



# ROTARY CLUB OF KOLHAPUR

RI DISTRICT 3170 | CLUB NO. : 15655 | CHARTER NO. : 5685 | ESTD ON : 01.11.1943

# 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)

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11 JULY 2024

## FLAG EXCHANGE WITH RC BELGAUM SOUTH

Rtn. Sahil Gandhi visited RC Belgaum South and exchanged a flag with them, meeting with President Rtn. Nilesh Patil, Secretary Rtn. Bhushan Mohire, RCC Rtn. Viren Kalghatgi, and Rtn. Manoj Sutar. He explained about RC Kolhapur, its building, and invited them to visit.

12 JULY 2024

## BREAKFAST MEETING BY RTN. NARENDRA BANSAL - RCK RUBY GROUP

At the first breakfast meet of the RCK Ruby group, Group Leader Rtn. Narendra Bansal hosted and introduced new members to the Rotary culture of our club. He explained the meet's purpose. The next meet will be hosted by Pawan Bhageria and Usha Bhageria.





12 JULY 2024

## ROTARACT CLUB OF KOLHAPUR INSTALLATION

At the 53rd Installation Ceremony, Chief Guest PDRR Rtn. Rtr. Sahil Gandhi and Installing Officer President Arunkumar Goenka installed the new leadership team. Rtr. Pratyush Doshi was appointed President, and Rtr. Aman Momin was appointed Secretary. The event also saw the installation of the board of Directors, marking a new chapter for the club.



12 JULY 2024

## PDG ANAND KULKARNI VISIT TO RSSK

PDG Anand Kulkarni visited RSSK, toured the entire building, and was very happy and overwhelmed with the club's service. Members present were PP Rtn. Siddharth Patankar, VP Rtn. Pradeep Pasmal, Rtn. Subhash Malu, Rtn. Amol Ghodake, Rtn. Nilesh Kutte, and Rtn. Kushal Rathod.



13 JULY 2024

## TOILET BLOCK OPENING AT GHOSARWAD

Toilet Block & Handwash Station was inaugurated at Kanya Vidyamandir, Ghosarwad Tal: Shirol at the hands of PDG Anand Kulkarni (2017-18), Rtn. Subhash Kutte, President (2017-18) & Rtn. Deelip Shevale, AG (2017-18) as part of Global Grant (2017-18) on Saturday, 13th July 2024. Rtn.

Siddharth Patankar, President (2023-24), Rtn. Arunkumar Goenka, President, Rtn. Abhijeet Haval, Community Service Director & Rtn. Nilesh Kutte & Shri Bhavanisinh Ghorpade were present for the inauguration.



14 JULY 2024

## MEETING WITH DISTRICT GOVERNOR

During the DG's visit to Kolhapur, he met with all the clubs, including one-on-one meetings with key leaders. He invited President Arunkumar Goenka, Secretary Sahil Gandhi, Membership Chair Girish Joshi, and TRF committee member Siddharth Patankar to discuss membership targets, TRF schemes, and grants, resulting in a fruitful meeting.





15 JULY 2024

## INSTALLATION OF INTERACT CLUB OF CHATE SCHOOL 2 AND EARLY ACT CLUB OF CHATE SCHOOL

The installation of the **Interact Club** of Chate School 2 and the **Early Act Club** of Chate School was held at **Vidya Prabodhini**. Installation Officer **Rtn. Arunkumar Goenka** led the ceremony. Members present included Secretary **Rtn. Sahil Gandhi**, **Rtn. Mahendra Parmar**, **Rtn. Dhiraj Bhateja**, **Rtn. Chetan Desai**, and **Rtn. Bharat Kharate**.



16 JULY 2024

## INSTALLATION OF INTERACT CLUB OF CHATE SCHOOL

The installation of the **Interact Club** of Chate School 1 was conducted by Installing Officer **Rtn. Mahendra Parmar**. Members present included **Rtn. Dhiraj Bhateja** and **Rtn. Bharat Kharate**.





17 JULY 2024

## WEEKLY MEETING

Dr. Sachin Kulkarni, a renowned gynecologist, introduced by Rtn. Shobha Arvind, presented a study on diet's role in managing PCOS. He highlighted that junk food consumption can lead to early menstruation and obesity, causing menstrual irregularities. He recommended a gluten-free diet, suggesting bajra and ragi roti, and praised the Prime Minister's promotion of millets.



Dr. Kulkarni emphasized the increasing marriage age due to career-oriented women and advised checking Anti-Mullerian Hormone levels in their twenties for potential egg preservation.



