



Issue No. 04

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OCTOBER 2025



R I President
Rtn Francesco Arezzo



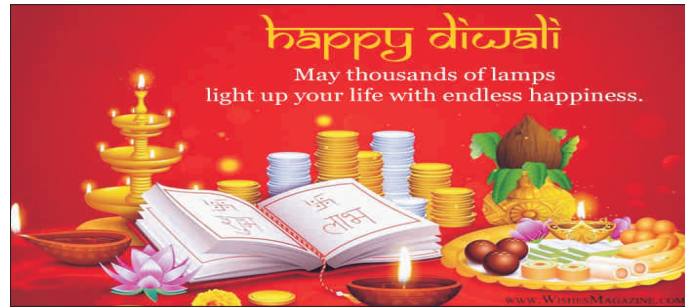
District Governor
Rtn Arun Daniel Bhandare



President
Rtn Damodar S Prabhu



Secretary
Rtn Dr Jyoti S Sawant



Team "AMIGO" wishes
all the members of
RCB Family
"A Sparkling Diwali and
a year full of
achievements and
success"

ROTARY TEACHER'S EXCELLENCE AWARD 2025-26

Date : 30th September



Club selected ten excellent teachers from six different schools based on the guidelines provided by District Office-RID 3170. They were felicitated in a special function at the hands of AG Rtn Ramesh Tiwari held at Rotary House, Bicholim

HANDING OVER TOILET BLOCKS TO SCHOOLS

Date : 4th September



Club handed over 10 Toilet Blocks to 3 Schools in Valpoi constructed under CSR project at the hands of AG Rtn Ramesh Tiwari. The initiative ensures dignity, hygiene and better health for over 400 students, empowering them with safe sanitation facilities in schools

TALK ON "PANDHARPUR VARI"

Date : 10th September



President Elect Rtn Abhijeet Teli delivered a audio-visual presentation and talk on his real-life experience of last 16 years in organizing and participating in Pandharpur Vari held annually



President Rtn Damodar Prabhu presenting a memento to Rtn Abhijeet Teli after the captivating talk

ADOPTION OF GIRL CHILD FOR EDUCATION



Club provided sponsorship of Rs 50,000/- to Miss Mehavish Hasan Khan Ghor, a MBBS student. This sponsorship is generously supported by Kenkre Electricals, Mapuca

Date : 3rd September



Club provided financial assistance of Rs 11395/- to Miss Shrawani Mhaikar, Third Year BA student of Govt College of Arts and Science, Sanquelim towards her annual and examination fees

Date : 10th September

TEACHER'S DAY CELEBRATION AT SUDHA COLONY

Date : 5th September



President felicitating Mr Sarvesh Mohan Kotkar (teacher from Sudha Colony) on occasion of Teacher Day



Dr Kashish Patnekar delivered a talk on "Women's Health and Healthy Mindset "



Club felicitated 19 prominent teachers (including Retired Teachers) from Sudha Colony, Bicholim at Maruti Temple located in this locality as part of Teacher's Day Celebration

DONATION OF STEEL CUPBOARD AND OFFICE TABLE

Date : 30th September



Club provided a steel cupboard and office Table to Government Primary School, Bamnabhat, Ambaulim, Qupem. These office equipment's worth Rs 13,300/- were sponsored by Mr. Pandurang Datta Naik, Zambavali

CLUB ASSEMBLY BY ASSISTANT GOVERNOR



AG Rtn Ramesh Tiwari conducted the Club Assembly, wherein he took the review the projects conducted by the Club during this RIY

President Message



Dear Fellow Rotarians,

We have completed an eventful month of September, wherein we bounced back after festivities of Ganesh Chaturthi to conduct series of activities aimed for the benefit of community. This month will also be remembered for Historic Release of "Special Issue of Amigo" which was aimed to provide insight to Club's maiden Global Grant Project and celebrate its success after grand commissioning of this project.

In the month of September, Club joined rest of Nation in celebrating "Teacher's Day" to honour educators. We took this opportunity to felicitate Teachers from Sudha Colony, known as "Residential Hub" of teachers in Bicholim town. Besides this, we also felicitated 20 Teachers from RCB family and also presented "Rotary Teacher's Excellence Award 2025-26" to 10 excellent teachers from six different schools from Bicholim taluka in line with guidelines of District Office-RID 3170. Additionally, the Club also honoured 32 Engineer's from RCB family on "Engineer's Day" to recognize and appreciate the crucial role engineer's play in the society and nation-building, inspiring future generations to pursue excellence in this field.

