ROTARY CLUB OF CHIKHLI RIVER FRONT

CHAKRA

CHARTER DATE: 07 JUNE 2018
CLUB No.: 89348

RCCRF E- BULLETIN
ISSUE DATE: 15 NOVEMBER 2023

DIWALI SPECIAL ISSUE

RI PRESIDENT
RTN. GORDON MCINALLY

DISTRICT GOVERNOR
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EDITORS
RTN HASSAN MAYET & RTN SWETAL DESAI

District 3060 Rotary Chikhli River Front

CREATE HOPE in the WORLD

TEAM सारथी Service with Spirituality

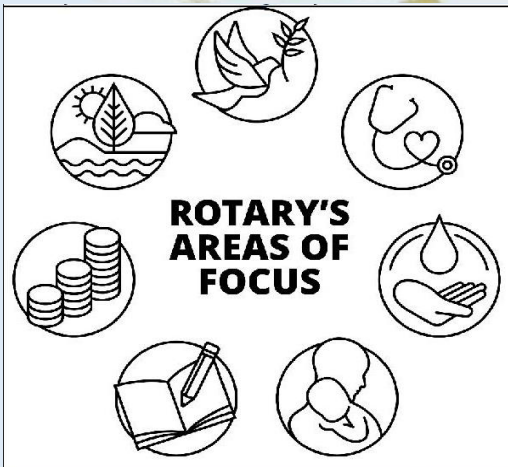
FOUR-WAY TEST

The 4-Way Test

of things we do and say:

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?

Let us all contribute something for the Mankind



7 Areas of Focus

The Rotary Foundation Trustees and Rotary International Board of Directors have both unanimously approved adding a new area of focus: supporting the environment.

Supporting the environment becomes Rotary's seventh area of focus, categories of service activities supported by global grants.

It joins peacebuilding and conflict prevention; disease prevention and treatment; water, sanitation, and hygiene; maternal and child health; basic education and literacy; and community economic development.

OUR MOTTO – SERVICE ABOVE SELF

MESSAGE FROM THE EDITORS

Rotary Greetings to all of You,

We are pleased to submit this News Bulletin which will inform you that how eventful the months of October and November were. This bulletin will cover the inauguration of newly acquired Blood Collection Van and also AGTS event held in Udaipur.

Many members at our Rotary Club of Chikhli River Front are new to Rotary and it is our duty to inform you what Rotary is all about and also what activities the Rotary is doing. Rotary Foundation is involved in most of the countries in the world, doing work for the Mankind and Environment like, Polio Eradication, Disaster Management, District Grants, Health, Hunger and Humanity (3-H) Program, Scholarships, Youth Exchange Programs, Other Educational Programs, Community Programs, Fellowships, Fulfilling the requirements of the Community as per need of the time.

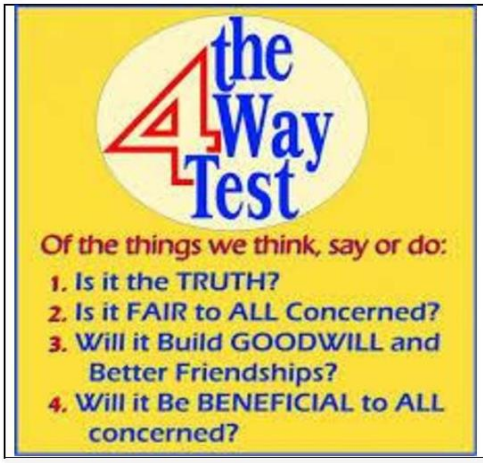
We aim to work on the lines of Rotary's Areas of Focus with dedication and sincerity. Our main motive was to serve in a better way in the best possible manner.

With Best Wishes to all of you. Wishing you a very Happy Deepawali and Prosperous New Year!!!

- Rtn Hassan Mayet & Rtn Swetal Desai

CREATE HOPE in the WORLD

FOUR-WAY TEST



In 1932, Rotarian Herbert J. Taylor created The Four-Way Test. The Four-Way Test is a nonpartisan and non-sectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings: The test, asks the following questions: Of the things we think, say or do Is it the TRUTH? Is it FAIR to all concerned? Will it build GOODWILL and BETTER FRIENDSHIPS? Will it be BENEFICIAL to all concerned?

What is a rotary minute?

Rotary Minute is a monthly video series that features Rotarians around the world. sharing their thoughts about topics that interest them.

What is the object of Rotary?

The Object 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.

What do Rotary clubs do?

"Rotary is an organization of business and professional person united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world." Some Rotary clubs use the official Rotary flag as a banner at club meetings.

What is a Junior Rotarian?

The Jr. Rotarian program is where Rotary clubs host students from local schools to provide networking opportunities and career discussions with Rotarians. It is where a lot of students have their first introduction with Rotary.

CREATE HOPE in the WORLD

Rotary DISTRICT 3060

TEAM

MESSAGE FROM THE PRESIDENT & THE SECRETARY

Greetings to All Our Dear Rotarian Friends and Family Members,

It gives us immense pleasure to present to you this issue which shall reflect our clubs' services and projects undertaken for which we would like to mention that we received immense support and encouragements from our Past Presidents and Secretaries and Team Saarthi.

A popular saying, "If you can dream it, you can do it". But first, you must hold the dream and remain focused on what is desired. Rotary provides many Rotarians the means to accomplish their dreams. Rotarians often find a particular program which becomes a passion.

Rotary is not just a club that you join; it is an invitation to endless opportunities. We believe in creating opportunities for others and for ourselves. We believe that our acts of service, large and small, generate opportunities for people who need our help, and that Rotary opens opportunities for us to live a richer, more meaningful life, with friends around the world, based on our core values.

During the month, we launched Nourished Food for Malnourished expectant mothers with nourished food supplements in association with District Child and Women Care Department in which RCCRF have pledged to provide nutrition food to these pregnant ladies who are weighing under 40 kg.

Our achievements can only be judged by our Dynamic District Governor Rtn Nihir Dave and his Team Saarthi but their appreciation verbally suggests that we had performed superbly as we did 250+ service projects during the first four months, thanks to our various permanent projects which are going great guns. We feel proud to inform you that our Past Presidents and Secretaries has many specialities and prowess to work for the RCCRF has helped us to work even better and with us all by supporting us and our visions, which will achieve much better.

Our Mobile Cancer Detection Unit Service is serving the people in various areas by organising camps. Here we would like to thank so many Rotary Clubs and NGOs for organising these camps. Likewise, our Operation Kisaan, a Free Tractor Service is working well so also our Women Empowerment Project-Tailoring Institute and Free Ambulance Project too is service the sick. We express our sincere thanks to our project partners, namely Alipore Social Welfare Trust and Alipore Hospital for taking part in our services.

We are pleased to announced that around 40 children who were identified as malnourished have now become nourished children out of 137 identified malnourished children.

Lastly, our apologies to all of you if we have knowingly or unknowingly have inflicted pain on anyone during our services we rendered, we, with humbleness ask you to forgive us and our team members who were in action during various project works.

