



**UNITE
FOR
GOOD**

Rotary
Club Of Wadhwan Metro



CLUB ID : 88944

RI DISTRICT : 3060

CHARTER DATE : 04/12/2017

Club President
Rtn. Pranav Mehta
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Rotary Club Of Wadhwan Metro
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Club Secretary
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RYLA 2025 – A Journey of Empowerment

Rotary Club of Wadhwan Metro is proud to announce the **successful completion of RYLA (Rotary Youth Leadership Award) 2025**, held at **K. P. Girls Highschool, Surendranagar** on Dated 22nd, 23rd & 25th August 2025. This inspiring program witnessed the enthusiastic participation of **more than 750 students**, who engaged in leadership development, teamwork, creativity and personal growth activities. Together, we are shaping the leaders of tomorrow.

Day 1 – 22nd August 2025 (Friday)

Session 1 – Self Defense Training

 Trainer: **Coach Mahesh Damai (Wado Kai)** Training team also included **Annet. Swasti Vora** (She was recently awarded Black Belt in Karate)

 Time: 2:30 PM to 3:30 PM

The session focused on **safety, awareness, and confidence-building techniques**. Students learned:

- Basic wrist release, blocking, and escape techniques.
- Importance of awareness in public spaces.
- Self-confidence and presence of mind as the first step of defense.

This session **empowered young girls with courage and skills** to face real-life challenges.





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Session 2 – Aerobics

 **Trainer: Dr. Minaxi Gawande (Practicing in Gandhi Hospital)**

 **Time: 3:30 PM to 4:30 PM**

A lively, energetic session that combined **fitness and fun**. Students enjoyed:

- Cardio workouts and rhythmic exercises.
- Flexibility drills and group moves.
- Awareness of the importance of daily exercise for physical and mental health.

The atmosphere was full of **music, energy, and enthusiasm**, leaving students refreshed and motivated.



Day 2 – 23rd August 2025 (Saturday)

Session 1 – Yoga

 **Trainers: Nikita Jamnapara & Ms. Pooja Langaliya**

 **Time: 7:45 AM to 8:45 AM**

A calming and refreshing start to the day. Students practiced:

- Breathing techniques for relaxation and focus.
- Basic yoga postures for flexibility and balance.
- Stress relief and mindfulness for daily well-being.





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Session 2 – Drawing Competition

👤 Trainer: **Mrs. Bhaviniba Zala (Rajputana Arts)**

🕒 Time: 8:45 AM to 9:45 AM

Students expressed their **creativity and imagination** through drawing.

- She trained students on **Warli Art (Specialized art of drawing followed in tribal Maharashtra)**
- The session highlighted hidden talent and built confidence.
- Students enjoyed showcasing their ideas through colors and designs.



This activity celebrated **art as a form of self-expression and leadership**.

Session 3 – Magic of Maths

👤 Trainers: **Mrs. Dhara Dagli & Mrs. Rachna Doshi (Brighter Bee)**

🕒 Time: 9:45 AM to 10:45 AM

An exciting, interactive session that showed the **fun side of mathematics**.



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- Students solved puzzles with “Finger Technique of Mathematics without using eraser”
- Learned shortcuts, tricks, and logical thinking exercises.
- Discovered how mathematics builds problem-solving and analytical skills.



The session turned numbers into an **enjoyable, magical experience** for all.

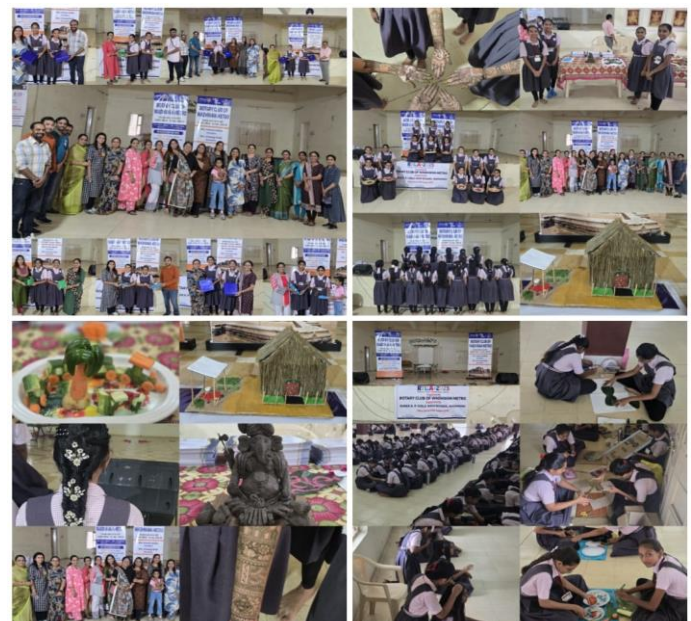
Day 3 – 25th August 2025 (Monday)

Session 1 – Creative Competitions

 Time: 2:30 PM to 5:00 PM

Multiple competitions were organized to spark creativity and teamwork:

- **Mehndi Competition** – Students showcased intricate designs and artistry.
- **Eco-Friendly Ganeshji Competition** – Promoted sustainability with clay and natural materials.
- **Salad Decoration Competition** – Highlighted nutrition and creativity in food presentation.
- **Best from Waste Competition** – Encouraged innovation by creating useful items from discarded materials.
- **Hairstyle Competition** – Showcased fashion, styling, and confidence.





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The energy was vibrant as students displayed talent, imagination, and eco-conscious ideas. At the end of the events, **RYLA Certificate** given to all 750+ students and **gifts were distributed to all winners**, along with **small gift hampers** to all students provided by Rotary Club of Wadhwan Metro to encourage participation.



RYLA 2025 was a **grand success**, blending leadership training, self-confidence, fitness, creativity, and learning for the youth of Surendranagar. With more than **750 active participants**, the program truly reflected the Rotary motto: **“Service Above Self.”**

Rotary Club of Wadhwan Metro extends heartfelt gratitude to the **Project Chair Rtn. Mr. Ankur Vora** and **all club members** whose dedication, teamwork, and service made RYLA 2025 a resounding success.