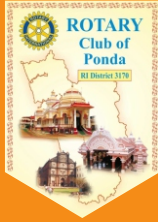
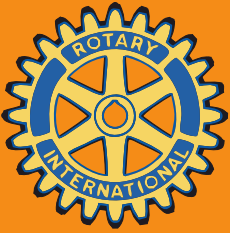


Farmagudi



The Bulletin of
ROTARY CLUB OF PONDA



Club No. 15674

Chartered on : 27th April 1978

R.I. District : 3170

Volume : 47 | AUGUST 2024



Rtn. Paul Harris
Founder



Rtn. Stephanie A. Urchick
RI President 2024-25



Rtn. Sharad Pai
District Governor



Rtn. Suchitra Bhat
President

Rtn. Venkatesh Nayak
Secretary

Rtn. Priya Naik
Treasurer

Rtn. Abhijeet Kelekar
Bulletin Editor



Editorial

Dear Fellow Rotarians,

As we usher in August, we find ourselves at a pivotal moment in the Rotary calendar: Membership and New Club Development Month. This period is not merely a designated time to boost our numbers, but an opportunity to reflect on the very essence of what makes Rotary a unique and impactful global organization.

As we progress through August, I urge each of you to embrace the spirit of growth and development. We need to specially focus more on adding new members, Let's work together to identify potential members, as well as to retain the new members by involving them and making them wanted in the Rotary Family. In order to maintain the reputation, which our club holds in entire District 3170, we need to fortify our strength, so that we can meet the expectations of all, as one of the vibrant clubs in the district 3170. This can happen only if, we keep on adding quality people to our Family of Rotary. Our efforts this month will lay the foundation for a stronger, more vibrant Rotary, capable of achieving even greater feats of service and fellowship.

Our regular activities like Installation ceremony, Tree Plantation, Day Picnic at Pascoal Farm were carried out with our own trademark of fellowship developed over the years.

I have read in a book about this **6-P Formula - Proper Prior Planning Prevents Poor Performance**. President Rtn. Suchitra and her TEAM has left no stone unturned in Planning the events carried out in July and with the kind of support provided by Rtn. Dr. Rajesh Bhat and all the members of BOD, I can predict the year ahead will be one of the memorable years in the History of our club.

My small request to all. Please feel free to send in your comments and views on the Bulletin - the good, the bad and the suggestions so that we can improve and bring out better issues which all of us can enjoy reading.

Rtn. ABHIJEET KELEKAR
(Editor 2024-25)



President Speaks

Dear Rotary members and Readers,

As we turn the page on another month, I'm filled with pride and gratitude for the collective projects and activities done by our club. It has been an incredible start to our Rotary year 24-25, and I am deeply honored to serve as your President.

July was the Rotary's 'Maternal and Child Health' designated month. Keeping this in mind we organized MHM talks for the adolescent girls in different schools, carried out egg bank project. Thanks to Dr. Smita Usgaocar for being the speaker for these sessions.

Our Annual tree plantation at Gomant Ayurvedic College was attended in large numbers by our Rotarians and Annes. As every year, we planted the medicinal plants in the college Medicinal plants garden. The active participation from the members was inspiring.

Annual day picnic at Pascoal farm was a great success.

All the members enjoyed the nature, games, activities and the delicious food. The secretary's report will give a glimpse of this fun filled activity.

Let's continue to work together, support each other, and make a positive impact in the months to come . As rightly said, *"The magic of Rotary lies in people coming together to achieve extraordinary things"*.

Your's in Rotary Service,

Rtn. Suchitra Bhat
(President 2024-25)



THE MAGIC OF ROTARY Rotary Club of Ponda




Editor
Rtn. Abhijeet Kelekar

Published By
Rotary Club of Ponda
Royal House,
Tisk, Ponda - Goa 403 401

Printer
Smart Printings, Ponda Goa
9423271633
Designer
Saily Naik

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The 4-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 is good for you, my friends. To the ill, it says, "Take up thy bed and walk." Rotary prolongs the life of hundreds of thousands of men; Rotary makes for health and happiness."

- Paul P Harris message to the 1946 Convention, Atlantic City

Board of Directors for 2024 - 2025

President	- Rtn. Suchitra Bhat
Vice-President	- Rtn. Abhijeet Kelekar
President-Elect	- Rtn. Dr. Anita Tilve
Immediate Past President	- Rtn. Nasir Ali Wahid
Secretary	- Rtn. Venkatesh Nayak
Treasurer	- Rtn. Priya Naik
Sergeant-at-Arms	- Rtn. Sanjana Desai
Club Service Director	- Rtn. Ranjit Sadekar
Community Service Director	- Rtn. Mohan Aggarwal
Vocational Service Director	- Rtn. Mukul Lal
International Service Director	- Rtn. Dr. Subramanya Bhat
Youth Service Director	- Rtn. Vasudev Sawant
Joint-Secretary	- Rtn. Ashwin Kunkolienkar

Objectives of Rotary

The Objective of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST : The development of acquaintance as an opportunity for service;

SECOND : High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD : The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH : The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.



Nationalism in India has roused the creative faculties which for centuries had been lying dormant in our people.