May God bless you all and may Almighty bless us all with many more successes in future and may we all achieve much more goals and the goals which were not even set...let us all reach to a new horizon by working hard for the welfare of the community and mankind. With deepest regards and gratitude to all of you and our generous donors and supporters.

Sincere thanks to all of you

JAI ROTARY **HAPPY DIWALI** **HAPPY NEW YEAR**

Yours sincerely

Rtn Mehul Patel *President 2023-24*

Rtn Nikunj Patel *Secretary 2023-24*

FOR ORGANISING CANCER CAMP PLEASE CONTACT MR SUHEL SHAH +91- 99794 93698

ROTARY's GUIDING PRINCIPLES – 4 WAY TEST & AREAS OF FOCUS

GUIDING PRINCIPLES

The 4-Way Test

For more than 100 years, our guiding principles have been the foundation upon which our values and tradition stand.

The Four-Way Test, Object of Rotary, and the Avenues of Service express our commitment to service, fellowship, diversity, integrity, and leadership.

The Four-Way Test is a nonpartisan and non-sectarian ethical guide for Rotarians to use for their personal and professional relationships. The second tenet of the Four-Way Test, "Is it **fair to all concerned**", serves as a beacon to Rotarians worldwide.

ROTARY MOTTO: SERVICE ABOVE SELF

AREAS OF FOCUS

We direct our efforts in Seven Areas to enhance our local and global impact. Our most successful and sustainable projects and activities tend to fall within the following areas:

- **Basic Education & Literacy**
- **Mother & Child Health**
- **Peace & Conflict Prevention /Resolution**
- **Disease Prevention & Treatment**
- **Water, Sanitation & Hygiene**
- **Community & Economic Development**
- **Support the Environment**

OUR MISSION

We provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders.

VISION STATEMENT

Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves.

WE WORK DIFFERENTLY

We see Differently: Our multidisciplinary perspective helps us see challenges in unique ways.
We think differently: We apply leadership and expertise to social issues — and find unique solutions.
We act responsibly: Our passion and perseverance create lasting change.
We make a difference at home and around the world: Our members can be found in your community and across the globe.

10 OCTOBER 2023 WORLD MENTAL HEALTH DAY

Ten Things You Can Do for Your Mental Health

1. Value yourself: Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body: Taking care of yourself physically can improve your mental health. Be sure to:
Eat nutritious meals
Avoid smoking
Drink plenty of water
Exercise, which helps decrease depression and anxiety and improve moods
Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students. See Sleep.

3. Surround yourself with good people: People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself: Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people. See Fun and Cheap Things to do in Ann Arbor for ideas.

5. Learn how to deal with stress: Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind: Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy. To get connected, see spiritual resources on Personal Well-being for Students

7. Set realistic goals: Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal. Wellness Coaching, free to U-M students, can help you develop goals and stay on track.

8. Break up the monotony: Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant. See Rejuvenation 101 for more ideas.

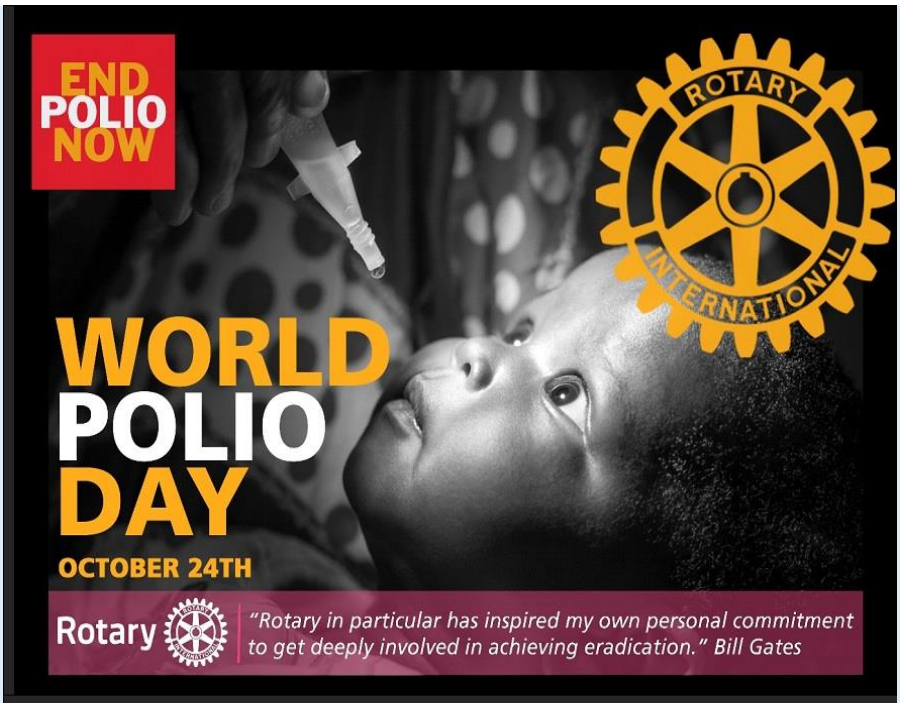
9. Avoid alcohol and other drugs: Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems. For more information, see Alcohol and Other Drugs.

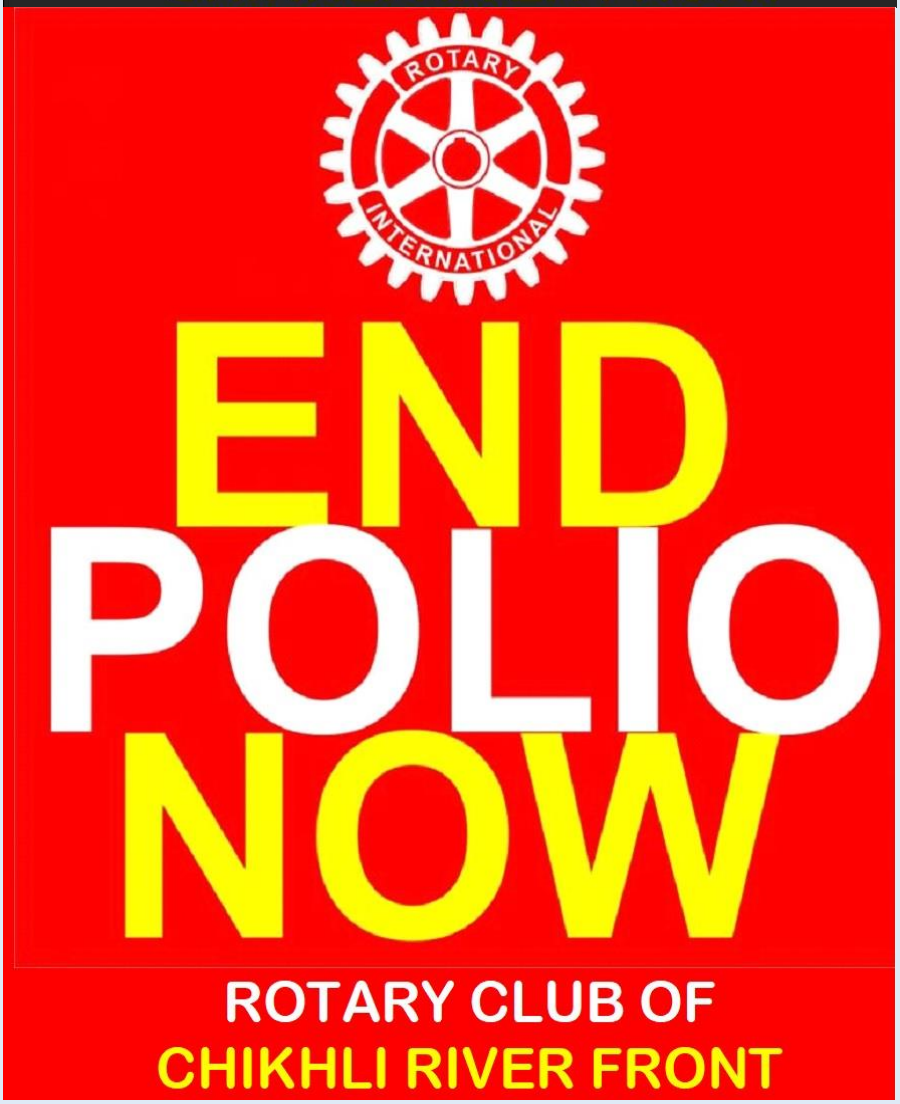
10. Get help when you need it:
Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Wishing All a Healthy State Of Mind.
Regards

