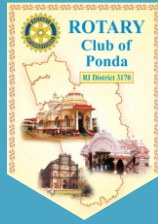
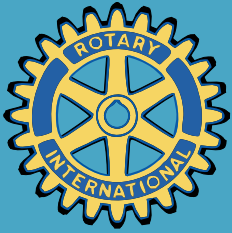


Farmagudi



The Bulletin of
ROTARY CLUB OF PONDA



Club No. 15674

Chartered on : 27th April 1978

R.I. District : 3170

Volume : 47 | NOVEMBER 2024



Rtn. Paul Harris
Founder



Rtn. Stephanie A. Urchick
RI President 2024-25



Rtn. Sharad Pai
District Governor

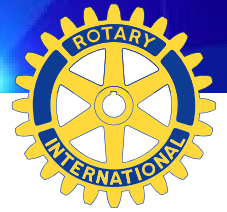


Rtn. Suchitra Bhat
President

Rtn. Venkatesh Nayak
Secretary

Rtn. Priya Naik
Treasurer

Rtn. Abhijeet Kelekar
Bulletin Editor



Editorial



October was The Community and Economic Development Month. In the month of October, different activities like International Girl Child Day, Basic life science training programme for Nurses, Polio Awareness at Anganwadis, Donation of steel utensils

to the Deaf and dumb school, donation of groceries to house of destitute and orphanage, programme for the old age home inmates, Guest speaker at weekly meetings and others celebrations were carried out successfully.

Festival of "Kojagiri Pournima" were celebrated with enthusiasm at the weekly meeting with families. I congratulate President Rtn. Suchitra and her team for the string of activities carried out for the month.

As November brings cooler winds and festive warmth to our lives, it also serves as a significant month on the Rotary calendar. November is designated as **The Rotary Foundation Month**, an opportunity to reflect on the impact of our collective contributions and commitment to **"Doing Good in the World."** Through the work of the Foundation, Rotarians globally continue to touch countless lives by promoting peace, fighting disease, supporting education, growing local economies, and protecting the environment.

This month, as we celebrate the Rotary Foundation's legacy, let us remember that each contribution - be it financial, time, or effort - propels us toward a more inclusive, healthier, and harmonious society. Let us continue to encourage our friends, families, and colleagues to become part of this movement, to extend their support, and to believe in the power of positive change. The Foundation's work is a testament to the Rotary spirit of selfless service, and as Rotarians, we have the responsibility and privilege of being custodians of that legacy.

Looking forward, there are several exciting projects and events lined up. Let's remain enthusiastic, committed, and engaged. Our shared commitment has been the cornerstone of our success so far, and with the support and participation of each member, we can achieve even more.

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." The last year 2023-2024 has been one of the successful years for the Rotary Club of Ponda. Our IPP Rtn. Nasir Ali and other members have proven this with the number of District Awards received for our club from the IPDG Rtn. Nasir Borsadwala. I congratulate Rtn. Nasir and his Team for all the awards. These Awards has definitely proven that Rotary Club of Ponda continues to be one of the top clubs in the District 3170.

Thank you to every Rotarian who has dedicated time, talent, and treasure to our cause. Let's continue making a difference, one project at a time.

I wish all the Rotary Families on the eve of festival of Diwali.

Yours in Rotary
Rtn. Abhijeet Kelekar
Editor (2024-25)



President Speaks

Dear Fellow Rotarians,

I am happy to release this 5th issue of bulletin Farmagudi. October month was full of activities and the secretary's report will give a glimpse of the same. I am indeed happy to congratulate IPP Rtn. Nasir Ali Wahid, BOD members of 23-24 and all the RC Ponda family members. Our club has won many Prestigious awards for the year 23-24 at the District Award ceremony which took place at Kolhapur. Keep it up RC Ponda!!