- SUBHASH CHANDRA BOSE

Activities Report - July 2024

Installation Ceremony

Installation Ceremony of Rtn. Suchitra Bhat as President and her Board of Directors along with 52nd weekly meeting of the year 2023-24 was held at GVM's Auditorim at Farmagudi. Rtn. Dr. Lanny Dacosta was the installing officer and Rtn. Dr. Pradnya Kakodkar (AG) was the guest of honour. A cheque of Rs. 60,000/- was handed over to the beneficiary of Pink Auto Rickshaw project.



Doctors and CA day celebration



Visited the houses of Rtn. Dr. Rajiv Usgaoncar and Rtn. Dr. Baban Kakodkar and office of Rtn. CA L. D. Naik and Rtn. CA. Subramanyam Bhat & offered flowers and sweets.

During the first regular weekly meeting club felicitated Ponda IMA President Dr. Suraj Kanekar and CA Mr. Suhas Desai. Also felicitated Doctors and CAs from our Club.



Speaker for 2nd Regular weekly meeting was

Shri. Pandurang (Magan) Sawant. He gave a beautiful presentation about naturopathy.



In absence of president Rtn. Suchitra Bhat 3rd Regular weekly meeting was hosted by Rtn. Abhijeet, Rtn. Dr. Anita Tilve delivered a nice talk on Guru Pornima and Ashadhi Ekadashi.



During the 4th Regular Weekly Meeting President Rtn. Suchitra gave the information about Kargil Vijay Diwas and a documntary on

child and maternal health was presented. Birthday cake was cut by the Rotary family members having birthdays in the month of July.

District Governor Installation



Installation program of DG Rtn. Sharad Pai was attended by President Rtn. Suchitra Bhat at Belgavi.

Healthy habits in adolescent girls and MHM



On 11th July Dr. Smita Usgaoncar delivered a very informative talk to the girls students of Govt. High School, Bethoda. Program was attended by President Rtn. Suchitra Bhat, Secretary Rtn. Venkatesh Nayak and Rtn. Shobha Kelekar.



On 18th July a talk on MHM awareness for adolescent girls at Surashree Kesarbai Kerkar High School, Keri was organised, Dr. Smita Usgaoncar was the resource person. Rtn. Venkatesh, Rtn. Shobha and Rtn. Sanjana were present on the occasion Dr. Anita Tilve sponsored the Sanitary pads to the girl students.

Egg Bank project



A cheque of Rs. 5000/- was handed over to Rtn. Anita Tilve towards egg bank project to the girl students of Kanya Vasarigrh, Loliem, Canacona.

Blood Donation / Medical Camp



Blood donation and medical checkup camp was organised in association with Sarthak foundation. More than 200 people were benefited by the project, 55 units of blood were collected from this camp.

Tree Plantation at Gomantak Ayurved Mahavidyalaya and Research Centre Shiroda



Annual tree plantation was carried out at Gomantak Ayurved Mahavidyalaya and Research Centre, Shiroda. Dr. Das, HOD gave an informative talk and PPT presentation on medicinal plants. Later tree plantation was done at Rotary medicinal plants plot. The event was well coordinated by Rtn. Padurang Ghatte.



Annual Day Picnic



Annual day picnic of the club was arranged at Pascoal Farm, Khandepar. More than 50 members joined the picnic. Different types of games and activities were conducted by Rtn. Venkatesh and Anne Rajani which were enjoyed by all the members. Gifts and prizes were sponsored by Rtn. Sanjay Bhandari.



1st BOD Meeting



1st BOD Meeting for the year 2024-25 was held in Rotary Hall on 3rd July 2024.

There was a detail discussion about activities to be planned for July-August 2024.

Sharing Rotary with New Members

Are you aware of the responsibility or obligation most Rotarians fail to perform? Paying their dues? Attending meetings? Contributing to the club's service fund? Participating in club events and projects? No — none of these!

Of all the obligations a person accepts when joining a Rotary club, the one in which most Rotarians fail is "sharing Rotary." Rotary International clearly supports the position that every individual Rotarian has an "obligation to share Rotary with others and to help extend Rotary by proposing qualified persons for Rotary club membership:"

It is estimated that less than 30 percent of the members of most Rotary clubs have ever made the effort to propose a new member. Thus, in every club, there are many Rotarians who rarely share their positive experiences of Rotary membership with other individuals.

The Rotary International Constitution states with respect to club membership:

"Each club shall have a well-balanced membership in which no one business or profession predominates." One merely has to glance through the pages of the local telephone or chamber of commerce directory to realize that most clubs have not invited qualified members of all businesses and professions into Rotary. One of the founding principles of Rotary is a fair and equitable representation of the professional and business population of the community it supports. To remain relevant, Rotary clubs must be inclusive of all professions and businesses within a community.

Only a Rotarian may propose a customer, neighbor, client, supplier, executive, relative, business associate, professional, or other qualified person to join a Rotary club. Have you accepted your obligation to share Rotary? The procedures are very simple, and everyone must know at least one person who should belong to Rotary.

