



ROTARY CLUB OF KOLHAPUR

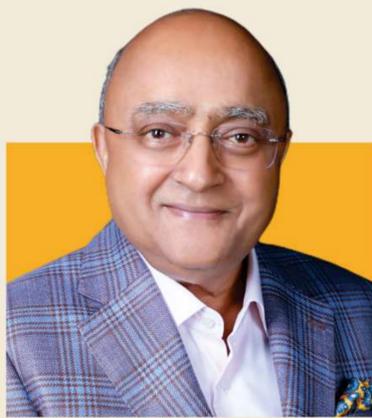
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ROTARY HERALD

WEEKLY BULLETIN 2024-25



Rtn. Stephanie Urchick
Rotary International President



Rtn. Arunkumar Goenka
President



Rtn. Sahil Gandhi
Secretary



Rtn. Sharad Pai
District Governor (RID 3170)

ISSUE NO. 27

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26 DEC 2024

FLAG EXCHANGE

Rtn. Priya Shenoy, President of RC Kandivali Lokhandwala visited Kolhapur and met the Rotarians of RC Kolhapur. She exchanged the project ideas with the club members and together they explored the opportunities for the joint projects. Members of RC Kolhapur presented her with the club flag. Rtn. Subhash Malu, Rtn. Amit Mate, Rtn. Menghraj Chugh, Rtn. Pradeep Karande and Rtn. Sahil Gandhi were present for the meet.



26 DEC 2024

RSSK VISIT

Member and the President of Rc Kandivali Lokhandwala visited RSSK on 26th Decemeber. She was overwhelmed to see the activities that are carried out in the Rotary Building. Rtn. Subhash Malu and Rtn. Sahil Gandhi took her around the building.



28 DEC 2024

RMB MEET

RMB meet was held at Hotel Atria. Various business discussions took place. Rtn. Harshad Dhale, Rtn. Shivjeet Benadikar and Rtn. Pradeep Pasmal attended the meet. All the members presented their businesses in front of the crowd present.



29 DEC 2024

FELLOWSHIP GROUP MEET

Ruby group had conducted the 5th group meeting at Rtn. Narayan Patodia's residence there were 10 group members along with Club President, Club Secretary, group Coordinator, 1 invite with their spouse were present, it was a breakfast meeting. Hospitality was great everyone enjoyed the meeting, everyone in the meeting had great time.



01 JAN 2025

WEEKLY MEETING

दयानंद देवमोरे यांनी मनाची अंधोळ या संकल्पनेतून भावनांवर नियंत्रण ठेवण्याचे महत्त्व स्पष्ट केले. माणसाला विविध भावना अनुभवल्या जातात, त्या सर्व वैध आहेत, पण त्या प्रवाही ठेवणे गरजेचे आहे. स्थिर झालेल्या भावना शरीरावर नकारात्मक परिणाम करतात. विचारांचे शरीरावर प्रत्यक्ष परिणाम होतात, जसे की प्लास्टिकच्या फुलांमुळे आलेल्या खोट्या शिंकांमधून विचारांची ताकद दिसून येते. "You are the Placebo" आणि "You Can Heal Your Life" यांसारख्या पुस्तकांतून विचार आणि भावनांचा शरीरावर होणारा प्रभाव समजावला आहे.

भावनांमुळे शरीरावर होणारे परिणाम विविध उदाहरणांतून स्पष्ट केले गेले. प्रेमाची कमी झालेली पात्रता हृदयरोगाला कारणीभूत ठरते, अभिमान दुखावल्याने गुडघेदुखी होते, तर आर्थिक समस्या पाठीच्या खालच्या भागावर परिणाम करतात. मनातील नकारात्मकतेची पातळी 0 ते 1000 गुणांमध्ये मोजता येते, जिथे 200 च्या वर गुण असल्यास जीवन सुसह्य होते. डेव्हिड हॉकिन्स यांच्या संशोधनानुसार, सकारात्मक ऊर्जा असलेला एक माणूस हजारो नकारात्मक लोकांना संतुलित करू शकतो.