He explained that the menopausal age for Indian women is 47.5, lower than in other countries, and clarified that early menstruation is not genetically linked. He stressed the importance of HPV vaccination to prevent cervical cancer and discussed cord blood preservation costs.

He clarified doubts about ectopic pregnancy and warned about hormonal changes due to high fertilizer use in potato production. He also discussed sperm preservation for men undergoing chemotherapy for testicular cancer, suggesting IVF for future parenthood.

Dr. Kulkarni's talk covered critical aspects of reproductive health and scientific advancements. The vote of thanks was given by Rtn. Sunita Goenka, who was also congratulated for being the lucky Rotarian of the week.





17 JULY 2024

## आषाढी एकादशी

आपल्या शिशुविद्यालया मार्फत आषाढी एकादशी साजरी करण्यात आली. मुले, पालक, शिक्षक यांनी दिंडी काढली. यावेळी रो. शोभा अरविंद आणि गायत्री पुराणिक यांनी हजर राहून मुलांना प्रोत्साहन दिले.



## ACHIEVEMENTS CORNER



### ABC PRO BASKETBALL LEAGUE 2024

Abhir Gokhale has been selected for the Rs. 4 lakh U16 basketball tournament in Pune. He is the first and highest-paid basketball player from Kolhapur district.



### AVENUES OF SERVICE AWARD

Rtn. Arvind Krishnan was awarded the Four Avenues of Service Award for his tireless service to Rotary.

## RECIPES FROM THE PAST

### Sindhi Kadhi



#### Ingredients:

Oil. 4 TBSP	Kashmiri red chilli powder 1 TSP
Cumin seeds. 1 TSP	Green chilli. 2 no.(Slits)
Mustard seeds. 1 TSP	Tomato. 3
Fenugreek seeds. 1/2 TSP	Drumstick. 1
Asafoetida. 1/4 TSP	Cluster beans. 1/2 cup
Gram flour. 6 TBSP	Potato. 3
Curry leaves. 1 SPRIG	Oil. 1 TBSP
Hot water. 1.5 Litre	Lady finger. 10-12
Turmeric powder. 1/2 TSP	Salt
	Tamarind pulp

#### Method:

Set a stock pot over heat and once it gets hot add in the oil and heat it well.

Once the oil gets hot add cumin seeds, mustard seeds, Fenugreek seeds and asafoetida (stir well).

Further add the gram flour, stir and cook over low flame until the gram flour turns biscuity in colour (stir continuously).

Once the gram flour turns biscuity, add curry leaves, once they crackle add hot water and stir it, make sure that no lumps remain.

Then add the remaining water along with salt, turmeric powder, kashmiri red chilli powder, green chilli and stir it well to bring the kadhi to boil.(5 mins)

While it is boiling, set a pan over high heat add oil into it and once the oil gets hot add the lady finger and fry them over medium high flame for 3-4 mins and transfer into a bowl.( Do the same for the brinjals too).

Now take another pot and add tomato puree in it and add drumstick, cluster beans, potato, coliflower and now stir it for 5 mins.

Now put this into the biscuity coloured kadhi.

Then keep it at low flame for 20 mins.

After 20 mins add the lady finger, brinjal and the tamarind pulp and stir it well for 10 mins.

Once cooked, check the potato for its doneness, it should be cooked if not then continue to cook until they become soft.

Taste and add salt if needed.

Rtn. Poonam Chugh



## SONG OF MY HEART

Ye Ratein, Ye Mausam,  
Nadi ka Kinaara, Ye Chanchal Hawa..

I love this song because it beautifully expresses love and longing. The lyrics evoke strong emotions and the melody is haunting and beautiful. The song is composed of four stanzas, each with its own meaning. I often sing this song when I'm by the sea in a romantic mood with a glass of vodka.



Each stanza has its own significance:

1. In the first stanza, the lovers sit by the marine drive, expressing their love for each other, promising never to be apart.
2. In the second stanza, they are in each other's arms, looking at each other with love, enjoying life and their quality time together.
3. In the third stanza, they talk about their dreams for the future, saying that they now have the whole world and will spend a happy life together.
4. In the fourth stanza, the lovers reaffirm their commitment to each other, promising again that they will never be apart.

Rtn. Dr. Menghraj Chugh

# PHOTOS OF THE MONTH

# SUBJECT : RAIN



**RTN. NETAJI KANKEKAR**



**POONAM SHAH**



**RTN. DR. ADITYA UPADHYE**



Rainy days make me feel like a child again, eager to play and dance in the puddles of life.