LAW OF SOWING AND REAPING

The Nature's Law of sowing and reaping, is also known as the Law of cause and effect, or Law of Harvest. This is a principle that suggests that, the actions we take today will yield consequences or results in the future.

This concept is often summarized by the phrase, "What you sow, so shall you reap."
Some key aspects of this principle are:

1. Action and Consequence: The law emphasizes that our actions have consequences. If you sow potatoes, you will reap potatoes. Same way if you sow Positive you will reap positive, and if you sow negative you will reap negative. You have got a choice in what you sow.

2. Effort and Reward: The principle implies that hard work and dedication will eventually bring rewards. Just as a farmer must till the soil, plant seeds, water the crops, and then he harvests a good yield. In same way, individuals must put in effort to achieve positive results. Because Positive requires efforts, but negative is automatic. Example is of weeds. Weeds are negatives and are automatic. But if you want yield of potatoes, you require efforts.

3. Timing: You sow first, you reap later. There is often a delay between sowing and reaping. Just as crops need time to grow, the results of our actions might not be immediate. Patience and perseverance are important.

4. Abundance: The quantity and quality of what is sown can affect the harvest. This means, You sow one, you reap plenty. We can count how many seeds are there in an apple, but we don't know how many apples are there in a seed? Infinite.

This principle is found in many philosophies, religions, and cultural teachings, emphasizing the importance of mindful and intentional living.

Here is How we can apply The law of sowing and reaping across various aspects of life.

- ✓ The habits we develop today will shape our future. Positive habits such as regular exercise, reading, and mindfulness can lead to a healthier and more fulfilling life. Conversely, negative habits like procrastination or unhealthy eating can have detrimental effects.

- ✓ Investing time in learning new skills and knowledge can lead to personal and professional growth.

- ✓ Treating others with kindness and empathy often results in stronger, more positive relationships. Acts of generosity and understanding can create a supportive and loving environment.

- ✓ Hard work, dedication, and a proactive approach to your career can lead to professional success. Consistently putting in effort and striving for excellence can result in promotions, recognition, and career advancement.

- ✓ Making wise financial decisions, such as saving money and investing wisely, can lead to long-term financial stability and growth. Impulsive spending and poor financial planning can result in debt and financial stress.

- ✓ Philanthropy and charitable giving can create a sense of fulfillment and contribute to the well-being of others. This can also result in a positive reputation and personal satisfaction.

- ✓ Taking care of your body through proper nutrition and regular exercise can lead to better health and longevity. Neglecting your health can result in various medical conditions and a lower quality of life.

- ✓ Practices like meditation, therapy, and self-care can improve mental health and emotional resilience. Ignoring mental health needs can lead to stress, anxiety, and other psychological issues.

By understanding and applying the law of sowing and reaping, we can create a more intentional and fulfilling life, ensuring that our actions today lead to desirable outcomes in the future.

So, to summarize in a single quote:

What you do to others, good or bad, God gives to 10 times back. So always keep on doing the good and forget it.

FROM THE R.C. PONDA ARCHIVES



Inauguration of Bus Stop Shelter at Nagargaon, Sattari- Goa constructed by Rotary Club of Ponda

Rotarians attending 100% meetings in July 2024

- | | |
|------------------------------|--------------------------|
| 01. Rtn. Shyam Naik | 09. Rtn. Suchitra Bhat |
| 02. Rtn. Gajanan Sawant | 10. Rtn. Dr. Rajesh Bhat |
| 03. Rtn. Abhijeet Kelekar | 11. Rtn. Venkatesh Nayak |
| 04. Rtn. Dr. Rajiv Usgaoncar | 12. Rtn. Leena Sadekar |
| 05. Rtn. Vinayak Nayak | 13. Rtn. Sanjana Desai |
| 06. Rtn. Ranjit Sadekar | 14. Rtn. Vasudev Sawant |
| 07. Rtn. Santosh Tilve | 15. Rtn. Shobha Kelekar |
| 08. Rtn. Nasir Ali Wahid | |

Congratulations..!

FELLOWSHIP GREETINGS FOR THE MONTH OF AUGUST

- 02nd August : Annette Samiha Rohan Vaskar
07th August : Annette Urwashi Vithal Miringkar
08th August : Anne Rekha Sadanand Desai
10th August : Rtn. Sagar Narvekar
12th August : Anne Divya Pradeepkumar Naik
13th August : Rtn. Sushma Tilve
15th August : Annette Rishikesh Dr. Vishwanath Bhawe
16th August : Anne Surekha Pandurang Ghate
17th August : Annette Kamaxi Ranjit Sadekar
19th August : Annette Siddhi Bhasker Khandeparkar
20th August : Rtn. Rukmi Dangui
21st August : Annette Arnaaz Nasir Wahid
22nd August : Anne Anjali Shyam Naik
23rd August : Annette Vedang Shripad Talauliker
24th August : Rtn. Vinayak Nayak
26th August : Anne Prabha Devidas Nagarsekar
27th August : Annette Ankita Arvind Kumar Kejriwal
27th August : Anne Rajashri Akshay Khandeparkar
28th August : Annette Mayur Baban Kakodkar
29th August : Rtn. Mahendra Khandeparkar