Month was dedicated in providing accessible, affordable and timely healthcare services to the needy people in community through "Medical Camps". We conducted two medical camps during this month, the

first one was targeted for Spine check-up and Diabetic check-up while the second was specifically meant for staff, Sanitation workers, Garbage collectors, Cleansers from Bicholim Municipal Council. Through this special camp, we were able to provide services to "safai karamcharis" who are deprived of medical facilities due to their busy work nature.

October is "Economic and Community Development Month" which is one of the seven areas of focus of The Rotary International. Hence our focus will be on empowering communities to develop their own economic futures through sustainable projects and education. From supporting local entrepreneurs to enhancing financial literacy, our initiatives will aim to uplift not just individuals but entire communities.

Before concluding, let me take this opportunity to wish all the members of RCB family "A Prosperous Diwali.... May this festival spark new ideas and passion for achieving your dreams"

Let us all join to celebrate the "Festival of Lights and Joy"

-Rtn Damodar



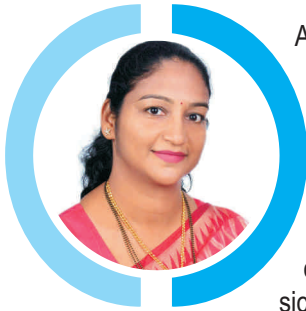
SAI MEDICAL STORE CHEMIST & DRUGGIST

Address: Shop No-4, Kamat Building, Bicholim Market, Bicholim-Goa

Deals in: Allopathic, Ayurvedic and Veterinary Medicines

Contact Nos: 9765225200 / 7709050393 / 9370962118

Secretary Report



After festivities of the Ganesh Festival, we resumed the activities for the RIY 2025-26. Since the monsoon was retreating from Goa and was moving towards north, there was a sudden change in climatic conditions in Goa, leading to sicknesses such as cold and fever.

We therefore conducted a special Medical Check-up camp at Bichoilm Municipal Council for its staff, Sanitation workers, Garbage collectors, Cleansers and others.

Month of September also saw celebration of Teachers Day and Engineer's Day. Our RCB family has 20 Teachers and 32 Engineers who have provided their services in these respective fields. It was a time to recognize all these family members. It was an evening to remember in which the younger generation members were able to listen to the experiences of the experienced older generation.

Below are the details of the projects/activities which were conducted by the Club in the month of September.

No of Weekly Meetings – 03

No of Board of Directors Meetings – 01 (On 24th September)

Girl Child Adoption for education:

On 3rd September, Club provided sponsorship of Rs 50,000/- to Miss Mehavish Hasan Khan Ghor, a MBBS student, under Girl Child Adoption for Education. This sponsorship is generously supported by Kenkre Electricals, Mapuca. Specials Thanks to Rtn Hussain Shah Muzawar for his kind efforts to get this sponsorship.

Handing over Toilet Blocks to Schools:

On 4th September, Club handed over 10 Toilet Blocks to

following Schools in Valpoi constructed under CSR project

- ✓ Govt High School, Valpoi – 2 Blocks benefitting 55 students
- ✓ National Urdu School, Valpoi – 2 Blocks benefitting 70 students
- ✓ Fatima Convent High School, Valpoi – 6 Blocks benefitting 280 students

AG Rtn Ramesh Tiwari was invited for this handing over ceremony which were held in each school and was attended by Teachers and Students of respective schools. This initiative ensures dignity, hygiene and better health for over 400 students, empowering them with safe sanitation facilities in schools.

Teacher's Day Celebration at Sudha Colony:

On 5th September, as part of Teachers Day Celebration, the Club felicitated 19 prominent teachers (including Retired Teachers) from Sudha Colony, Bicholim at Maruti Temple located in this locality. On this occasion, Dr Kashish Patnekar delivered a talk on "Women's Health and Healthy Mindset" which was appreciated by all.