In the month of October, we have carried out the following projects: Story books and stationery distribution to Govt Primary school, Distribution of shoes to students of Gomantak Vidyalaya Piliem, Basic Life support Nurses training at SDH Ponda in association with other Rotary Clubs from Ponda etc. We joined hands with the Innerwheel club of Ponda to distribute groceries to Maa Asro Ghar, a place for destitute. Club celebrated International Girl Child day at Panchsheel High school Bori. Club members visited Lokvishwas Pratishthan and donated household items, utensils for the inmates. Members bought Akashkandils and Diya made by the specially abled Children. World Polio day was celebrated by distributing the posters to Aanganwadis and Nursery schools in and around Ponda. Pre-Diwali celebration with the inmates of Sanjeevan along with the Innerwheel members was indeed a memorable event. I extend my deepest gratitude to all of you for your commitment, dedication and participation in these these projects Apart from the projects, members enjoyed and participated in Navratri, Kojagiri Purnima celebrations in the club.

I remember a quote by Mahatma Gandhi - "The best way to find yourself is to lose yourself in the service of others." How well this phrase goes with Rotary's moto. November is designated as The Rotary Foundation month (TRF). TRF is Rotary International's charitable arm, dedicated to funding impactful projects worldwide. TRF addresses critical global issues. It funds polio eradication efforts, supports scholarships, and assists in disaster relief, embodying Rotary's mission of "Service Above Self." At Rotary, we are guided by the principle of "Service Above Self," and this month offers a fitting reminder of why we dedicate ourselves to helping those around us and fostering peace and goodwill in the world. A small contribution by every Rotarian all over the world makes a lasting impact.

I am reminded by the phrase "Embracing the power of small Acts". Acts of service come in all sizes and forms. While some of our projects may reach hundreds of people, others touch a single life. But each effort is equally valuable. Let's continue to bring our energy and ideas to each project, remembering that no effort is too small when it comes to making a difference.

Your's in Rotary,
Rtn. Suchitra Bhat
(President 2024-25)

THE MAGIC OF ROTARY Rotary Club of Ponda



Editor

Rtn. Abhijeet Kelekar

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rcponda@gmail.com***



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?



*"If Rotary has encouraged us to take a more kindly outlook on life and men; if Rotary has taught us greater tolerance and the desire to see the best in others; if Rotary has brought us pleasant and helpful contacts with others who also are trying to capture and radiate the joy and beauty of life, then Rotary has brought us all that we can expect."
- Paul P. Harris. in "My Road To Rotary", 1947*

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.

***Competition should not bother you,
you should only think about your
commitment, effort and
contribution.***

- Sachin Tendulkar





Rtn. Venkatesh Nayak
SECRETARY

Secretary's Report

October 2024

LIFE SUPPORTING TRAINING FOR NURSES

10/10/2024 - ROTARY CLUB OF PONDA participated in basic life supporting training for the nurses of Sub-District Hospital, Ponda, conducted by St. John Ambulance Association, Goa Branch. PDG Rtn. Dr. Jorson Fernandes was the resource person. Over 38 participants were benefited by this knowledgeable training program.



POLIO AWARENESS PROGRAMME



24/10/2024 - On the occasion of "World Polio Day", Rotary club of Ponda, visited some of the Anganwadis and Nursery schools around Ponda and educated the parents and public about Polio, it's effects and the importance of vaccination. Some posters and other related materials were distributed.



VISIT TO SANJEEVAN

28 /10/ 2024 - Pre Diwali program by the Rotarians and Innerwheel members at Sanjeevan, Bandora - Ponda. Inmates of Sanjeevan were not only the spectators, but they also participated actively in the programme. Thanks to Rtn. Pradeep Arolkar for sponsoring the dinner.



DISTRIBUTION OF HOUSEHOLD ITEMS

21/10/2024 Rotary Club of Ponda donated some kitchen items and other household items to Lokvishwas Pratishthan, Dhavali for the new project coming up at Quepem. Around 40 students and 10 staff of the school will be benefited by this project. Special thanks to Rtn. Dr. Vilas Naik for helping this project.



CELEBRATION OF GIRL CHILD DAY

15/10/2024 - ROTARY CLUB OF PONDA celebrated international girl child day at Panchasheel high school Borim with the students. Different talks, drawing competition and games were conducted for girls. Rtn. Ar. Megha Rane Tilve gave a motivational talk on Girl with a voice - Powerful force of change. Ms. Akanksha Parsekar gave a talk on POCSO act. Students recited a song with Rtn. Priya Naik. There were few spot prizes given.



