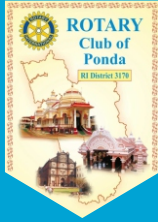


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The Bulletin of
ROTARY CLUB OF PONDA



Club No. 15674

Chartered on : 27th April 1978

R.I. District : 3170

Volume : 47 | DECEMBER 2024



Rtn. Paul Harris
Founder



Rtn. Stephanie A. Urchick
RI President 2024-25



Rtn. Sharad Pai
District Governor

ROTARY CLUB OF PONDA

WELCOMES

DIST. GOVERNOR

RTN. SHARAD PAI

ON OFFICIAL CLUB VISIT

ON 19TH DECEMBER 2024



ROTARY FAMILIES IN VIETNAM



Rtn. Suchitra Bhat
President

Rtn. Venkatesh Nayak
Secretary

Rtn. Priya Naik
Treasurer

Rtn. Abhijeet Kelekar
Bulletin Editor

Editorial



Today we are all set to receive and welcome our District Governor Rtn. Sharad Pai to this town of Ponda. District Governor's visit is certainly one of the great events in the activities of any Rotary club every year. The official visit gives every Rotarian a chance to meet the Governor personally and appraise him with the activities

of the club so far undertaken. DG Rtn. Sharad Pai is a familiar face to Rotary club of Ponda, as he was the Installing Officer for one of our club's Installation Ceremony. But this time he visits our club as the leader of District 3170 for this year and we are all looking forward to make his visit to our club a memorable one.

November was The Rotary Foundation Month. Various projects and activities were completed. Diwali was celebrated with enthusiasm. Cataract surgeries were performed for the needy people. Educational learning kits to Almeida school, MHM Awareness programme in schools, Diwali celebration at Bal Kalyan Ashram, Different talks at Weekly Meetings etc. were the highlights of the month.

Rotary Families also enjoyed the Tour to Vietnam this month. Everyone felt relaxed out of the daily routine at home and work. We have also enjoyed different National and International destinations in past many years. Fellowship was at its best and the tour was enjoyed by all.

As we step into December, a month dedicated to Disease Prevention and Treatment, it is a fitting time to reflect on Rotary's commitment to building healthier communities. Health is the foundation of happiness, and our collective efforts can transform lives by preventing disease and ensuring access to essential healthcare.

Globally, millions suffer due to inadequate healthcare, preventable diseases, and limited medical resources. Rotary's initiatives have consistently addressed these gaps through impactful projects, including vaccination drives, medical camps, and awareness programs. Our fight against polio remains one of our most significant contributions to global health. This month, let us renew our resolve to expand this legacy by tackling the many other preventable health challenges faced by communities around us. In our local community, we see daily reminders of health challenges - from lifestyle diseases like diabetes and hypertension to the silent suffering caused by mental health issues. As Rotarians, we have the power to lead by example and take action. Whether it's organizing a health awareness workshop, collaborating with local healthcare providers for free check-up camps, or supporting families affected by disease with resources and care, every effort counts.

As we celebrate the spirit of giving this festive season, let us remember that one of the greatest gifts we can offer is good health. Together, let us uphold Rotary's motto of *Service Above Self* by continuing to make a tangible difference in the lives of those who need us the most.

Wishing you a productive and fulfilling month of service, along with the joys of the season!

I wish all the Rotary Families on the eve of Christmas and New Year.

Yours in Rotary
Rtn. ABHIJEET KELEKAR
Editor (2024-25)



President Speaks

Dear Fellow Rotarians,

It is with immense pride and gratitude that I extend a warm welcome to our District Governor, Rtn. Sharad Pai whose official visit to our club has been a momentous occasion for our club.

Let me highlight the milestones our club has achieved over the past six months, which would not have been possible without the collective efforts of our dedicated Rotarians. Various community service projects were undertaken by our club. We have successfully completed MHM awareness programs, Blood donation camps, Eye Checkup camp, Free cataract surgeries, free sugar and BP checkup camp. We have supported various schools with stationery items, shoes, story books, educational kits to resource room etc. This has equipped the schools with the required resources. As a step towards empowering Girl Children, the club donated a laptop to a hearing impaired girl, sponsored Rice and eggs to inmates of Girls hostel. Under Water and Sanitation, the club did a CSR project with Nestle India where a clean drinking facility was installed at a school. This has benefited around 140 members including students and staff. As a part of sustainability efforts towards the environment, we carried out our annual Tree plantation program in association with Gomantak Ayurved college Shiroda. Our club took initiatives towards building a public image. Few such initiatives were visits to Old age homes, Orphanages, police station, etc. to celebrate various days or events. Our Rotarians spent quality time with the inmates. Today our club is handing over the desktops to the beneficiary organisations. Thanks to Syngenta BioSciences for this contribution.