AG RTN HASSAN MAYET

WORLD POLIO DAY -24 OCTOBER 2022





World Polio Day is observed annually on October 24. The day raises awareness about the disease and honours the global efforts toward a polio-free future, as well as the selfless sacrifices of those working on eradicating polio from every corner of the world.

Polio is contagious due to the ease with which the poliovirus spreads. Although the virus is now exceedingly rare because of modern interference, it can impair the brain regions that govern respiration, resulting in death. Polio, which has no recognized therapy, can only be avoided through vaccination.

Few interesting facts about Polio

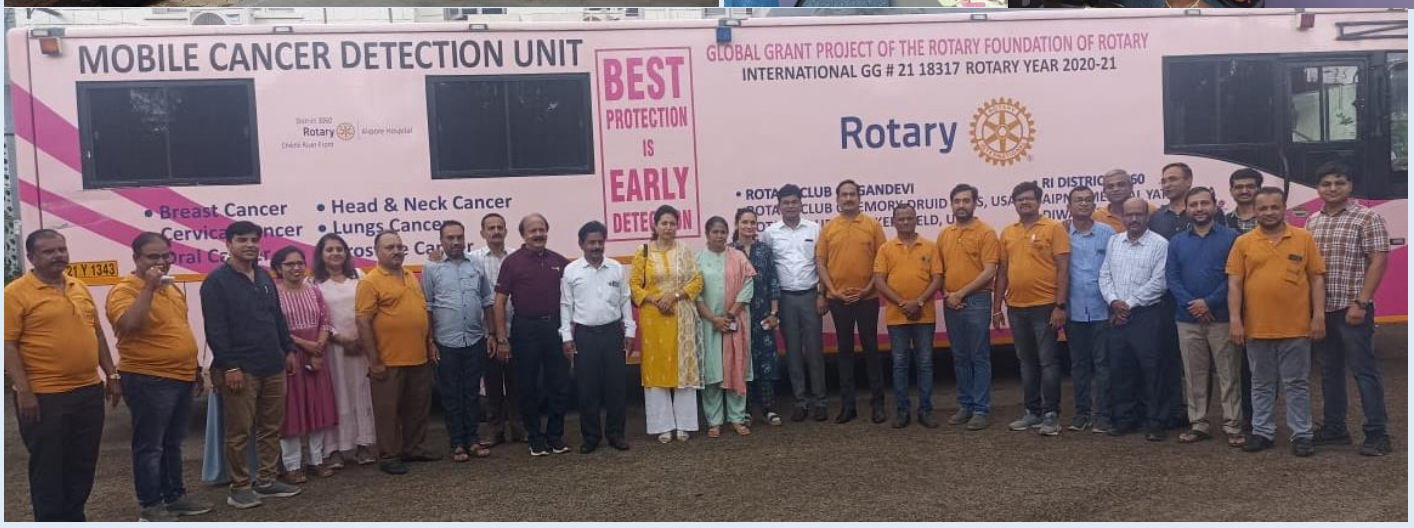
- Polio (poliomyelitis) primarily affects children under the age of five. Hence children are mostly affected by the disease.
- One in 200 infections results in permanent paralysis and when their respiratory muscles become immobilized, 5% to 10% of paralyzed people die.
- To take action against polio, many countries have increased their ability to monitor and immunize their populations through a global effort.
- There were around 350,000 cases of polio worldwide in 1988, however, this figure has since dropped to only 37 confirmed cases in 2016.
- Polio can spread across the globe as long as there is a single person who is still carrying the disease.
- Polio is an infection caused by a virus that affects the entire body, including muscles and nerves.
- There are 3 types of polio: non-paralytic (does not lead to paralysis), spinal-paralytic (can result in the paralysis of one or more limbs), and bulbar (can result in weak muscles, reflex loss, and respiratory problems).

EVENTS

District 3060 Rotary Chikhli River Front | Alipore Hospital

Rotary District 3060 | CREATE HOPE in the WORLD

During the past couple of months, many events were held in which we served the purpose of the services rendered. A unique programme was held like Breast Feeding Awareness, Mental Health and child care and End Polio Movement. Nourishment for Expectant Mothers and Children were held. Frequent Cancer Detection Camps were held plus blood collection project is now ongoing.



EVENTS

HUMF -NOURISHMENT PROJECT FOR MALNOURISHED EXPECTANT LADIES

Rotary Club of Chikhli River Front's started a new project **"MALNOURISHMENT TO NOURISHMENT of PREGNANT WOMEN SERVICE PROJECT", i**n which we have adopted 4 PHC centres (Alipore, Fadvel, Sadakpore and Ghej centres in Chikhli taluka) 30 identified pregnant MALNOURISHED women below the weight of 40 KG. The project was today launched by Prakesh Patel of Tankal, USA. This project will help all the women to survive and newly born child will be fully nourished.

DISTRICT SCIENCE EXHIBITION: 9th October 2023, B.R.C. Chikhli organised District Children Science Exhibition 2023-24 where children from various schools of Chikhli District participated in this exhibition. Rotary Club of Chikhli River Front organised lunch for around 700 School Children who participated in this Children Science Exhibition

BLOOD DONATION CAMP HELD IN KHERGAM WHERE 55 PERSONS DONATED BLOOD TO SAVE LIVES

EVENTS

CHANDRAYAAN -3 ISRO EXHIBITION

ISRO EXIBITION AT GADAT SCHOOL: In association with RC GANDEVI, it was a privilege for the members of Rotary Club of Chikhli River Front to be part of the exhibition at Gadat school, featuring the work of ISRO scientists who designed modules for Chandrayan-3. This is a testament to the incredible strides made in space exploration, and it's an honor to witness and learn from their expertise. 🚀 🌟

EVENTS

BLOOD DONATION CAMP: In memory of Late. Niruben Gopalbhai Patel - TANKAL, Rotary Club of Chikhli River Front have organised 🩸 Blood donation camp. We would like to invite you to join us and make a contribution. Thank you Prakash Patel (TANKAL, USA) Collaborating with us. A BLOOD COLLECTION VAN SERVICE PROJECT.