DISTRIBUTION OF GROCERIES TO HOME FOR ORPHANS

17/10/2024 - ROTARY CLUB OF PONDA distributed groceries and sweets to the inmates of Maa Asroghar, a shelter for destitute and orphans, Khandepar along with Innerwheel Club of Ponda. The groceries were handed over to the incharge Mr. Shreyas Mestry and sweets were distributed to the inmates.



WEEKLY MEETING - "KOJAGIRI POURNIMA"

15/10/2024 - RWM of RC Ponda was held on 18th October 2024. Rtn. Sanjana Desai spoke on "Kojagiri Pournima". In her talk she highlighted the mythological significance and cultural traditions about Kojagiri Pournima. She also discussed various customs and rituals associated with the festival. The talk was well received by the audience.



LIFE SUPPORTING TRAINING FOR NURSES - 2

19/10/2024 ROTARY CLUB OF PONDA participated in basic life supporting training - part 2, for the nurses of Sub District Hospital, Ponda conducted by St. John Ambulance Association, Goa Branch. PDG Rtn. Dr. Jorson Fernandes was the resource person. Over 36 participants were benefited by this knowledgeable training program.



BOD Meeting and Birthday Celebration

2/10/2024 - 3rd BOD meeting and birthday celebration of Rtn. Ashwin Kunkolienkar.



Weekly Meeting and Navratri Celebration

4/10/2024 - 13th Regular Weekly Meeting and Navratri celebration. The concept of Navdurga, significance of each day of Navratri and the color significance was beautifully narrated. Special appreciation to Annette Durvi for her garba dance.



Books Distribution

07/10/2024 - Story books and stationery items distribution to government primary schools at Padal and Mestawada, Bethoda.



ALL GOA ANTAKSHARI COMPETITION

27th October 2024 - All Goa Rotary Clubs ANTAKSHARI Competition organised by The Rotary Club Of Curcholem- Sanvordem at ASN Galaxy Hall Curcholem. Participation Memento was given to Rotary Club Of Ponda. It was a well organised & a successful program. Congratulations to all the winners.



WEEKLY MEETING

11/10/2024 - 14th Regular Weekly Meeting, Talk by Rtn.Ranjit Sadekar on the topic: Financial Investment. Monthly bulletin "Farmagudi" was released at the hands of Sr.Rtn.Bhaskar Khandeparkar, Rtn.Ranjit Sadekar and Editor Rtn.Abhijeet.



DISTRICT AWARDS 2023-24

For the RY 2023-24, we won the below Awards at District Awards Ceremony held on 27th October at Kolhapur.

- Best President
- Best in Community Service.
- Best in Attendance Promotion.
- Best in Membership Development.
- Best in Reaching The Unreached.
- Governor's Appreciation Award for Excellent Contribution to President.
- Governor's Appreciation Award for Excellent Contribution to Club Secretary.
- Governor's Appreciation Awards to DCC - Adoption of Girl Student.
- Governor's Appreciation Awards to DCC - Club Bulletin/ Magazines.
- Rotary International award for Membership Development and Extension Award.



*Congratulations..!
IPP Rtn. Nasir Ali Wahid
and his team.*



The Power of Spoken Words

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble."

Considering the 'powerful force' of the words we utter, we must discipline ourselves to speak in a way that conveys respect, gentleness and humility. One of the clearest signs of a moral life is right speech. Perfecting our speech is one of the keystones of mature people. Before speaking take a few moments to contemplate what you will say and how you will say it; while considering the impact they will have on the listeners. Be kind to all and speak words that are beacons of inspiration, enthusiasm and encouragement to all. Kind and sweet words are always music to the ears of the listeners.

Many people are compelled to give voice to any passing feeling, thought or impression they have. They randomly dump the contents of their mind without regard to the significance of what they are saying. When we talk about trivial matters as if gossiping about others, our attention is wasted on trivialities.

When we speak, we should speak with mindfulness, in a way to solidify peace and compassion in our characters. Not only do our words matter, but also the tone which we use, has a huge impact. There are certain rules that should guide all our communications with others. Always speak the truth, avoid exaggerations, be consistent in what you are saying, don't use double standards in addressing people, don't use your words to manipulate others, and most importantly do not use words to insult or belittle anyone.

