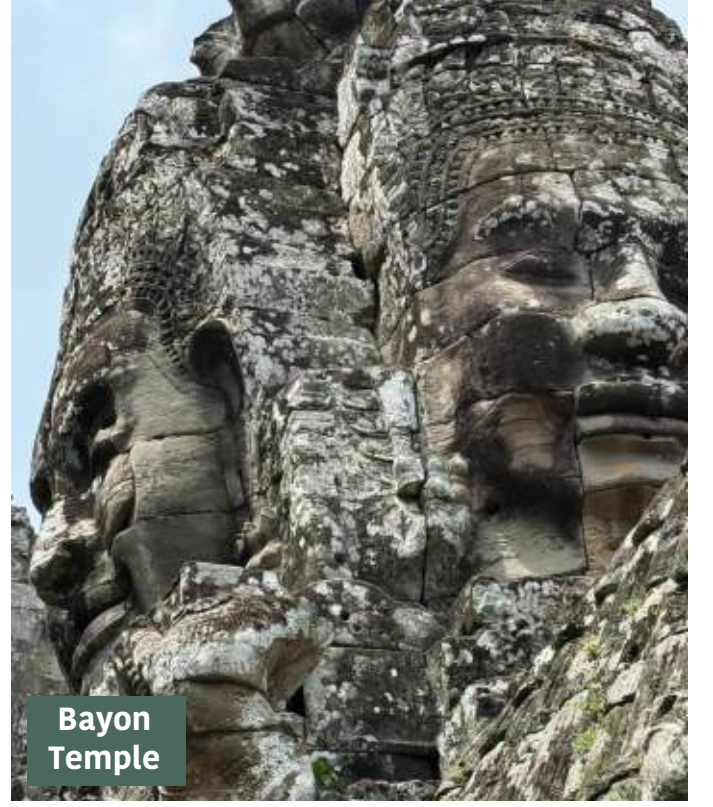
राजा जयवर्मनाने नंतर बुद्ध धर्म स्वीकारल्याने बऱ्याच ठिकाणी बुद्ध मूर्ती पाहायला मिळतात पण अजूनही काही ठिकाणी मात्र शिवलिंग आहेत. काही मंदिरांच्या प्रवेशद्वारापाशी सिंह, काही ठिकाणी हत्ती तर काही ठिकाणी नाग हे शक्तीचे द्योतक म्हणून मूर्ती रूपात आहेत. यातील काही मंदिरे ही राजाच्या निवासासाठी तर काही आश्रितांसाठी वापरली जायची.

Bayon Temple याची खासियत म्हणजे या मंदिराच्या कळसावर चारी बाजूंनी भव्य चेहरे कोरलेले आहेत जे बोधिसत्व दर्शवितात. Ta Prohm म्हणजेच ब्रम्हाचे वंशज हे मंदिर तर अजून अजस्र झाडांनी वेढलेले आहे पण ती झाडं न तोडता मंदिर वाचवण्याचे प्रयत्न कंबोडियन सरकारने केलेले आहे.

कंबोडिया-भारत, कंबोडिया-चीन, कंबोडिया-जपान, अशा वेगवेगळ्या देशांबरोबर कंबोडिया ने करार करून प्रत्येक मंदिराच्या जिर्णोधारासाठी प्रयत्न केले आहेत.

कंबोडिया हा कृषीप्रधान देश आहे, प्रामुख्याने भात, मासे आणि चिकन हे त्यांचे जेवण. तसेच लिची वर्गातील वेगवेगळी फळे तिथे पाहायला आणि चाखायलाही मिळतात. बाकी खरोखरच कोकणासारखे फळ, भाज्या, भात, मासे यांचा जेवणात वापर मुबलक. पण म्हणावी तशी सधनता अजूनही त्या देशात नाही. टूरिझम हे मोठे उपजीविकेचे साधन. पैसा कमी असला तरी लोकं मात्र अगदीच साधी आणि सज्जन. सगळीकडे सुरळीतपणा, शांतता आणि ऊर्जेने परिपूर्ण.