Our club has been consistent in publishing monthly bulletins, showcasing our projects, upcoming events, and highlighting the achievements of our members. These bulletins not only serve as a record but also inspire action among our Rotarians and beyond. This 47 years old club has a legacy of carrying out projects beneficial to the society. These collective club efforts were recognised at the District award ceremony 23-24 with our club bagging 12 awards. As we celebrate these achievements, we remain focused on the road ahead. There are quite a few projects which will be taken up specially for youths.

None of this would have been possible without the unwavering support and the enthusiasm of our club members. From brainstorming innovative ideas to executing projects with precision, the cooperation of our Rotarians have been exemplary. Enthusiastic participation of Annes and the members of Innerwheel Club of Ponda have truly embodied the spirit of teamwork. I would like to extend my heartfelt gratitude to everyone who has been a part of this journey.

My sincere thanks to AG Rtn. Dr. Pradnya Kakodkar who has been a constant source of inspiration. I am grateful to DG Rtn. Sharad Pai. Sir, your guidance and encouragement have been instrumental in motivating us to dream bigger and work harder.

In conclusion, let us continue to uphold the values of Rotary and work together for a brighter, more inclusive tomorrow.

Your's in Rotary
Rtn. Suchitra Bhat

THE MAGIC OF ROTARY Rotary Club of Ponda



Editor

Rtn. Abhijeet Kelekar

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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?



"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.



***Some people come in your life as blessings.
Some come in your life as lessons.***

- Mother Teresa



Rtn. Venkatesh Nayak
SECRETARY

Secretary's Report

November 2024

DISTRIBUTION OF SHOES

08/11/2024 - ROTARY CLUB OF PONDA distributed pairs of shoes to 40 students of Gomantak Vidyalaya, Pilliem, Dharbandoda. The shoes were handed over to the students in presence of headmistress Mrs. Manjusha Naik and other teachers. Rtn. Suchitra, Rtn. Venkatesh and Rtn. Priya were present on the occasion. The headmistress and the staff members thanked RC Ponda for this project.



MUSICAL CONCERT & AWARD DISTRIBUTION FUNCTION

15/11/2024 - RC Ponda participated in "Nomon Tuka Goa" a musical concerts and Award distribution function organized by Goa Entertainment Association and Goa Rotary Pariwar at Blue Berry hill Verna. RC Ponda recommended the name of Ms. Kamal Parge, a music teacher of Lokvishwas pratishthan, Dhavali who teaches music for special children. She was honoured at the hands of Mr. Nilesh Cabral, MLA. Rtn. Suchitra, Rtn. Venkatesh and Rtn. Priya participated in the program



CLEAN DRINKING WATER FACILITY

05/12/2024 - RC Ponda has completed a CSR project in association with Nestle India. A clean drinking water facility unit was installed at Sacordem Education Society's high school, Nave Sacorda which was inaugurated at the hands of Rtn. Suchitra Bhat. The project is worth Rs.580000 and will benefit around 170 students and staff of the school. Our heartfelt thanks to Rtn. Sanjay Bhandari, head-corporate affairs, west Nestle India and his colleague Ms. Pruthvi Velingkar for setting up this unit in the school.



CATARACT SURGERY

18/11/2024 - Provided free cataract surgery to underprivileged individuals, restoring their vision and improving the quality of life, Rtn. Dr. Rajesh Bhat volunteered to perform 5 cataract surgeries free of charges. Today 2 cataract surgeries of motor cycle pilot, rickshaw driver, who were screened earlier, were performed. Rtn. Suchitra and Rtn. Venkatesh were present on the occasion.



DISTRIBUTION OF EDUCATIONAL LEARNING KITS

20/11/2024 - ROTARY CLUB OF PONDA handed over educational learning kits to 39 students with special needs of Almeida HS Ponda. The educational learning kits were handed over to the in charge tr.Mrs.Deepali Korde in presence of management members. Rtn.Suchitra,Rtn.Venkatesh and Rtn.Priya and Rtn.Krisna Shetye were present on the occasion



MHM PROGRAMME

14/11/2024 - The MHM program aimed to educate and create awareness among school students about importance of menstrual hygiene and promote safe practices. A MHM program was arranged in Matoshree Anandibai Vaman Marathe Vidyamandir Dharbandoda. Dr. Smita Usgaocar was the resource Person.Around 65 students and Staff were present. Rtn. Suchitra, Rtn. Priya,Rtn. Anita were present on the occasion.