PRESS NOTES

JOIN US

RNL No. GUJGUJ/2021/84659

"સમગ્ર ગુજરાતમાં પ્રતિષ્ઠિ પામેલ મોરબી જિલ્લાનું પ્રથમ દૈનિક સમાચાર પત્ર"

હંમેશા સત્યની સંગાથે

વાત્સલ્યમ્ સમાચાર

દૈનિક સમાચાર પત્ર

Owner & Editor : Paresh Paria - 8732918183, vatsalyamsamachar@gmail.com | https://vatsalyamsamachar.com

જનતા મધ્યમિક શાળા ખેરગામ ખાતે રક્તદાન શિબિર કેમ્પ યોજાયો 51 યુનિટ રક્ત એકત્ર કરાયું

વાત્સલ્યમ્ સમાચાર
દિપક પટેલ-ખેરગામ

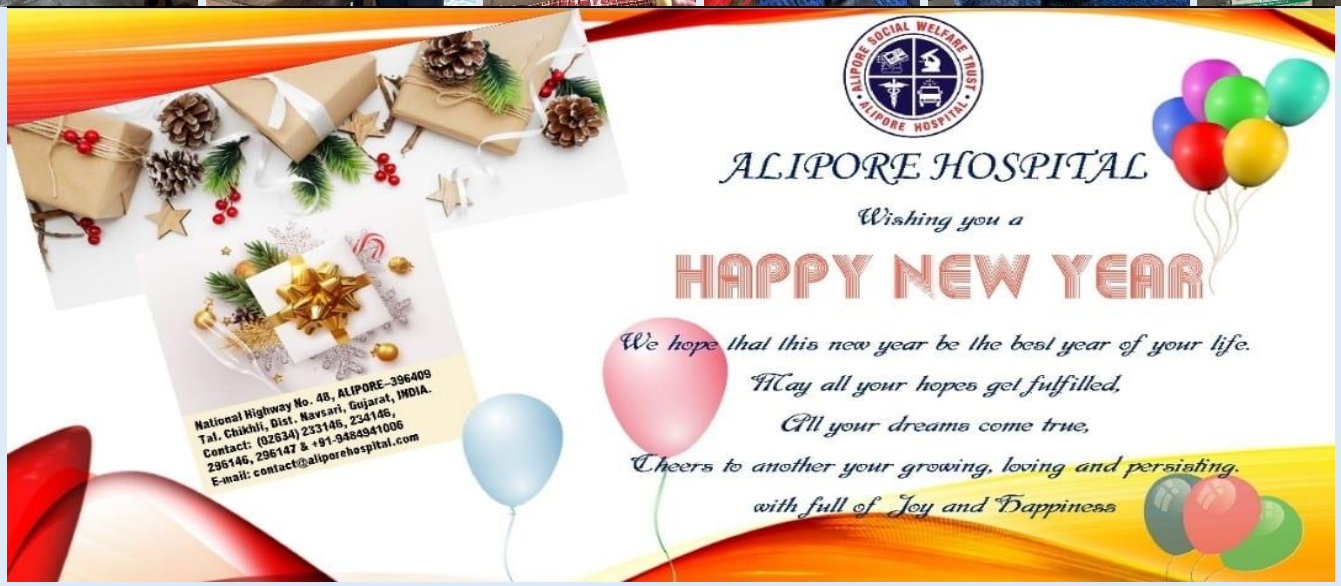
ખેરગામ ખાતે રોટરી ક્લબ ઓફ રીવરફ્રન્ટ અને વલસાડ રાકદાન કેન્દ્રના સહયોગથી શનિવારે સવારે રક્તદાન શિબિરનું આયોજન જનતા કેળવણી મંડળના પ્રમુખ અરવિંદભાઈ પટેલના માર્ગદર્શન હેઠળ કરવામાં આવ્યું હતું.જેમાં જનતા મા.શાળાના ભૂતપૂર્વ વિદ્યાર્થીઓ,ગ્રામજનો તેમજ આગેવાનોએ 51 યુનિટ જેટલું રક્તદાન કર્યું હતું.રોટરી ક્લબ ઓફ રીવરફ્રન્ટના શ્વેતલભાઈએ છાત્રો તેમજ ઉપસ્થિત મહેમાનોને રક્તદાન બાબતે જાગૃત કર્યા હતા.આ પ્રસંગે કથાકાર પ્રફુલભાઈ શુક્લએ આશીર્વચન આપ્યા હતા,જેમાં ભાજપ અગ્રણી પ્રશાંતભાઈ પટેલ,ચીખલીના હસનભાઈ,રોટરી ક્લબના પ્રમુખ મેહુલભાઈ,નિકુંજ પટેલ તેમજ અમરતભાઈ પટેલ,ડેપ્યુટી સરપંચ જીગ્નેશ પટેલ,સંસ્થાના ચેરમેન શશીકાંત પટેલ, માજી તાલુકા સભ્ય જગદીશભાઈ પટેલ તેમજ આચાર્ય ચેતનભાઈ પટેલ,તાલુકા ભાજપ યુવા પ્રમુખ ચેતન પટેલ,દિનેશભાઇ વાડ સહિતના આગેવાનો તેમજ શાળા પરિવારના સદસ્યો ઉપસ્થિત રહ્યા હતા.

દિવ્ય ભાસ્કર

વાપી ભાસ્કર 29-10-2023

ખેરગામમાં યોજાયેલા રક્તદાન શિબિરમાં 51 યુનિટ રક્ત એકત્ર કરવામાં આવ્યું

ખેરગામ| ખેરગામ ખાતે રોટરી ક્લબ ઓફ રીવરફ્રન્ટ અને વલસાડ રાકદાન કેન્દ્રના સહયોગથી શનિવારે સવારે રક્તદાન શિબિરનું આયોજન જનતા કેળવણી મંડળના પ્રમુખ અરવિંદભાઈ પટેલના માર્ગદર્શન હેઠળ કરવામાં આવ્યું હતું.જેમાં જનતા મા.શાળાના ભૂતપૂર્વ વિદ્યાર્થીઓ,ગ્રામજનો તેમજ આગેવાનોએ 51 યુનિટ જેટલું રક્તદાન કર્યું હતું.રોટરી ક્લબ ઓફ રીવરફ્રન્ટના શ્વેતલભાઈએ છાત્રો તેમજ ઉપસ્થિત મહેમાનોને રક્તદાન બાબતે જાગૃત કર્યા હતા.આ પ્રસંગે કથાકાર પ્રફુલભાઈ શુક્લએ આશીર્વચન આપ્યા હતા,જેમાં ભાજપ અગ્રણી પ્રશાંતભાઈ પટેલ,ચીખલીના હસનભાઈ,રોટરી ક્લબના પ્રમુખ મેહુલભાઈ,નિકુંજ પટેલ તેમજ અમરતભાઈ પટેલ,ડેપ્યુટી સરપંચ જીગ્નેશ પટેલ,સંસ્થાના ચેરમેન શશીકાંત પટેલ,તેમજ આચાર્ય ચેતનભાઈ પટેલ,તાલુકા ભાજપ યુવા પ્રમુખ ચેતન પટેલ,દિનેશભાઇ વાડ સહિતના આગેવાનો તેમજ શાળા પરિવારના સદસ્યો ઉપસ્થિત રહ્યા હતા.


