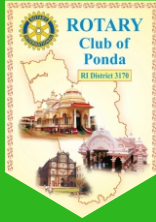


Farmagudi



The Bulletin of
ROTARY CLUB OF PONDA



Club No. 15674
Chartered on : 27th April 1978

R.I. District : 3170
Volume : 47 | MARCH 2025



Rtn. Paul Harris
Founder



Rtn. Stephanie A. Urchick
RI President 2024-25



Rtn. Sharad Pai
District Governor



DISTRICT CONFERENCE - NAKSHATRA 2025



Rtn. Suchitra Bhat
President

Rtn. Venkatesh Nayak
Secretary

Rtn. Priya Naik
Treasurer

Rtn. Abhijeet Kelekar
Bulletin Editor



Editorial

As we step into March 2025, we reflect on the journey of the Rotary Club of Ponda and its unwavering commitment to service above self. This month symbolizes transition, from the pleasant winter to the warmth of summer, reminding us that change is constant and growth is inevitable. It is in this spirit of transformation that our club continues to evolve, taking up new challenges and making a meaningful impact on the community.

February was Peace Building and Conflict Prevention Month. Different activities were carried out with active participation of Rotarians. Job placement Drive, RYLA for students, Eye check-up camp, Nikshay Mitra for TB patients etc. were the highlights.

March is designated as Water, Sanitation, and Hygiene (WASH) Month in the Rotary calendar. Access to clean water and proper sanitation is fundamental to health and dignity. Our club remains committed to raising awareness and implementing sustainable solutions in this critical area. Through hygiene education programs, clean water initiatives, and sanitation drives, we aim to make a lasting difference in the lives of many. Let us use this month as an opportunity to advocate for and contribute to projects that ensure safe and sustainable water and sanitation practices in our communities.

March is also significant as we celebrate International Women's Day on March 8th, recognizing the invaluable contributions of women in our club, our community, and the world at large. The Rotary movement has always championed inclusivity and empowerment, and this month gives us an opportunity to reaffirm our dedication to gender equity and the celebration of achievements by women in service. As part of our Women's Day initiatives, we are organizing special events and outreach programs to honor and support women in leadership, entrepreneurship, and community service.

Our club's recent projects have demonstrated the essence of Rotary—be it in supporting education, enhancing healthcare initiatives, or driving environmental sustainability. As we move ahead, let us continue to foster the spirit of teamwork and innovation in all our endeavors.

With the Rotary year approaching its final quarter, it is also the perfect time to reflect on our accomplishments and plan ahead for a future of continued service and leadership.

As we march forward, let us carry the torch of service with renewed energy and purpose.

Yours in Rotary,

Rtn. ABHIJEET KELEKAR

(Editor)



President Speaks

Dear Fellow Rotarians,

I am very happy to place before you this issue of Farmagudi of March 2025. Secretary's report and the photos will give a glimpse of the impactful projects done by our club.

Let me reflect on our projects done in February 2025. Our club organised a Job /placement drive in association with engageHR for the youths in Ponda. This drive received a tremendous response. Another community project which we carried out was to handover the sound system to Government High School Ponda. Rotary Youth Leadership Awards (RYLA) is a leadership development program organized by Rotary Clubs for young individuals. It provides an opportunity for youth to enhance their leadership skills, build confidence, and engage in team- building activities. Our club organised RYLA -SMART AND STRONG YOUTHS OF TOMORROW for school children. 85 children benefited from this program Ann Neelam Nagvekar, Mrs. Radha Sacordekar and Ms. Nikisha Shetye conducted the session on Yoga , Health and Nutrition and Memory techniques respectively.

Club organised an Eye Checkup camp for the villagers of Sacorda. 181 patients were screened for the Refractive errors and detecting cataract. Food baskets for Nikshay Mitra for the second month were handed over to the Health office, PHC Ponda. Club celebrated Rotary day by conducting a quiz 'Know your Rotary'. It was conducted by our own quiz masters Rtn. Dr. Rajeev Usgaocar and Rtn. Ranjit Sadekar. National Science day was celebrated with interesting presentations by Rtn. Dr. Santosh Tilve and Rtn. Dr. Sujit Ghorai.