मनाची अंधोळ करण्यासाठी दररोज होपोनोपोनो तंत्राचा सराव करणे सुचवले आहे. यात तीन मुख्य गोष्टी आहेत: "I am sorry. Please forgive me." असे स्वतःला सांगणे, "Thank you" असे स्वतःचे आभार मानणे, आणि "I love you" असे स्वतःवर प्रेम व्यक्त करणे. या तंत्रामुळे मनाच्या नकारात्मकतेवर मात करता येते. तसेच, त्यांनी मीडिया व नकारात्मक गोष्टींपासून दूर राहून सकारात्मक विचारांचा सराव करण्याचा सल्ला दिला.



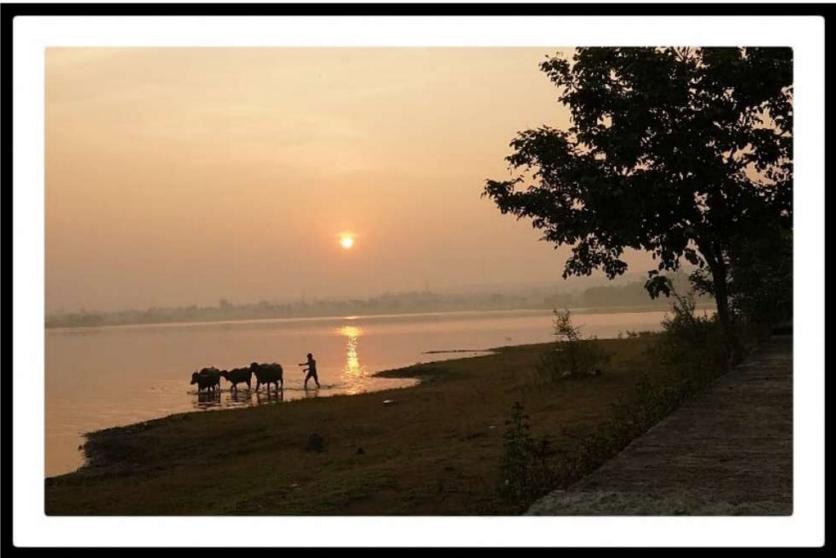
PHOTOS OF THE WEEK



Rachana Sampathkumar



Seema Dabeer



Rtn. Abhay Golwalkar



UPCOMING EVENTS

Club Assembly

TBA

7th Jan 2025

Vocational Awards

RSSK

22 Jan 2025

Plastic Surgery Camp

D Y Patil Hospital, Kolhapur

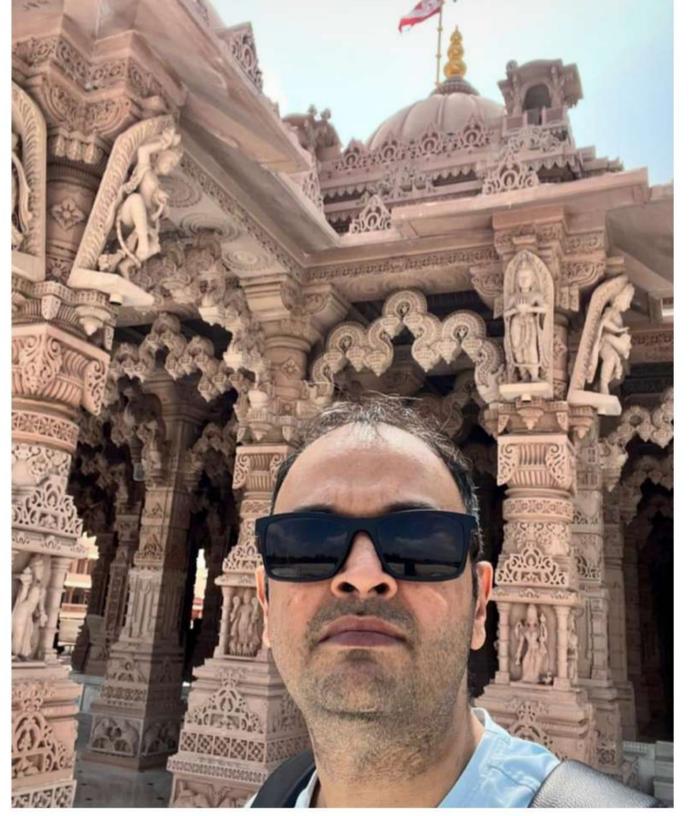
23-25 Jan 2025

SONG OF MY HEART

साँग ऑफ माय हार्ट ये... लडकी भीगी भागी सी

सिनेमा बघताना मी साधारण 14 वर्षाचा असेल पण तरीही मला त्याचं लिरिक्स खूप आवडत होतं त्याची उडती चाल आणि सिनेमातली सिच्युएशन.. बऱ्याचदा मी स्वतःला किशोर कुमारच्या रोलमध्ये आहे असं स्वप्न पाहायचो आणि मधुबालाची भेट होतीय असंही स्वप्न पाहायचो. अर्थात या गाण्यातले हिरो हिरोईन हा सगळ्यात आवडता भाग आहे. आणि किती सुंदर म्युझिक केलेल आहे सिच्युएशन नुसार. शेवटच्या ओळीच्या आधी नट फिट करण्याचा जो आवाज आहे टंग टंग तो सुद्धा म्युझिक म्हणून इतका सुंदर वापरला आहे. किशोर कुमार चे एक्सप्रेसन्स देखील खूप मजेशीर आहेत. म्हणूनच हे गाणं मला खूप आवडतं.