Gary Chapman in his book, "Love as a Way of Life" uses the vivid metaphor for, words as being either '**bullets or seeds**'. If we use our words as bullets, with a feeling of superiority and condemnation, we are not going to be able to restore a relationship to love. If we use our words as seeds, with a feeling of supportiveness and sincere goodwill, we can rebuild a relationship in positive and life-affirming ways. **"Words have a magical power. They can either bring the greatest happiness or the deepest despair."**

Words are tools of consciousness. However, without meaning, words are just sounds.

Permutations and combinations of 26 alphabets giving rise to any number of words. Words which can be of comfort, words of wisdom can instill hope, words can have magical effect on relationships, words which have a lasting impact and also the words which can break hearts. Your words have the power. Speak words that are kind, loving, positive, uplifting, encouraging, and life-giving.

Self-talk is also an important part of our life. Human beings talk maximum in a day to themselves. Rule for positive self-talk is, **"Speak what you want, not what you have."** **"Speak what you want, as if you have it. Don't speak ever what you don't want."** If we understood the awesome power of our words, we should prefer silence to almost anything that is negative. In our thoughts and words, we create our own weaknesses and our own strengths.

Don't mix your words with your mood, you can change your mood but you can't take back your words. Be careful what you say. You can say something hurtful in ten seconds, but ten years later, the wounds are still there. The tongue has no bones, but is strong enough to break a heart. So be careful with your words. Even in our technological age, politics, education, business, and relationships center on words.

Change your words, change your life. Words are powerful; they have the ability to create a moment and the strength to destroy it. Your words carry amazing power. So, when you speak make sure you uplift someone and never put them down. Words can make you or break you. Throughout human history, our greatest leaders and thinkers have used the power of words to transform our emotions, to enlist us in their causes, and to shape the course of destiny. Words cannot only create emotions, they create actions. And from our actions flow the results of our lives.

FROM THE R.C. PONDA ARCHIVES

Year 1991 - 92

Theme: Look Beyond Yourself

R.I. President - Rtn. Rajendra K. Saboo

District Governor - Rtn. Chandresh Dessai

President - Rtn. Rajiv Sardesai

Secretary - Rtn. Prakash Gaunekar



ROTARIANS ATTENDING 100% MEETINGS IN OCTOBER 2024

- | | |
|--------------------------|-------------------------|
| 1. Rtn. Shyam Naik | 7. Rtn. Suchitra Bhat |
| 2. Rtn. Abhijeet Kelekar | 8. Rtn. Venkatesh Nayak |
| 3. Rtn. Vilas Naik | 9. Rtn. Lina Sadekar |
| 4. Rtn. Priya Naik | 10. Rtn. Sanjana Desai |
| 5. Rtn. Ranjit Sadekar | 11. Rtn. Vasudev Sawant |
| 6. Rtn. Nasir Ali Wahid | 12. Rtn. Shobha Kelekar |



Congratulations..!



Fellowship Greetings for the Month of November

Birthdays

- 2nd : Rtn. Dr. Bhanu Manjunath
 7th : Anne Rupali Mukul Lal
 18th : Annette Rahul Krishna Shetye
 25th : Annette Pramay Gajanan Sawant
 25th : Annette Sahil Vilas Naik
 25th : Anne Smita Mahendra Khandeparkar
 26th : Rtn. Krishna Shetye
 29th : Rtn. Anand Vaghurmekar



Wedding Anniversaries

- 25th : Anne Sanjana & Rtn. Subhash Desai
 25th : Rtn. Suchitra & Rtn. Dr. Rajesh Bhat




2025 NAKSHATRA
DISTRICT
Conference
BELGAUM

31 ST JAN- 2 ND FEB
 TOP CLASS
SPEAKERS

REGISTRATION

SINGLE: RS.7,500*
 COUPLE: RS.12,000*
 PATRON: RS.19,000*
 PATRON COUPLE : RS.25,000*
 * **PLUS GST**

REGISTRATION CHARGES REDUCED

77983 36000

Rotary District 3170 THE MAGIC OF ROTARY



#RotaryResponds
 #PeopleofAction

Rotary 

PEACE

SPINZZ