ALIPORE SOCIAL WELFARE TRUST
ALIPORE HOSPITAL
ALIPORE HOSPITAL
Wishing you a
HAPPY NEW YEAR
We hope that this new year be the best year of your life.
May all your hopes get fulfilled,
All your dreams come true,
Cheers to another your growing, loving and persisting.
with full of Joy and Happiness
National Highway No. 48, ALIPORE-396409
Tal. Chikhli, Dist. Navsari, Gujarat, INDIA.
Contact: (02634) 233146, 234146,
296146, 296147 & +91-9484941006
E-mail: contact@aliporehospital.com

આલીપોર સોશ્યલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

આલીપોર હોસ્પિટલ

દ્વારા આયોજીત

જનરલ મેડીકલ કેમ્પ

તારીખ : ૨૮ ઓકટોબર ૨૦૨૩ ના શનિવાર, સવારે ૯ થી ૨ સુધી

સ્થળ : આલીપોર હોસ્પિટલ, આલીપોર.

ફ્રી ચેકએપ કેમ્પમાં નીચે મુજબના ડૉકટરો સેવા આપશે.

જનરલ મેડીસીન / ફિઝીશ્યન	કાર્ડિયોલોજીસ્ટ	નેફ્રોલોજીસ્ટ
ડૉ. સૌરભ પટેલ ડૉ. યુનુશ માયત	ડૉ. આસીફ રહીમ સમય : ૧૧.૩૦ થી ૧.૦૦	ડૉ. દિપક તમાકુવાલા કીડનીના રોગો/ડાયાલીસીસને લગતી તકલીફો માટે નિદાન તથા સારવાર
ઓથોપેડીક સર્જન	**જનરલ સર્જન**	**સ્ત્રીઓના રોગોના નિષ્ણાંત**
ડૉ. હિતેશકુમાર કાછડીયા	ડૉ. ફૈઝ મુલતાની	ડૉ. સ્વાતિ પાડવી
માનસિક રોગો માટે	**દાંતના રોગો માટે**	**ન્યૂરો સર્જન**
ડૉ. તન્વી શેખ	ડૉ. નાએમા આઝાદ	ડૉ. પ્રશાંત પટેલ

નાક-કાન ગળાના રોગોના નિષ્ણાંત

ડૉ. મેલની કાપડીયા

કેન્સર ડિટેક્શન વાન

સ્તન કેન્સર તથા ગર્ભાશયના કેન્સરની તપાસ

બ્રેસ્ટ સ્ક્રેનીંગ, મેમોગ્રાફી તથા પેપસ્મીયર ટેસ્ટ મફત

સ્તન કેન્સર તથા ગર્ભાશયના કેન્સરની તપાસ

નીચે મુજબના ટેસ્ટ ફ્રી માં થશે.

● ઈસીજી ● ઈકો કાર્ડીયોલોજી ટેસ્ટ ● સુગરની તપાસ (RBS) મફત

● લેબોરેટરીમાં 30% સુધી ડિસ્કાઉન્ટ, થાઈરોઈડ ફકત રૂા. 180 ● એક્ષ રે (વોટસઅપ ઈમેજ) મફત

જરૂરિયાત મુજબની મેડીસીન ફ્રી માં આપવામાં આવશે

નોધ : ■ કેમ્પમાં આવેલા દર્દીઓમાંથી હોસ્પિટલમાં દાખલ થવાની જરૂર જણાય તો બીલમાં 30% સુધી રાહત આપવામાં આવશે. ■ કેમ્પના દર્દીઓને ઓપરેશન માં 30% સુધી રાહત ■ કેમ્પના દિવસે સ્થળ પર આવી નામ નોંધાવવું

સૌજન્ય : રોટરી ક્લબ ઓફ ચીખલી રીવરફ્રન્ટ - ચીખલી

ડૉ. શ્રેયા પટેલ

(M.D. Paedia.)

ઓપીડી તા. 1-11-2023 થી શરૂ થાય છે

દરરોજ સવારે 10 થી 1 સુધી ઈમરજન્સી 24 કલાક

નીચે પ્રમાણેના લક્ષણો ધરાવતા દર્દીઓની ઓપીડી તેમજ દાખલ દર્દી તરીકે સારવાર ઉપલબ્ધ

લક્ષણો

- શરદી, ઉધરસ, તાવ, ન્યુમોનીયા
- ડેન્ગ્યુ, મેલેરીયા, ટાયફોઈડ
- આંચકી
- ઝાડા, ઉલ્ટી, ડીહાઈડ્રેશન, પેટમાં દુઃખાવો
- મગજમાં તાવ
- બાળકોનો શારિરીક વિકાસ ન થવો
- ઝેરી કમળો
- રોડ એક્સીડન્ટ ઈન્જરી
- કિડની / હૃદયને લગતી તકલીફો

ઉપલબ્ધ સારવાર

- દેરક પ્રકારના રસીકરણ (Vaccination)
- ઓકિસજન તથા નેબ્યુલાઈઝર દ્વારા સારવાર
- ડેન્ગ્યુ, મેલેરીયા, ન્યુમોનીયાના ગંભીર કેસોની એકસપર્ટ દ્વારા સારવાર
- અદ્યતન આઈસીયુ
- વેન્ટીલેટર તેમજ મોનીટરની સુવિધા સાથે 24 કલાક ઈમરજન્સી સારવાર
- તાલીમબધ્ધ નર્સિંગ સ્ટાફ દ્વારા ઉત્તમ સારવાર
- X-Ray - સોનોગ્રાફી - સીટી સ્કેન પેથોલોજી - 2DECHO

ASWT RCCRF organized MEGA MEDICAL CAMP

MEGA MEDICAL CAMP AT ALIPORE HOSPITAL

MALNOURISHMENT TO NOURISHMENT PROJECT FOR CHILDREN

THANK YOU, RTN HANIF MAYET ! That's truly fantastic news! A big round of applause for Rotarian Hanifbhai Mayet for his outstanding effort in securing a generous of ₹3.2 lac donation from Helping The Poor Trust, UK for SANJAY RAMANLAL PATEL MALNOURISHMENT TO NOURISHMENT SERVICE PROJECT, Thank you Hanifbhai for your generosity and may God bless you and your trust. This is a remarkable achievement!