उपेंद्र गोखले



RECIPES

DHABA STYLE ANDA CURRY

To prepare Dhaba Style Egg Curry, you'll need the following:

For the main paste, blend 4 medium roughly chopped tomatoes, 1-inch ginger, 3 less spicy green chillies, ½ tbsp oil, 1 tbsp tender coriander stems (chopped), ¼ cup beaten curd, 1 tsp Degi red chilli powder, and 2 tsp coriander powder.

For the ginger garlic paste, coarsely grind 2 less spicy green chillies and 5-6 garlic cloves.

For the masala, grind 1½ tbsp coriander seeds, 4-5 green cardamom pods, 1 tbsp black peppercorns, and a pinch of salt to a fine powder.

Sauté 8-9 hard-boiled eggs in 1 tbsp oil with ½ tsp Degi red chilli powder for 2-3 minutes.

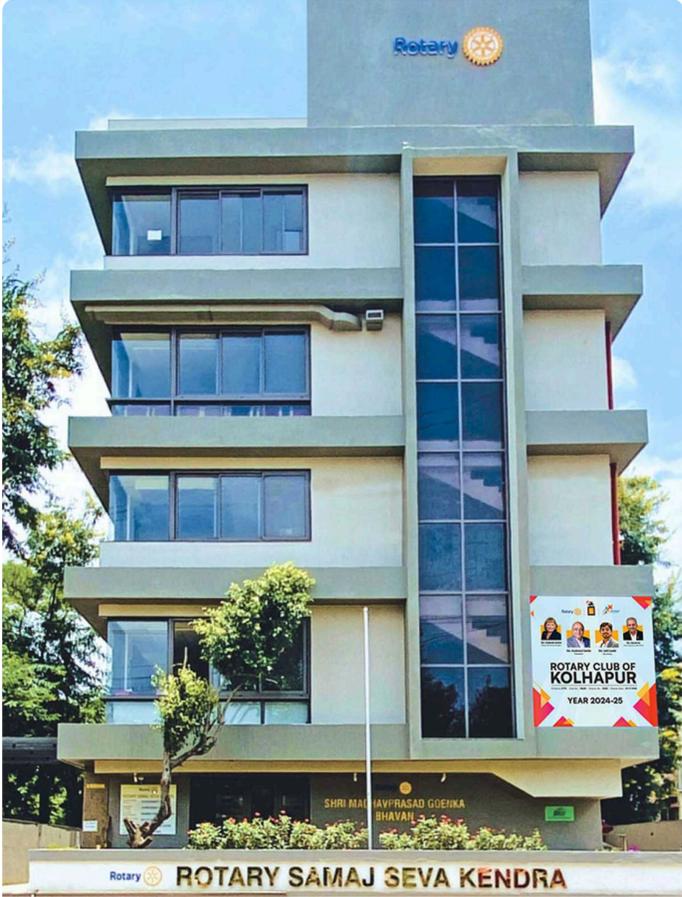
Method: To make the curry, heat 2-3 tbsp oil, splutter 1 tsp cumin seeds, and sauté the ginger garlic paste with 4 finely chopped medium onions until golden. Add the tomato paste, cook until thick, then mix in 1 tbsp of prepared masala. Pour in 2-3 cups of water, season with salt, and add the sautéed eggs, 1 diced medium tomato, ½ diced small capsicum, and 1½ tsp dry fenugreek leaves. Simmer until well-cooked, garnish with 2 tbsp finely chopped coriander leaves and a sprig of coriander, and serve hot.