इथले सगळेच समृद्ध, अवाढव्य, अचाट आणि अवर्णनीय आहे. मंदिरांची भव्यता आणि दिव्यता शब्दात मांडता येणं खरंच अवघड आहे. त्यासाठी याची देही याची डोळा तिथे जाणं आणि पाहणं झालंच पाहिजे.



Bayon Temple

चारच दिवसांची ट्रिप, तरीही लिहिण्यासारखं भरपूर आहे. पण मी अगदीच संक्षिप्त शब्दात आमच्या कंबोडियाच्या ट्रिप चे वर्णन करण्याचा प्रयत्न केला आहे.

असे अवाढव्य हिंदू साम्राज्य आपल्या देशाच्या पलीकडेही असेल याची साधी कल्पनाही येत नाही आपल्याला. आणि हे सर्व पाहून आल्यावर हिंदू असल्याचा अभिमान आपोआपच आपल्या हृदयात जागृत होतो.

"जयतु जयतु हिंदुराष्ट्रम्"
"जय श्रीराम"

लेखिका:
रो. सौ. गौरी पटवर्धन



रो. सौ. गौरी व रो. श्री. केदार पटवर्धन

Annets' Corner



*A beautiful
nature painting by
Annet Janhavi Tagare*



*An Eloquent Poem by
Annet Ishani Tagare*

From Ladakh trip

With Rocky mountains on all our sides
Snow capped peaks in the distance high
With the air so cold and the rocks so old
The highest desert is where I stand

The land of warriors
The land of peace
The land of violence
And of refugees

See the sacrifices, with your eyes
Unforgiving nature and violent skies
Feel the struggle, to survive another day
Go where the memories of war lay

The Leh palace stands so tall
And the momenta of peace, shines for us all
The buzzing market, the bustling streets
Filled with tourists, locals and refugees

I see it all from where I stand
And as the sun's last rays land
The Himalayas glow with an orange hue
Let us pay our tributes, me and you.



Rtn. Dr. Mugdha Tagare

Har ki Doon Trek and Kashmir

Beauty of Nature captured by
Rtn. Dr. Amit Tagare and
Rtn. Dr. Mugdha Tagare



Scenes from Harkí Doon

A trekker’s paradise, the Har Ki Doon trek feels like a stairway to heaven, captivating you with its breathtaking beauty. What makes this trek even more appealing is its accessibility during both summer and winter. Nestled on the western slopes of the Garhwal Himalayas, Har Ki Doon Valley is a favorite among trekkers and climbers alike. The journey to the valley is enchanting, offering mesmerizing views of the Swargarohini peaks along the way.

Beautiful Scenes of Kashmir



HAPPY BIRTHDAY



Rtn. Dr. Amit Tagare



Rtn. Sadanand Gadgil

Birthdays

Rtn. Sadanand Gadgil, 22 Oct.
Rtn. Dr. Amit Tagare, 28 Oct.