ROTARY CLUB OF CHIKHLI RIVER FRONT

STANDS FIRST IN FIRST

WITH RESPECT TO SERVICE PROJECTS IN DISTRICT 3060

Rotary District 3060 | CREATE HOPE in the WORLD

Rtn. Nihir & Vaishali Dave
District Governor

Rotary India
Service Project Updation Data

(01/07/2022 to 31/10/2023)

BEST PERFORMER CLUBS

Club Category : 0-25 Members
Tarapur
Halvad
Surat Hazira Bay

Club Category : 26-50 Members
Bharuch Femina
Bharuch Narmada Nagari
Surat Tapi

Club Category : 51-75 Members
Vapi Riverside
Gandevi
Baroda Sayajinagari

Club Category : 76-100 Members
Chikhli River Front
Rajkot
Valsad

Total Projects
4076

Club Category : 100+ Members
Ankleshwar
Bhavnagar Royal
Bhavnagar

Rtn. Sarah Makwana
Chairman - Service Projects

TEAM आरोग्य Service with Spirituality

Rtn. Santosh Pradhan
Counsellor - Service Projects

Club groups created as per the 1st July Membership count.

FELICITATION OF CHIKHLI POLICE INSPECTOR

ROTARY CLUB OF CHIKHLI RIVER FRONT MEMBERS FELICITATED THE DYNAMIC PI BHAGYESH M CHAUDHARY for his exceptional efforts during the Ganapati Visarjanand Eid-e-Milad Procession.
His dedication and hard-work have left a lasting impact and we are grateful for his valuable contribution towards the community

રોટરી ક્લબ ઓફ ચીખલી
રિવર ફ્રન્ટના સહયોગથી કુપોષણમાં આવતા ૧૩૭ બાળકો માંથી કુપોષણ મુક્ત નવસારી અંતર્ગત હાલ ૯૯ બાળકો કુપોષણમાં છે.

અને હાલ ચીખલી તાલુકાના જે ૯૯ બાળકો છે તેમના પોષણ સ્થિતિમાં સુધારો જોવા મળે છે.

આપના ટીમનો આભાર. 🙏

બાળ વિકાસ યોજના અધિકારી
ચીખલી,નવસારી.

MALNOURISHMENT TO NOURISHMENT PROJECT FOR CHILDREN OF CHIKHLI TALUKA

With fenerous support and contribution from you all the *Sanjay Ramanlal Patel Malnourishment to Nourishment Project* is not just transforming lives, but also have been successful in gaining weight and nutrition within 3 months to 38 children who are now nourished out of 137 children identified and now our concentration is to nourish the remaining 99 children who are malnourisned children and still require nourished food in the Chikhli Taluka.

This progress is the testament to the dedicated efforts from us all and the Government team in the Public Private PartnershipProject to bring the next generation towards strong and well-nourished new generation. Thanks to DDO Puspalataji, Dy Collector Amit Choudhari for giving us the chance and CDPO Shardaben Dhulam, BNM Yamini Patel and ICDS Staff for fulfilling the dreams and for you invaluable work in improving the nutritional status of these children.

WITH BEST COMPLIMENTS FROM

દિવાળી અને નૂતન વર્ષની
સૌને હાર્દિક શુભકામનાઓ

ખુલ્લા પ્લોટો અને ઘરોનું સુંદર આયોજન

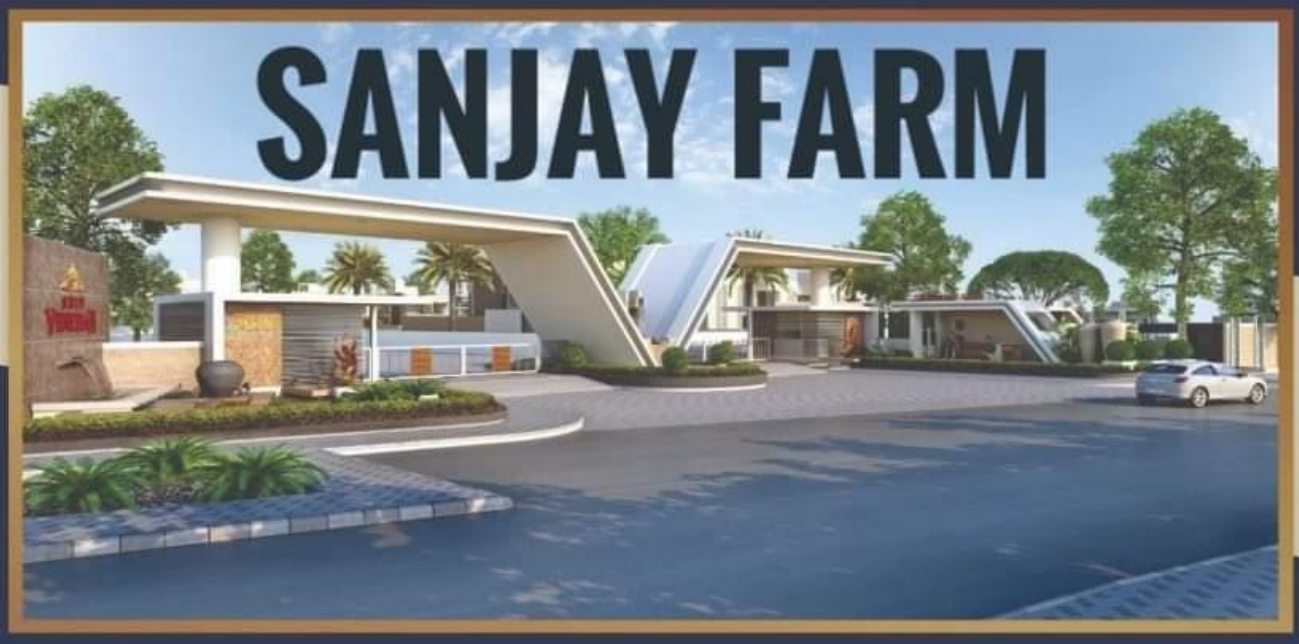
ક્લબ હાઉસની મેમ્બરશીપ ફ્રી

બુકીંગ શરૂ

SHIV
VENETIAN

Celebrating Moments...