March is a significant month for Rotary International, as it marks Rotary designate month - Water and Sanitation Month. This theme serves as a reminder of the critical need for clean water and sanitation in communities globally. Millions of people around the world lack access to clean water, sanitation and hygiene (WASH) leading to severe health issues. Rotary clubs around the world, including our own, will be participating in projects and initiatives aimed at improving access to clean water and promoting better sanitation practices. Let's ensure that clean water and sanitation become a reality for everyone!!

Let me conclude by a quote ' You will never solve poverty without solving water and sanitation' by Matt Damon

Yours in Rotary Service,

Rtn. Suchitra Bhat

(President 24-25)

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?



*Rotary Changes us and
those we serve. I believe
we can change the world
one life at a time.*

-Paul P. Harris

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
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International Service Director	- Rtn. Dr. Subramanya Bhat
Youth Service Director	- Rtn. Vasudev Sawant
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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.



*"Genius is one per cent inspiration
and ninety-nine per cent perspiration.
Accordingly, a 'genius' is often merely
a talented person who has done all of
his or her homework."*

- Thomas Edison



Rtn. Venkatesh Nayak
SECRETARY

Secretary's Report FEBRUARY 2025

DISTRICT CONFERENCE AT BELGAVI

31st January, 2nd February District conference at Belgavi 22 members of RC Ponda enthusiastically attended the 3 days Rotary District Conference 2025- "Nakshatra" at Belgaum. District Governor Rtn. Sharad Pai & his team ensured it was a resounding success marked by learning and experience sharing through an inspiring lineup of speakers par Excellence, Vinay Sahasrabuddhe, Anand Ranganathan, Anna Durai, Shefali Vaidhya, Rishi Nanda, Major General GD Bakshi. The half yearly District Appreciation Awards RID 3170 were declared. The conference offered a diversified range of culinary delights with a focus on local cuisine. The food and beverages were widely praised by all attendees. The conference featured a variety of entertainment. The hospitality was warm and genuine reflecting the best tradition of Rotary Fellowship. The district conference was resounding success with inspiring speeches, excellent food and entertainment and warm hospitality.



REGULAR WEEKLY MEETING



8/2/2025 - 30th Regular weekly meeting and talk by Rtn. Dr. Subramanya Bhat Rtn. CA Dr. Subramanya Bhat conducted a thought provoking session on the Synopsis of union budget 2025. He provided an in depth analysis of the budget, highlighting key announcements and their implications. He also shared insights on tax reforms and government vision for India's growth.

REGULAR WEEKLY MEETING

14/02/2025 31st RWM and talk by Rtn. L.D. Naik A talk on "All about TRF" by Rtn. L.D. Naik was hosted. The speaker provided a comprehensive overview of the TRF and its various programs. The talk was informative, engaging and provided valuable insights into TRF which was well received by the audience. The monthly Bulletin "Farmagudi" was released at the hands of Rtn. L.D. Naik.



ROTARY DAY CELEBRATION

21/02/2025 32nd RWM and Rotary day celebration Rotary day was celebrated with great enthusiasm and fervor. A Rotary based Quiz was organized testing the knowledge of the members about Rotary's history, mission and values. Rtn. Dr. Rajeev Usgaocar and Rtn. Ranjit Sadekar worked as Quiz masters. During the meeting, a board which displays 4 way test principles in Konkani was unveiled in presence of all members. To mark the Rotary day celebration and monthly Birthday and wedding anniversaries, a cake was cut.



REGULAR WEEKLY MEETING - SCIENCE DAY

33rd RWM and Science day program After the meeting National Science day was observed with 2 engaging talks, Quiz competition and felicitation of club scientists. The first talk was delivered by Rtn. Dr. Santosh Tilve, an informative presentation, highlighting the properties, applications and advantages of smart materials. The second talk was delivered by Rtn. Dr. Sujit Ghorai on topic "Science of health traditions and rituals". In his speech, he provided practical tips on how to incorporate traditional health practices and rituals into modern life. A Quiz was organized for the members.