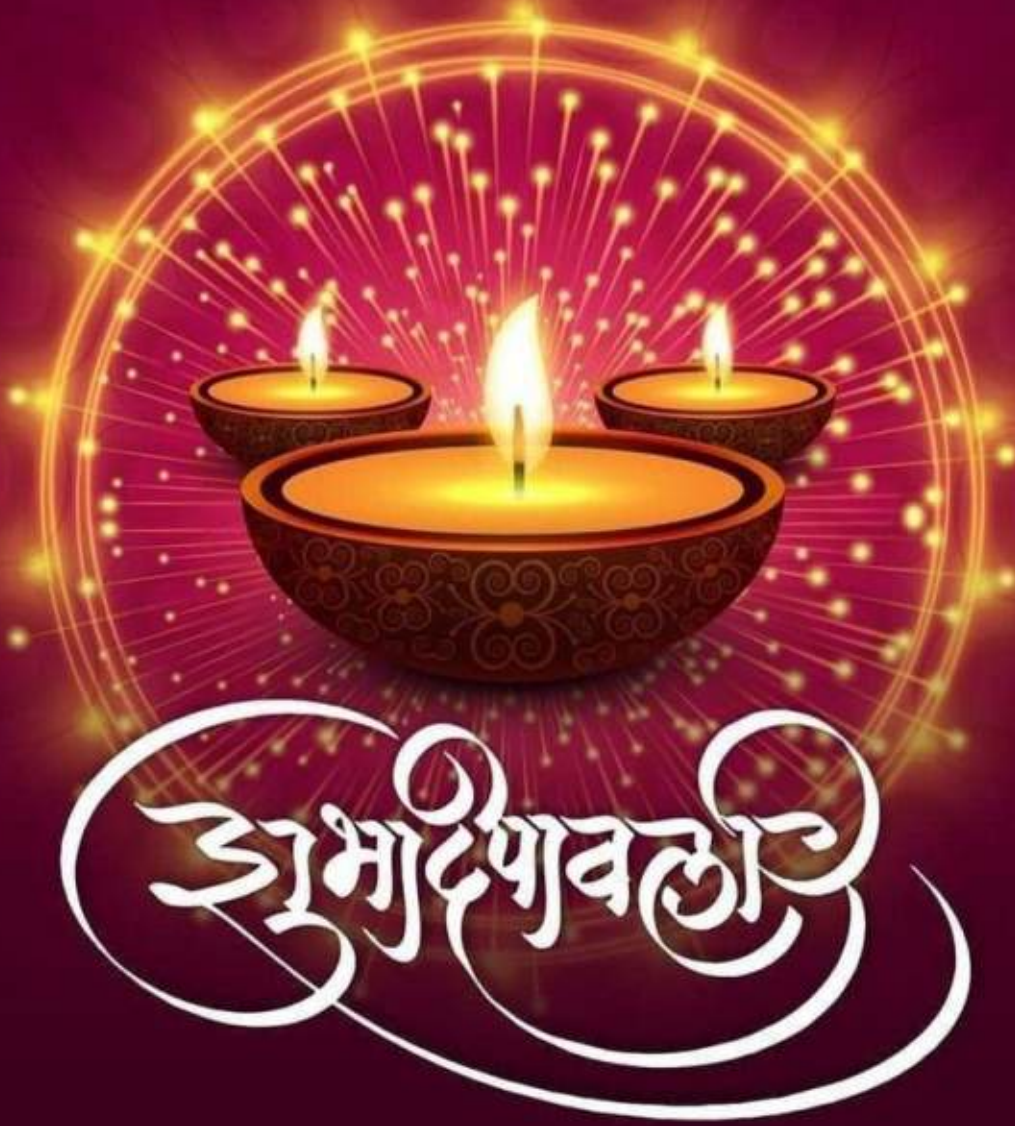


All Rotary friends wish you a year full of strength and confidence !!



लक्ष्मीपूजन व दीपावली

निमित्त तुम्हाला व तुमच्या परिवाराला मंगलमय शुभेच्छा..!



Happy Diwali to
Rotary family !!

Join our Club

Rotary is more than 1.2 million passionate individuals in more than 45,000 clubs worldwide. We are both an international organization and a local community leader. Membership in a Rotary or Rotaract club is by invitation only.

○ You express interest

Let us know a little about yourself and what you're looking for in a club. We'll find the local clubs in your area and let them know you're interested.

○ Rotary matches you with a club

Based on your preferences and interests, Rotary leaders in your community will match you with the local club that fits you best.

○ A local club contacts you

A Rotary or Rotaract club member will contact you by email or phone to discuss your interest in Rotary. You'll be invited to get to know the club better by attending a club meeting, a social event, or even to join in on a service project as a volunteer.

○ The club invites you to join

Now that you and a local club have spent some time together and determined that you're a good fit for each other, you will be invited to join. Each club has its own ways of welcoming new members; they may hold a ceremony for you.

○ You're a member!

Enjoy getting involved in your new club as a Rotary member. Join a committee. Lead a service project. Organize a social event. Lead and contribute to your new club.

Click to Read the
District Newsletter

TRF Meter

Annual Program Fund

Date	Details	Amount in \$
Sept 2024	Balance	\$200
Oct 2024	-	\$0
	Total	\$200

Polio Fund

Date	Details	Amount in \$
Sept 2024	Balance	\$25
Oct 2024	-	\$0
	Total	\$25