Nutrition Awareness Programme:

Club conducted Nutrition Awareness Programme in two schools with help of an expert team wherein every day one session of one and half hours was held for consecutive six-days by this team. The project was conducted with following objectives:

- ✓ Spread awareness about balanced diets and nutrients
- ✓ Educate students on the importance of dietary diversity and micronutrients
- ✓ Highlight preventive measures against lifestyle disorders
- ✓ Encourage students to adopt to healthier food and lifestyle Choices

During this month, Club covered following schools:

- ✓ Ideal High School, Pilgao – From 8th September to 13th September, benefitting 105 students
- ✓ Shantadurga High School, Bicholim - From 15th September to 20th September, benefitting 300 students

After the conclusion of the training programme, a Quiz

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HEALTH CAMP (SPINE AND DIABETIC CHECK-UP)

Date : 13th September



Club in association with Centra-Care Super Speciality Hospital and Medical Research Centre, Belagavi conducted Spine check-up and Diabetic check-up camp at Maruti temple, Sudha Colony, Bicholim



A comprehensive and thought-provoking talk on "Obesity and Diabetes-Management of Double Trouble" was delivered by Dr. Neeta Deshpande before commencement of the camp



Totally 71 citizens (53 for Spinal Check-up + 18 for Diabetic) benefitted from this camp

AWARENESS TALK ON "SUICIDE PREVENTION AND ALZHEIMER'S DISEASE"

Date : 16th September



100 students were benefitted from an awareness talks on "Suicide prevention and Alzheimer's Disease" held at Narayan Zantye College of Commerce, in association with Community Health Centre, Bicholim



Dr Tanvi Pednekar (Consultant Psychiatrist), Dr Aditi Modak (Junior Resident) were faculties for this talk



Date : 23rd September

As a part of Tree Plantation Drive, the members of Club planted beetle nuts, mango (40 saplings) and coconut saplings (50 saplings) at Farm House belonging to Rtn Vallabh Naik and family, located at Mathwadi-Bordem, Bicholim

RELEASE OF "AMIGO" AND "AMIGO-SPECIAL ISSUE"

Date : 23rd September



Third Issue of Amigo was released at the hands of Mr Rajendra and Mrs Smita Falari (Parents of Rtn Sargam Falari) at their residence



For the first time in Club's History, to celebrate successful commissioning of Club's Global Grant Project "SMITA-Bringing Smiles" a SPECIAL ISSUE of Amigo was released at the hands of Mr Rajendra and Mrs Smita Falari (Parents of Rtn Sargam Falari) at their residence

ROUND-UP OF ACTIVITIES OF ROTARY SCHOOL



Celebrated Teacher's Day by garlanding Portrait of Dr Sarvepalli Radhakrishnan



On this occasion, a wallpaper by Miss Aarohi Tirodkar (Std IV) was released at the hands of School Manager Rtn Ramanand Natekar and PTA member Mr. Swapnesh Sherlekar

"TEACHER'S DAY" CELEBRATION

Date : 6th September



Teaching and Non-Teaching Staff of Rotary School pose for a Group Photo with School Manager Rtn Ramanand Natekar after their felicitation by PTA members



Saraswati Pujan by Master Saransh Teli (Standard IV) dedicated to Goddess Saraswati, the embodiment for knowledge, wisdom, arts and music



Specially designed wallpaper by Miss Dhriti Polji (Std IV) was released during the puja celebration

SARASWATI PUJA CELEBRATION

Date : 30th September



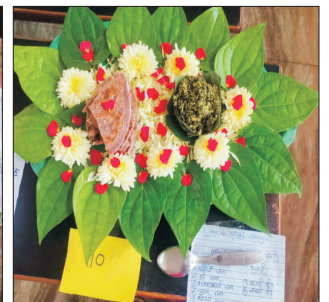
Teaching and Non-Teaching Staff joyfully participated in the event



"Hair Style Competition" was conducted for the parents



Parents also participated in "Cooking Competition" limited for Vegetarian dishes



Unique "Eco-Friendly Toran Making Competition" was also organized for the parents

HANDING OVER TOILET BLOCKS TO SCHOOLS

Date : 4th September



Six Toilet blocks benefitting 280 students of Fatima Convent High School, Valpoi were handed over to the school at the hands of AG Rtn Ramesh Tiwari



Club also provided two Toilet Blocks to Government High School, Valpoi which will benefit 55 students



Club also provided two Toilet Blocks to National Urdu School, Valpoi which will benefit 70 students

NUTRITION AWARENESS PROGRAMME



"Nutrition Awareness Programme" was conducted in Shantadurga High School, Bicholim for consecutive six-days (15th to 20th September). On concluding day, Quiz Competition was held and prizes were awarded to winners



Identical "Nutrition Awareness Programme" was also conducted in Ideal High School, Pilgao for consecutive six-days (6th to 13th September). On concluding day, Quiz Competition was held and prizes were awarded to winners at the hands of Rtn Prithviraj Sardesai



Secretary Report *Contd. from page 4*

Competition on the topics covered during training was conducted and prizes were awarded to the winners.