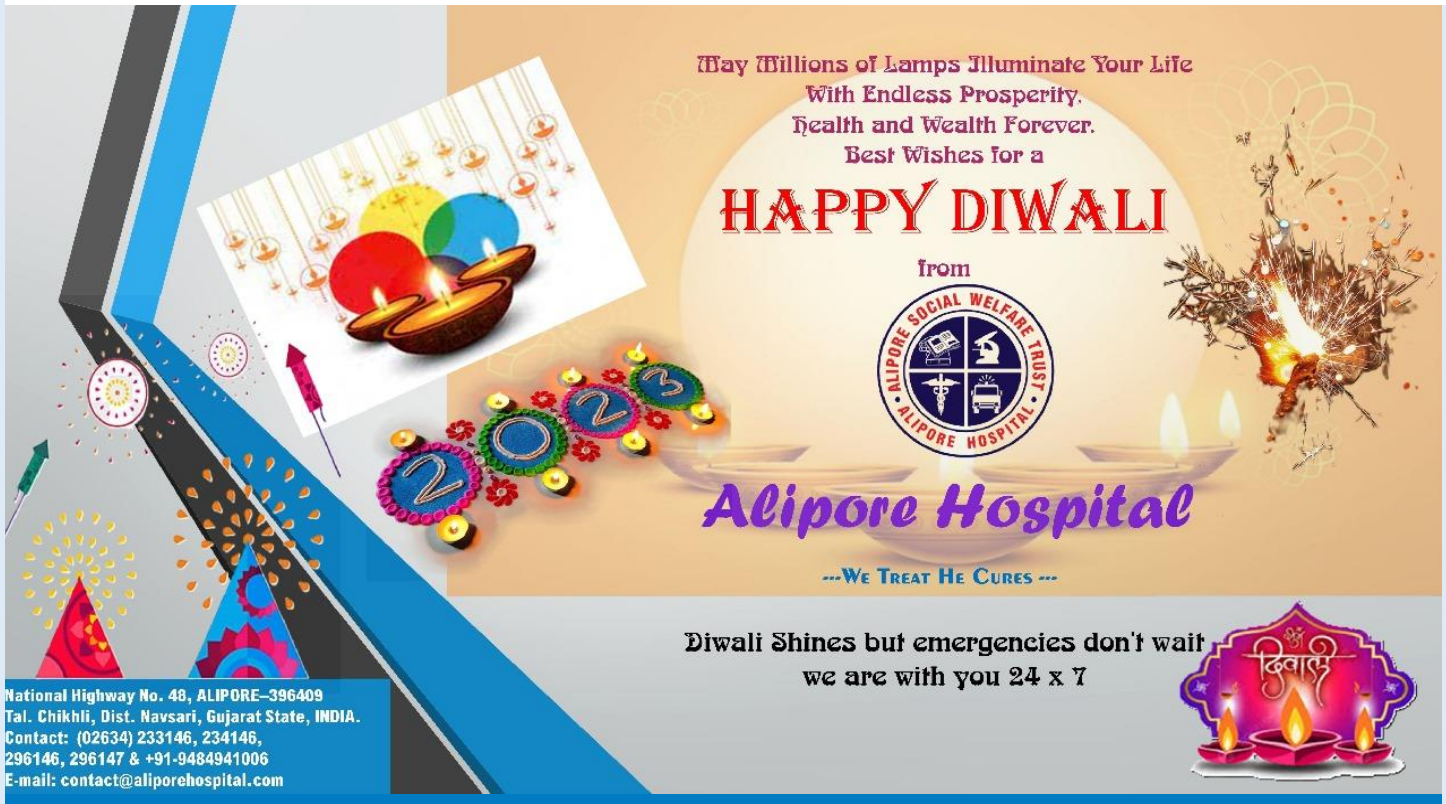
SANJAY FARM



સાઈટ : શિવ વેનેશિયન - સંજય ફાર્મ, ચીખલી - ખેરગામ રોડ, તા. ચીખલી, જી. નવસારી

સંપર્ક :
પવન રાજપુત 98243 85540
ઘનશ્યામભાઈ 97129 55332
રાજુ પટેલ 97372 45122

WITH BEST COMPLIMENTS FROM



Baba Travels

Hitesh Patel
Mob.: 98254 77480
Tel.: (02634) 235049, 231337

DEALING IN PASSPORTS,
VISAS, IMMIGRATION, PACKAGE TOURS,
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SBI Life
Insurance Advisor

21, Gohil Complex, Ground Floor,
Near Water Tank, CHIKHLI-396 521.
Dist. Navsari.
Email : mrpatel71@yahoo.com

આલીપોર સોશ્યલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે રાહતદરે ઉપલબ્ધ

આલીપોર હોસ્પિટલ

નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.
ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬

આજના સમયમાં દરેક વ્યક્તિઓએ સમયાંતરે ફુલ બોડી ચેકઅપ કરાવવું ખૂબ જ જરૂરી છે
ફૂલ બોડી ચેકઅપ અલગ-અલગ પેકેજમાં આપણા વિસ્તારમાં સૌથી સસ્તા દરે ઉપલબ્ધ.

ફુલ બોડી ચેકઅપ (સંપૂર્ણ ડૉક્ટરી તપાસ હવે ઘર-આંગણે)

BASIC PACKAGE
~~₹2000/-~~ ₹900/-

- લોહીની તપાસ
  CBC, ESR
  (HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીશ) ની તપાસ
  FASTING BLOOD SUGAR
- કીડની ને લગતી તપાસ
  CREATININE (Kidney)
- કેલ્શિયમની તપાસ
  CALCIUM (BONE)
- લીવર તથા હૃદયને લગતી તપાસ
  SGPT (LIVER), URIC ACID
  LIPID PROFILE (HEART)
- થાઈરોઈડની તપાસ
  TSH (THYROID)
- પેશાબની તપાસ
  URINE ROUTINE MICRO
- હૃદયની તપાસ
  ECG TEST
- PHYSICIAN CONSULTATION

ADVANCE PACKAGE
~~₹5500/-~~ ₹2000/-

- લોહીની તપાસ
  CBC, ESR
  HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીશ) ની તપાસ
  FASTING BLOOD SUGAR
  HBA1C (3 MONTHS AVG. SUGAR)
- કીડની ને લગતી તપાસ
  KIDNEY FUNCTION TEST
  (UREA, CREAT, ELECTROLYTE, URIC ACID)
- કેલ્શિયમની તપાસ
  BONE (CALCIUM, PHOSPHORUS)
- લીવર તથા હૃદયને લગતી તપાસ
  LIVER FUNCTION TEST
  (SGPT, SGOT, ALP, BILIRUBIN, PROTEIN)
  LIPID PROFILE - HEART
  (S.CHOLESTEROL, S.TRIGLYCERIDES, HDL / LDL / VLDL)
- થાઈરોઈડની તપાસ
  TSH (THYROID)
- પેશાબની તપાસ
  URINE ROUTINE MICRO
- વિટામીનની તપાસ
  VITAMIN B12 • VITAMIN D3
- હૃદયની તપાસ
  ECG TEST
- PHYSICIAN CONSULTATION

PREMIUM PACKAGE
~~₹7500/-~~ ₹3000/-

- લોહીની તપાસ
  CBC, ESR
  HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
- સુગર (ડાયાબીટીશ) ની તપાસ
  FASTING BLOOD SUGAR
  HBA1C (3 MONTHS AVG. SUGAR)
- કીડની ને લગતી તપાસ
  KIDNEY FUNCTION TEST
  (UREA, CREAT, ELECTROLYTE, URIC ACID)
- કેલ્શિયમની તપાસ
  BONE (CALCIUM, PHOSPHORUS)
- લોહીમાં લોહતત્વની તપાસ
  IRON PROFILE (IRON, TIBC)
- લીવર તથા હૃદયને લગતી તપાસ
  LIVER FUNCTION TEST
  (SGPT, SGOT, ALP, BILIRUBIN, PROTEIN)
  LIPID PROFILE - HEART
  (S.CHOLESTEROL, S.TRIGLYCERIDES, HDL / LDL / VLDL)
- થાઈરોઈડની તપાસ
  THYROID FUNCTION TEST (T3, T4, TSH)
- પેશાબની તપાસ
  URINE ROUTINE MICRO
- વિટામીનની તપાસ
  VITAMIN B12 • VITAMIN D3
- ઈન્ફેક્શન ટેસ્ટ
  CRP
- હૃદયની તપાસ
  ECG TEST • ECHO CARDIOGRAPHY TEST
- PHYSICIAN CONSULTATION