GUEST SPEAKER AT WEEKLY MEETING

22/11/2024 - 19th RWM of RC Ponda was held on 22 November 2024. President Rtn. Suchitra welcomed the members present and mentioned about the activities carried out by the club in the previous week and the activities to be undertaken in this week. She also informed about District conference and Rotary tour to Vietnam. Guest speaker Ms. Devika Mangaldas spoke on "Emotional and mental well-being of senior citizens". In her talk, she highlighted the significance of addressing mental well-being of senior citizens and discussed common mental health issues and factors affecting mental well-being. Through different activities and interaction with audience, she explained how to tackle the mental health issues. The talk was well received by the audience.



GUEST SPEAKER AT WEEKLY MEETING

29/11/2024 - 20th RWM of RC Ponda was held on 29th November 2024. In absence of president Rtn. Suchitra,PP Rtn. Ranjit Sadekar presided over the meeting. He discussed about the projects carried out by RC Ponda so far in this year and also requested the members to join for District conference which is to be held at Belagavi. Sr. Rotarian Dr. Vilas Naik briefed about the activities and programs conducted in District conference and highlighted the significance of attending it.



REGULAR WEEKLY MEETING

11/11/2024 - In the absence of club secretary Rtn. Venkatesh, Rtn. Shyam was assigned the role of club secretary. Members celebrated Diwali. Hall was decorated with Aakashkandil and diyas. Members took Ukhane as a part of the celebration. Few poems were recited. Traditional potluck dinner was enjoyed by all.

DISTRICT GOVERNOR APPRECIATION AWARDS

16/11/2024 - During the meeting, District and Governors appreciation awards for the year 2023-24, were presented to the awardee at the hands of senior Rotarians. RC Ponda bagged total 13 awards for the year. Rtn.Nasir and Rtn. Vaishali conducted the program.



BOARD OF DIRECTORS MEETING

07/12/2024 - 6th BOD meeting of the year 2024-25 was held on 07/12/2024 at Rotary Hall. Minutes of the previous BOD were read by the secretary and confirmed. President thanked the members for the cooperation extended in the past month and briefed about activities carried out so far. There was a detailed discussion about the activities to be planned for November and December. 13th Dec.: Club Assembly 19th : DGs official visit 27th: AGM, New board declare 3rd Jan: Xmas celebration 13th : RWM, Bulletin 17th: RWM, Speaker Projects: Free cataract operations, mattresses to Sanjeevan, Ewaste collection drive, Fort Agudada visit of inmates Loliem, RYLA at Balkalyan Ashram, NB Awards, Elocution comp etc. AOB: Registration for conference 7 BOD members were present for the meeting. Next BOD host: Rtn.Nasir

DIWALI CELEBRATION AT BALKALYAN ASHRAM

21/11/2024 - RC Ponda celebrated Diwali with the inmates of Balkalyan Ashram, Talavali. Different types of activities and games were conducted for children by Rtn. Venkatesh and Anne Rajaji which children enjoyed a lot. Also some cultural items were presented by Rotarians and children. Sweets were distributed to the children. Prizes and gifts were sponsored by Rtn. Mohan Aggarwal. Groceries were handed over to the office bearers which were sponsored by Meenu Aggarwal. Dinner to the inmates and Guests was sponsored by Rtn. Suchitra. Overall, it was an well spent evening with the inmates of Balkalyan Ashram.



WELCOME TO ROTARY



Mrs. Deepti Dasharath Naik



Mrs. Shweta Shenvi Sangaonkar

The Law of Time

The law of time is a cosmic law that is rarely spoken or written about, if at all. It is one of the immutable laws that is regularly overlooked, for reasons unknown.

The law of time is immutable because time does not change — only events, people and places change — time does not, it stays the same. If it didn't, nothing could exist.

Today, we are under the illusion that time is linear and finite, running in a straight line from beginning to end. The truth is, time is nonlinear, it is cyclic, meaning that it has no beginning and no end, it is infinite. Time also creates separateness, so each unit of consciousness or entity living within time can have their own free will and individuality, thoughts and ideas. Without time, there would be no free will or individuality.

Because time is cyclic, we all exist in the past, present and future simultaneously. This is because while we are in the present, we are thinking about the past and the future and bringing past feelings and experiences into our present and taking them with us into our future on an unconscious level. The only time that truly exists for us is the present moment, in the now. The past and the future does not exist in the present moment until we become conscious of it and start thinking about it.