Asmita Gokhale.



BIRTHDAYS NEXT WEEK

- 06 JAN** Rtn. Vijayendra Charane
- 07 JAN** Rtn. Sanjay Shete
- 08 JAN** Rtn. Sarla Mantri



**ROTARY CLUB OF KOLHAPUR'S
ROTARY SAMAJ SEVA KENDRA BUILDING**

ANNIVERSARIES NEXT WEEK

07 JAN Rtn Dr Jayant Bhosale & Ann Aishwarya

NEXT MEETING

WEDNESDAY | 08 JAN 2025 | 05:30PM

GUEST SPEAKER



Prof. Harshvardhan Pandit
Department of Technology
Shivaji University

Subject: Artificial Intelligence (AI) : Blessings to Mankind & Challenges

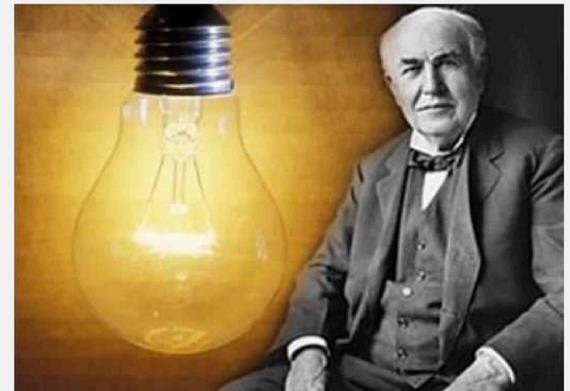
Venue : Madhavprasad Goenka Bhavan, Govind Gundesha Hall, RSSK, Kolhapur

Er. Harshwardhan Pandit, Assistant Professor in Mechanical Engineering at Shivaji University, Kolhapur, holds a Bachelor's in Production Engineering, a Master's in Mechanical Engineering, an MBA in Manufacturing Management, and is pursuing a PhD. A university topper and educator since 2014, he is renowned for his innovative teaching methods fostering critical thinking and problem-solving. An accomplished author and inventor, he has written five books on diverse topics, holds six patents, and has published three more. As an Innovation Ambassador and Coordinator of the Institute Innovation Club, he promotes startups and innovation, mentoring students to excel in entrepreneurship, including guiding two students to win ₹1 lakh each under MSINS Student Innovation Challenge. He also mentors startups under Startup India and teaches Design Thinking and Innovation.

GLOBAL ROTARY AT A GLANCE

THE MAN WHO LIT OUR LIVES WAS A ROTARIAN

Thomas Alva Edison, America's Greatest Inventor who developed & contributed to various Inventions including Electric Lamp, Phonograph, Dictaphone, Kinetoscope, Autographic Printer and many more, was a Honorary Member of Rotary Club of Orange, New Jersey.



GET IN TOUCH

ROTARY CLUB OF KOLHAPUR

WE MEET EVERY WEDNESDAY AT 5.30 PM

OFFICE: Smt. Kamal Govind Gundesha Hall, Madhav Prasad Goenka Bhavan, Rotary Samaj Seva Kendra, Kolhapur

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