ફુલ બોડી ચેકઅપના ફાયદા • કોઈ પણ રોગનું પ્રારંભિક નિદાન થઈ શકે
• પ્રારંભિક નિદાન થતા રોગોની તાત્કાલિક સારવાર થવાથી રોગથી બચી શકાય કે રોગ આગળ વધતો અટકાવી શકાય
• માનસિક કે શારિરીક રાહત રહે

• નોંધ : સ્ત્રી દર્દીઓ માટે ફીમાં ગાયનેકોલોજીસ્ટની તપાસ • ફુલ બોડી ચેકઅપ માટે ભૂખ્યા પેટે આવવાનું રહેશે.
• એપોઈન્ટમેન્ટ લેવા માટે સંપર્ક : 94849 41006

થાઈરોઈડની સંપૂર્ણ તપાસ/સચોટ નિદાન ~~₹350/-~~ ₹180/-

દર મહિનાની 1 થી 7 તારીખ સુધી

■ થાઈરોઇડ શરીરની એક ગ્રંથી છે. ■ થાઈરોઇડને લીધે શરીરમાં વજનમાં વધારો/ઘટાડો થઈ શકે.
■ ભૂખ વધી કે ઘટી શકે. ■ સ્ત્રીઓમાં માસિક અનિયમિત થવાની શક્યતા.
■ વંધ્યત્વ આવી શકે. ■ ધબકારાનું પ્રમાણ વધી જાય.

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A DESTINATION OF PEACE AND FUN

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કોઈ આપે ઓછો ભાવ.. કોઈ આપે ઓછી મજૂરી..
પણ સમગ્ર ગુજરાતમાં સૌથી સારૂ અને વ્યાજબી આપે
'મે કાંતિલાલ જી. સોની'
આપની સેવામાં ૭૫ વર્ષથી કાર્યરત

સૌથી વ્યાજબી મજુરી

કોઈપણ છુપો ચાર્જ નહી

સૌથી વ્યાજબી ભાવ

મે.કાંતિલાલ જી. સોની
જ્વેલર્સ

ગોલ્ડ જવેલરી,
કલકત્તી હેવી, રજવાડી હાર,
એન્ટીક, CZ ડાયમંડ
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સોના-ચાંદીના દાગીનાનો ભવ્ય અને વિશાળ એક્સક્લુઝીવ A.C. શો-રૂમ

જુના સોનાનુ પુરે પુરૂ વળતર આપવામાં આવશે

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''ઓરચીડ-કોમ્પલેક્ષ'', શોપ નં. ૧, લાયન્સ ગાર્ડનની બાજુમાં, ચીખલી. ફોન : 233627,
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કાવેરી પુલની બાજુમાં, ખેરગામ રોડ, ગોલવાડ, તા. ચીખલી, જી. નવસારી.

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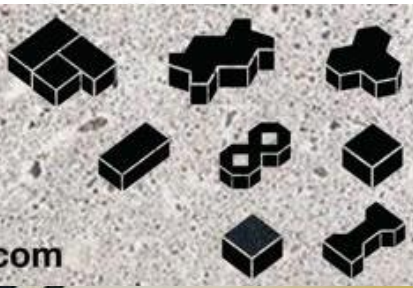

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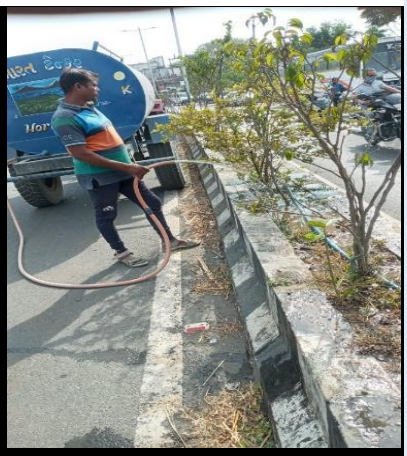
OUR PERMANENT PROJECTS

MANAV JYOT: WALL OF HUMANITY



WATERING TREES

FREE AKSHARYAAN SERVICE : JOURNEY TO THE LAST DESTINATION

TODAY, OVER 40 WOMEN ARE BEING TRAINED TO BECOME A TAILOR TO EARN THEIR LIVING.

RCCRF's WOMEN EMPOWERMENT CENTRE

PERMANENT PROJECTS OF ROTARY CLUB OF CHIKHLI RIVER FRONT

FREE AMBULANCE SERVICE

RCCRF SERVES LOCAL POPULATION FREE FOR THOSE WHO WANT TO TRANSFER THEIR PATIENTS FROM ONE HOSPITAL TO THE OTHER.

MOBILE CANCER DETECTION UNIT

Thanks to the Rotary Global Grant and Generous Contributions from various organisations and families, the camps have begun and the services are being provided with well-trained team of this Mobile Cancer Detection Unit. This Cancer Detection on Wheels has served to around 18,000 persons in District 3060 since November 2021.

FREE TRACTOR PROJECT

PROJECT KISAAN: Our motive is to help the small farmers with zero expenditure or charges on them and hence give them all a helping hand. Small Farmers suffer a huge expenditure and hardly have any spare sum for saving.

IPDG Rtn Santosh Pradhan himself had cultivated a small Farm of a marginalised farmer in this picture which was encouraging gesture.

BLOOD COLLECTION VAN

BLOOD COLLECTION VAN SERVICE: was launched one year ago in the month of November 2022. Our blood collection van reaches in the villages in the remote areas to collect blood and donates blood to the blood bank which is in desperate needs of blood to meet the ever-growing demand of blood for the patients in need.

Rotary
District 3060

Rotary International

The Mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill and peace through its fellowship of business, professional, and community leaders.

The Rotary Foundation

The Mission of Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Rotary code of conduct

As a Rotarian, I will

- Act with integrity and high ethical standards in my personal and professional life.
- Deal fairly with others and treat them and their occupations with respect.
- Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world.
- Avoid behavior that reflects adversely on Rotary or other Rotarians.
- Not seek special business or professional advantages from other Rotarians.

ROTARY CLUB OF CHIKHLI RIVER FRONT

Let us all contribute something for the Mankind

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ALIPORE HOSPITAL CAMPUS
N.H.No. 48, ALIPORE -396409
TALUKA CHIKHLI
DISTRICT NAVSARI
GUJARAT STATE INDIA

CREATE HOPE in the WORLD

Rotary

District 3060
Rotary
Chikhli River Front

OUR MOTTO: SERVICE ABOVE SELF