Parkinson's Law states that **“Work expands to fill the time available for its completion.”** This means that *“If we allow ourselves more time to complete a task, we tend to take all that time, even if the task could have been completed sooner. This may mean you take longer than necessary to complete a task or you procrastinate and complete the task right before the due date.”*

Parkinson's law teaches us the importance of setting deadlines. Let us explain how Parkinson's Law works and provide tips for getting work done in less time.

Say, for example, you're given a two-week deadline to complete a project proposal. You may be relieved knowing you have ample time. However, the distant deadline causes you to take longer than necessary to complete the task at hand, or you procrastinate and complete it just barely before the due date. In other words, the task expands to fill the time you're given.

Studies suggest that when given a task, we think of how much time is available to complete the task instead of how much time we actually need. This mindset results in wasted time and inefficient workflows. This is often why we, as humans, feel the need to take all the time we're given to complete a task even if it doesn't require that much time.

Time management is important because it can help you:

- **Be more productive:** You can accomplish more in less time by planning and avoiding unnecessary activities.
- **Reduce stress:** You can feel less overwhelmed and stressed by organizing and prioritizing your tasks.
- **Improve your focus:** You can concentrate better and produce higher-quality work by allocating time to each task.
- **Achieve your goals:** You can allocate your resources and efforts toward accomplishing your short-term and long-term goals.
- **Balance your life:** You can allocate time for work, personal life, hobbies, and self-care.
- **Grow your business:** You can maximize the time you have available to grow your business.
- **Make complicated tasks easier:** You can deconstruct more complicated projects into smaller, easier-to-do tasks.

- TIME IS WHAT YOU MAKE OF IT (IT DOES NOT EXIST)
- One realizes the full importance of time only when there is little of it left. Every man's greatest capital asset is his unexpired years of productive life.
- How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever.
- Time can be your enemy or your friend.

FROM THE R.C. PONDA ARCHIVES

Year 2000-2001

Theme: Create Awareness - Take Action

R.I. President - Rtn. Frank Devlyn

District Governor - Rtn. Mahendra Mutha

President - Rtn. Dr. Roque D'costa

Secretary - Rtn. Sadanand Desai



President presenting Memento to Chief Guest Rtn. Kalyan Banerjee

ROTARIANS ATTENDING 100% MEETINGS IN NOVEMBER 2024

1. Rtn. Shyam Naik
2. Rtn. Gajanan Sawant
3. Rtn. Abhijeet Kelekar
4. Rtn. Vilas Naik
5. Rtn. Priya Naik
6. Rtn. Ranjit Sadekar
7. Rtn. Nasir Ali Wahid

8. Rtn. Suchitra Bhat
9. Rtn. Venkatesh Nayak
10. Rtn. Pravin Kamat
11. Rtn. Sanjana Desai
12. Rtn. Vasudev Sawant
13. Rtn. Shobha Kelekar



Congratulations..!



Fellowship Greetings for the Month of December

Birthdays

- 3rd : Anne Sanjana Desai
 5th : Annette Arnav Abhijeet Kelekar
 7th : Anne Vasanti Pritesh Naik
 8th : Annette Sharang Tushar Usgaonkar
 8th : Rtn. Dr. Anita Tilve
 9th : Rtn. Shobha Abhijeet Kelekar
 10th : Anne Kiran Arvindkumar Kejriwal
 15th : Rtn. Shyam Naik
 17th : Rtn. Manoj Dhavalikar
 18th : Rtn. Ashok Nagvenkar
 19th: Anne Savita Vithal Miringkar
 24th: Anne Nita Mahesh Desai
 27th : Anne Sushanti Sudesh Kavlekar
 28th : Rtn. Akshay Naik
 29th : Rtn. Narendra Savaikar
 31st: Annette Shreyas Nagesh Komarpant



Wedding Anniversaries

- 2nd : Anne Kavitha & Rtn. Rangaraju
 3rd : Anne Madhavi & Rtn. Pradip Arolkar
 3rd : Rtn. Megha & Shri. Surel Tilve
 9th : Anne Vasanti & Rtn. Pritesh Naik
 10th : Anne Sandhya & Rtn. Navin Katkar
 11th : Rtn. Leena & Rtn. Ranjit Sadekar
 18th : Anne Rekha & Rtn. Sadanand Desai
 19th: Rtn. Priya & Rtn. Laxmikant Naik
 24th : Anne Shruti & Rtn. Ashwin Kunkolienkar
 25th : Rtn. Dr. Anita & Rtn. Dr. Santosh Tilve
 26th : Anne Jyoti & Rtn. Bhanu Manjunath
 26th : Anne Savita & Rtn. Vithal Miringkar
 26th: Anne Seema & Rtn. Krishna Shetye
 27th : Anne Sushanti & Rtn. Sudesh Kavlekar