JOB DRIVE FOR UNEMPLOYED YOUTH

3/2/2025 - Job Drive for Unemployed Youth of Ponda RC Ponda organised a Job/placement Drive in association with engageHR for the unemployed youths of Ponda, aimed at providing employment opportunities and empowering the local community. This drive got a tremendous response. The HR manager Mr. Stedwick and his team conducted interviews and shortlisted the candidates for final interview. Around 146 candidates participated in this camp.



DONATION OF SOUND SYSTEM

12/02/2025 Handing over a sound system to Government high school, Juna Bazar, Ponda ROTARY CLUB OF PONDA handed over a sound system to the headmistress of government high school, Juna bazar, Durgabhat.



RYLA CAMP

15/02/2025 RYLA at Matoshree Anandibai Vaman Marathe Vidyamandir, Dharbandoda On 15th February, RC Ponda, organized a RYLA program at Matoshree Anandibai Vaman Marathe, Vidyamandir, Dharbandoda with a focus on health, nutrition and personality development. The event was a resounding success with 85 students participating enthusiastically, providing students with valuable insights and skills in health, nutrition and personality development.



FREE EYE CHECK UP CAMP

23/02/2025 Free eye check up camp for villagers of Sancorda RC Ponda organized a successful eye check up camp for villagers of Sancorda at Hirabai Talavalikar, High School. The camp held on 23rd February, provided free eye examinations and consultations to 181 beneficiaries.



NIKSHAY MITRAS FOOD BASKETS

27/02/2025 Nikshay Mitras food baskets to TB patients RC Ponda handed over 8 Nikshay Mitras food baskets and Inner Wheel Club 2 baskets to Sub District Hospital, Ponda. The objective of this project is to provide nutritional support to the TB patients, enhancing their recovery and well being.



8TH BOD MEETING

5/2/2025 - 8th BOD meeting held at the residence of Rtn. Abhijeet Kelekar. The BOD members attended the meeting with their spouses.



Power of delayed gratification

The power of delayed gratification is the ability to resist the temptation of an immediate reward in favour of a larger or more long-term benefit. It's essentially choosing future happiness over instant satisfaction. This skill is considered crucial for achieving many goals and living a fulfilling life.

Benefits:

Goal achievement: By waiting for something bigger and better, you can achieve long-term goals that require sacrifice and planning. Saving for a house requires delaying gratification on smaller purchases.

Self-control: The ability to resist instant gratification strengthens your willpower and self-control, which are beneficial in many areas of life, from managing finances to sticking to a healthy diet.

Better decision-making: Delayed gratification encourages you to think about the long-term consequences of your choices, leading to more thoughtful decisions.

Examples:

Finance: Choosing to save money instead of spending it all on impulse buys allows you to reach financial goals.

Education: Studying hard now for exams can lead to better grades and future opportunities.

Health: Eating healthy foods and exercising regularly may not be as fun as indulging in unhealthy treats, but it promotes long-term well-being.

Developing the skill:

Set clear goals: Having a clear vision of what you're working towards helps you resist temptations.

Break down large goals: Large goals can feel overwhelming. Break them down into smaller, more achievable steps to make delayed gratification less daunting.

Reward yourself: It's okay to celebrate milestones along the way. This reinforces positive behavior and keeps you motivated.

The power of delayed gratification isn't about complete deprivation. It's about finding a balance between enjoying the present and working towards a better future. By making smart choices and developing this skill, you can unlock greater success and fulfillment in life.

The "marshmallow test" is a well-known experiment conducted by psychologist Walter Mischel in the 1960s that involved offering young children a choice between one small reward immediately or two small rewards if they waited for a short period of time. The results of the test revealed a correlation between the ability to delay gratification and various measures of success later in life. The ability to delay gratification during the marshmallow test and make meaningful contributions to society.

The test may seem trivial, but it has been found to have significant long-term implications. Follow-up studies on the participants have shown that those who were able to resist the temptation and wait for the second reward were more likely to achieve higher academic success, have better social skills, and exhibit greater self-control in their adult years. These outcomes are often attributed to a growth mindset, where individuals see challenges as opportunities to develop and grow, and an integral part of lifelong learning. This demonstrates how delayed gratification can lead to improved life outcomes by fostering qualities such as discipline, patience, and the ability to set and achieve long-term goals.