Girl Child Adoption for education:

On **10th September**, Club provided financial assistance of Rs 11395/- to Miss Shrawani Mhaiskar, Third Year BA student of Govt College of Arts and Science, Sanquelim towards her annual and examination fees. The amount was raised through contribution from Club members.

Talk on "Pandharpur Vari":

During weekly meeting on **10th September**, President Elect Rtn Abhijeet Teli delivered a talk on his experience of last 16 years in organizing and participating in Pandharpur Vari held annually. The audio-visual presentation by Rtn Abhijeet along with his real-life experiences during this annual event provided thrill and divine experience which captivated the members.

Health Camp (Spine check-up and Diabetic check-up):

On **13th September**, Club in association with Centra-Care Super Speciality Hospital and Medical Research Centre, Belagavi conducted Spine check-up and Diabetic check-up camp at Maruti temple, Sudha Colony, Bicholim. Totally 71 citizens (53 for Spinal Check-up + 18 for Diabetic) benefitted from this camp.

Before the commencement of the Camp, a comprehensive and thought-provoking talk on "Obesity and Diabetes- Management of Double Trouble" was delivered by Dr. Neeta Deshpande.

Dr. Vinod Patil and Dr. Pramod Suleker offered their services for patients suffering from:

- ✓ Back and Neck Pain
- ✓ Sciatica, Slip Disc and Nerve Compression
- ✓ Spline Fracture, Tuberculosis of Spline and Spline Tumours
- ✓ Prolonged back ache

Awareness Talk on Suicide Prevention and Alzheimer's Disease:

On **16th September**, an awareness talks on "Suicide Prevention and Alzheimer's Disease" was held at Narayan Zantye College of Commerce, in association with Community Health Centre, Bicholim. Totally, 100 students benefitted from this talk. The faculties for the programme were Dr Tanvi Pednekar (Consultant Psychiatrist), Dr Aditi Modak (Junior Resident) and Mr Pravin Chavan (Psychiatrist, Social Worker). This awareness talks successfully sensitized the students about Suicide Prevention and Alzheimer's Disease. The project strengthens RCB's commitment towards mental health awareness and community well-being.

Teacher's Day Celebration for RCB Family:

On **17th September**, 20 Teachers of Rotary Club of Bicholim family were felicitated for their service in the field of education during the weekly meeting by presenting memento and certificate. Ann Pushpa Sardesai (retired teacher) shared a moving experience of her teaching days.

Engineer's Day Celebration for RCB Family:

On **17th September**, 32 Engineer's of Rotary Club of Bicholim family were felicitated for their service to the mankind during the weekly meeting at Rotary House by presenting memento and certificate.

Support to Nikshay Mitra Poshan Yojana:

Club sponsored nutritional supplies for five TB patients under Nikshay Mitra Poshan Yojana at Community Health Centre, Bicholim on **18th September**. Such supplies improve nutrition, strength and adds to recovery of patients. These patients receive a monthly nutritional kit for 6 months containing Millets Atta- 3 kgs, Toor Dal-1 kg, White Chana-1kg, Jaggery -1 kg, Rice – 5 kgs, Toned Milk – 8 litres. The total cost of this donation was Rs 4000.

Release of September Issue of "Amigo":

Third Issue of Amigo was released on **23rd September** at the hands of Mr Rajendra and Mrs Smita Falari (Parents of Rtn Sargam Falari) at their residence.

Release of SPECIAL ISSUE of "Amigo":

To celebrate successful commissioning of Club's First Global Grant Project "SMITA-Bringing Smiles" a SPECIAL ISSUE of Amigo was released on **23rd September** at the hands of Mr Rajendra and Mrs Smita Falari (Parents of Rtn Sargam Falari) at their residence. This is the first time in Club's History a special issue of Amigo has been released to mark success of the project.