**RTN. PRADEEP PASMAL**

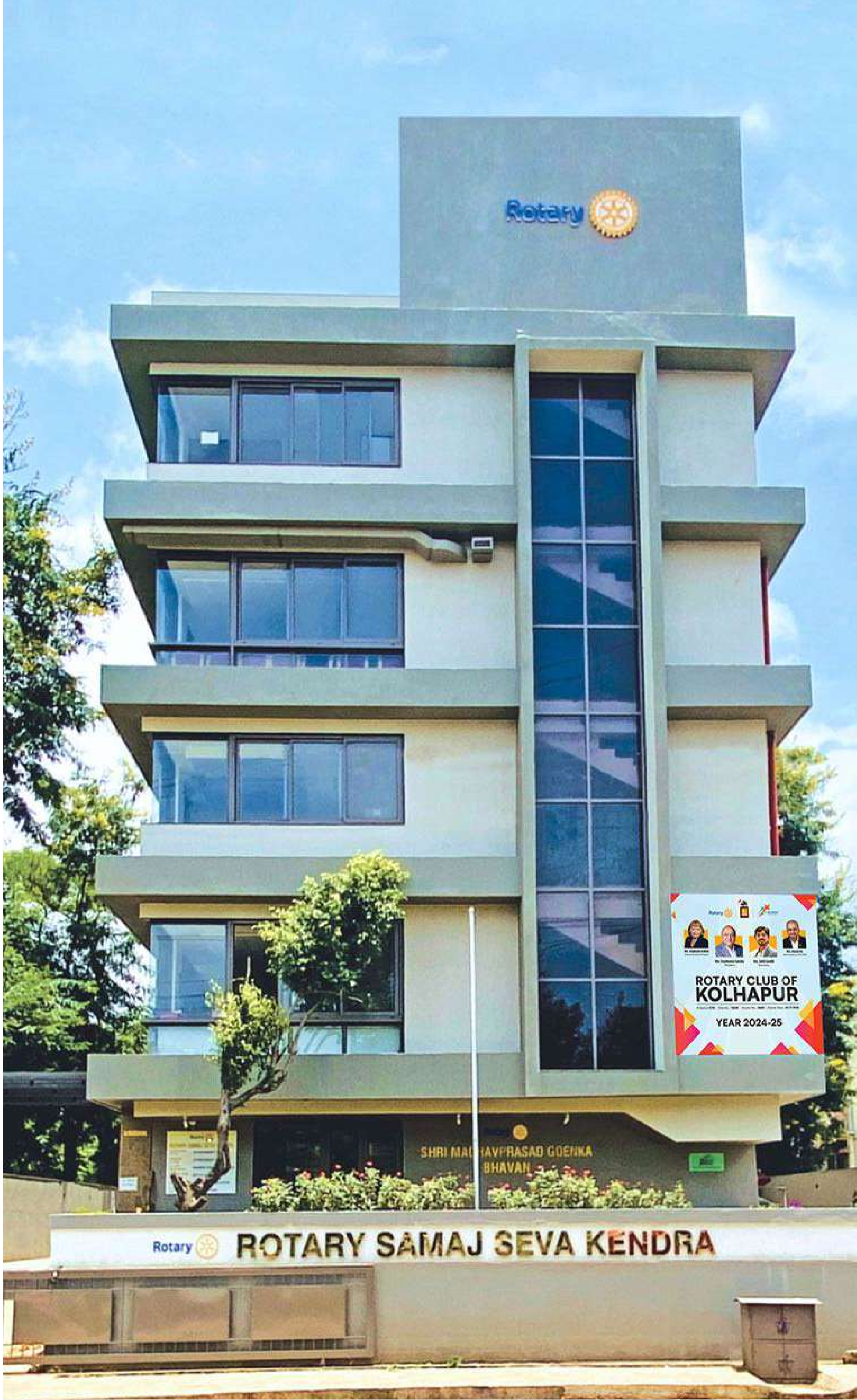
## BIRTHDAYS NEXT WEEK

21 JUL Rtn. Pradeep Patil

21 JUL Rtn. Sachin Anuje

25 JUL Rtn. Dahyabhai Patel

27 JUL Rtn. Adil Shaikh



ROTARY CLUB OF KOLHAPUR'S  
ROTARY SAMAJ SEVA KENDRA BUILDING

## NEXT MEETING

WEDNESDAY | 24 JULY 2024 | 05:30PM

### GUEST SPEAKERS



**Mr. Yashodhan  
Suresh Joshi**

**Topic :** Kolhapur -  
We are the Heritage

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

## GET IN TOUCH

### ROTARY CLUB OF KOLHAPUR

WE MEET EVERY WEDNESDAY AT 5.30 PM

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Goenka Bhavan, Nr. Collector Office, Kolhapur 416 003

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