The social benefits of delayed gratification are also noteworthy. Children who can delay gratification are often better at managing their impulses and emotions, which can positively impact their relationships with peers and authority figures. They are more likely to exhibit patience and empathy, making them more pleasant to be around and increasing their chances of forming strong and lasting friendships.

Another interesting aspect of delayed gratification is its relationship with self-control. By learning to resist immediate rewards, individuals develop a stronger sense of self-control, which can be beneficial in various aspects of life. People with high levels of self-control are more likely to make healthier lifestyle choices, such as maintaining a balanced diet and exercising regularly. They are also less likely to engage in impulsive behaviors, such as excessive spending or substance abuse.

Delayed gratification plays a crucial role in the ability to set and achieve long-term goals. Individuals who can delay gratification are more likely to have a clear vision of what they want to achieve and are willing to put in the necessary effort and perseverance to reach their goals. This ability to delay immediate rewards in favor of long-term success is a key characteristic of successful individuals in various fields, including entrepreneurship, athletics, and the arts.

When we talk about delayed gratification, we are referring to the ability to resist immediate pleasures and instead prioritize long-term goals. This concept has been extensively studied, and researchers have found a correlation between delayed gratification and wealth accumulation. By delaying spending, individuals can invest in assets and opportunities that yield greater returns over time. This can lead to the accumulation of wealth and financial stability. Delayed gratification can also influence career success. Those who are willing to invest time and effort into building their skills and knowledge are more likely to advance in their chosen fields and earn higher incomes.

Continued on page 8.....

ROTARIANS ATTENDING 100% MEETINGS IN FEBRUARY 2025

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

7. Rtn. Suchitra Bhat
8. Rtn. Venkatesh Nayak
9. Rtn. Shobha Kelekar
10. Rtn. Pravin Kamat
11. Rtn. Supriya Kamat
12. Rtn. Shweta Sangaonkar



Congratulations..!



Fellowship Greetings for the Month of March 2025

Birthdays



- 3rd : Annette Aneesh Vinayak Nayak
 3rd : Anne Pradnya Prakash Naik
 5th : Anne Seema Krishna Shetye
 6th : Rtn. Subhash Desai
 7th : Annette Vedang Deepak Gaonkar
 12th : Rtn. Nasir Ali Wahid
 15th : Annette Kaustubh Santosh Tilve
 15th : Annette Shardul Akshay Khandeparkar
 23rd : Annette Nandita R. Rangaraju
 25th : Rtn. Uday Dangui
 26th : Annette Shweta Sadanand Desai
 30th : Anne Rajani Venkatesh Nayak



चार वाटांची कसवटणी



ज्यो गजाली आमी चिंततात, उलयतात आनी करतात

१. त्यो खऱ्यो आसतात काय?
२. त्यो सगळ्यांच्या बऱ्याच्यो आसतात काय?
३. त्यो सगळ्यां कडेन बरेपण आनी इश्टागत वाडोवपाक शकतात?
४. त्यो सगळ्यांक उपकाराक पडपाक शकतात काय?

....Continued from page 7

Imagine two individuals starting their careers at the same time. One is focused on immediate rewards and seeks instant gratification, while the other is willing to put in the hard work and delay gratification for the sake of long-term success. Over time, the later individual is more likely to climb the career ladder, earn promotions, and enjoy higher salaries.

Conclusion

Delayed gratification is a powerful concept that has the potential to unlock long-term success and personal fulfilment. The ability to resist immediate pleasure and invest in the future allows individuals to develop essential qualities such as discipline, patience, and goal-oriented behaviour. Moreover, delayed gratification can also have positive socioeconomic effects, leading to wealth accumulation and career advancement. By understanding the power of delayed gratification and implementing techniques to master it, individuals can set themselves on a path towards a brighter future.

FROM THE RC PONDA ARCHIVES

Year 1989-90

Theme: Enjoy Rotary

R.I. President - Rtn. Hugh M. Archer

District Governor - Rtn. Krishna Paikoti

President - Rtn. Purushottam Prabhu

Secretary - Rtn. Rajiv Sardesai