Tree Plantation Drive:

On **23rd September**, as a part of Tree Plantation Drive, members of the Club planted beetle nuts (300 saplings), mango (40 saplings) and coconut saplings (50 saplings) at Farm House belonging to Rtn Vallabh Naik and family which is located at Mathwadi-Bordem, Bicholim

Medical Camp at Bicholim Municipal Council:

On **27th September**, multi-speciality medical camp was organised at the Bicholim Municipality in association with Community Health Centre, Bicholim. Services which were provided to the patients were General Medicine, Dental, Ophthalmology, Psychiatry, Dermatology, Diabetic counselling along with Pap smear, Laboratory investigations and pharmacy. Total of 55 Staff, Sanitation workers, Garbage collectors,

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Rising Strong: The Art of Resilience

--Ann Padmaja S Kubal

Life has a way of testing us, no matter who we are or how old we are. For a teenager, it may be failing an important exam or facing the sting of a broken friendship. For an adult, it could be losing a job, juggling family responsibilities, or navigating career challenges. For someone older, it might be coping with health issues, loss, or adapting to a rapidly changing world.

Yet across all stages of life, one truth remains constant: resilience. It is the quiet, often invisible strength that allows us to bend without breaking, to stumble without stopping, and to rise even when the odds seem against us.

Resilience is not something we are born with; it is a skill we nurture over time. Teenagers practice it by confronting self-doubt and learning from setbacks. Adults cultivate it through perseverance, managing responsibilities, and making tough decisions under pressure. Older adults strengthen it by embracing change, facing uncertainty, and finding meaning in life's later chapters.

Every act of resilience, no matter how small, builds character. It could be a student who studies harder after failing a test, a professional who starts anew after losing a job, or a parent who continues to care and love despite exhaustion. These acts, though different in form, share a common thread: the courage to rise again.

Resilience also teaches perspective. Challenges are

inevitable, but how we respond shapes our journey. It encourages us to seek support when needed, take purposeful action, and embrace learning in every setback. Most importantly, it reminds us that strength grows over time, and each recovery equips us for the next challenge.

Perhaps the most inspiring lesson is that resilience is ageless. Whether you are 15, 35, or 65, you have the ability to rise, to adapt, and to thrive. Every time we choose to get up after a fall, we strengthen not just ourselves, but also those around us - our children, colleagues, friends, and communities.

In a world that often measures success by speed and results, resilience is the quiet power that endures. It is not about never falling; it is about always rising. And in rising, we discover our true strength, our capacity for growth, and the courage to embrace life fully - at every age.

Congratulations!



Rtn Sandhya Khanolkar was felicitated at the hands of Chief Minister of Goa Dr Pramod Sawant for her outstanding social work and valuable contribution to the society during Intellectuals Meet organized by Bicholim BJP Mandal on 21st September



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Secretary Report *Contd. from page 8*

Cleansers from Bicholim Municipal Council and others benefitted from this camp.

After the camp, the medical team conducted awareness talk on following subjects:

- ✓ Diabetes and its Prevention
- ✓ Heart Care
- ✓ Diabetic Care and Life-style management
- ✓ Mental Wellness

Donation of Cupboard and Office Table:

Based on the request from Government Primary School, Bamnabhat, Ambaulim, Qupem the Club provided a steel cupboard and office Table to school on **30th September**. These office equipment's worth Rs 13,300/- were sponsored by Mr. Pandurang Datta Naik, Zambavali. This donation will provide better facilities to 36 students who are presently studying in this school.

Club Assembly by AG:

AG Rtn Ramesh Tiwari conducted the Club assembly on **30th September**. During this session, AG took the review the projects conducted by the Club during this RIY and offered his support for the projects planned by the Club.

Rotary Teacher's Excellence Award 2025-26:

Based on the guidelines provided by District Office-RID 3170, Club selected ten excellent teachers from six different schools. They were felicitated in a special function at the hands of AG Rtn Ramesh Tiwari on **30th September** held at Rotary House, Bicholim. These teachers have expertise in different areas as follows:

- ✓ Special Educators - 3 Teachers,
- ✓ Physical Education – 1 Teacher
- ✓ NSS Instructors – 2 Teachers
- ✓ English, Science, Mathematics and Hindi – 1 Teacher each

Participation and Representation:

District Membership Seminar and TRF Level 2 Seminar:

On **7th September**, IPP Rtn. Swapnil Dixit attended District Membership Seminar and TRF Level-2 Seminar held at

Fellowship Greetings

OCTOBER 2025

BIRTHDAY

22	Wed	Rtn Pankaj Teli
22	Wed	Ann Tara Vijay Sardesai
25	Sat	Rtn Prashant Chanekar
29	Thu	Tanaz d/o Hussain Shah Muzawar
31	Fri	Ann Rupa Milind Shirodkar
31	Fri	Rtn Imtiaz Sheik



NOVEMBER 2025

BIRTHDAY

05	Wed	Shivani d/o Santosh Sawal
08	Sat	Rtn Parish Khanolkar
08	Sat	Rtn Sudath Mandrekar
09	Sun	Rtn Sagar Shetye



WEDDING ANNIVERSARY

02	Sun	Nandini & Sudath Mandrekar
09	Sun	Prashila & Pankaj Teli



CHARTER ANNIVERSARY

10	Mon	Rotary Club of Bicholim
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Dharwad. During this seminar, our Club was felicitated with SPECIAL AWARD for inducting 5 Female members during the Installation Ceremony.

Assistant Governors and District Officers' Meet:

On **20th September**, IPP Rtn. Swapnil Dixit attended Assistant Governors and District Officers' meet of RID 3170 "Harmony" held at Hotel Aradhya, Zarap, Kudal.

Makharotsav at Shri Shantadurga Temple:

On **30th September**, members of the Club were Mahajans for 9th day Navratri Makharotsav Celebration at Shri Shantadurga Temple, Antil-Peth, Bicholim.

-Rtn Dr Jyoti Sawant



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SPECIAL AWARD FOR RCB



RCB was felicitated with a SPECIAL AWARD for inducting 5 female members during Installation Ceremony. The award was received at the hands of RI Director Rtn K P Nagesh by IPP Rtn Swapnil during TRF Seminar held at Dharwad on 7th September

President hands over the award to new female members Rtn Shilpa Desai and Rtn Sandhya Khanolkar during the weekly meeting

SUPPORT TO NIKSHAY MITRA POSHAN YOJANA

Date : 18th September



Club sponsored nutritional supplies for five TB patients under Nikshay Mitra Poshan Yojana at Community Health Centre, Bicholim



MEDICAL CAMP AT BICHOLIM MUNICIPAL COUNCIL

Date : 27th September

Multi-speciality medical camp was organised at Bicholim Municipality in association with Community Health Centre, Bicholim



During the camp, the medical team conducted awareness talk on Diabetes and its Prevention, Heart Care, Diabetic Care and Life-style management, Mental Wellness



55 staff, Sanitation workers, Garbage collectors, Cleansers from Bicholim Municipal Council benefitted from this camp

ROTARY TEACHER'S EXCELLENCE AWARD 2025-26



Club felicitated Mrs Manjiri Dattaprasad Jog (Keshav Seva Sadhana School, Bicholim) with Rotary Teacher's Excellence Award. She has been recently awarded with "CM Vashista Guru Puraskar 2024-25"



Date : 30th September

Club felicitated Mr Raufkhan Agkhan Pathan (Senior NCC and Physical Education Teacher) from Radhakrishna High School, Bicholim with Rotary Teacher's Excellence Award



Club presented Rotary Teacher's Excellence Award to Mrs Rita De Sa (Senior Teacher from Shri Bhumi Higher Secondary School, Parje) for her long dedicated service in noble teaching profession



Felicitated Teacher's expressing gratitude after accepting their respective awards



TEACHER'S DAY CELEBRATION

20 Teachers of RCB family were felicitated for their service in the field of education during weekly meeting by presenting memento and certificate

Rtn Prithviraj and Ann Pushpa Sardesai



Rtn Ramanand Natekar



Ann Rushita Popkar



Rtn Sandhya Khanolkar

ENGINEER'S DAY CELEBRATION

Date : 17th September



32 Engineer's of RCB family were felicitated for their service to the mankind during weekly meeting at Rotary House by presenting memento and certificate



Charter Member Rtn Arun Salkar



Rtn Manguesh Salkar



Rtn Sargam Falari



Ann Pushpa Sardesai shares experiences of her teaching days