

Rotary Club of Vadodara Heritage

Club ID 222060 / RID 3060

GLIMPSES OF RCVH PROJECTS & ACTIVITIES IN JULY 2024



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Social media Handles



https://www.instagram.com/rotaryclub_vadodara_heritage



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<https://www.facebook.com/search/top?q=rotary%20club%20of%20vadodara%20heritage>



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Summary

Sr. No.	Project / Activity	Date Conducted	Focus Area	Collaboration with
1	Training of Trainers (ToT) on Dignified Menstruation under The Colombo Plan	1 st – 5 th July 2024	Community Economic Development	Vatsalya Foundation
2	Exchange of Flags: RC Colombo Regency & RCVH	5 th July 2024	Fellowship	RC Regency, Colombo
3	Say No To Plastic Day	3 rd July 2024	Environment	None
4	Birds Adoption at Sir Sayajirao Zoo	11 th July 2024	Environment	All Rotary Clubs of Baroda City
5	RCVH Member Induction in Cadre	18 th July 2024	Information	Joined TRF technical cadre
6	GMERS Maternity Ward Visit	25 th July 2024	Maternal & Child Health	None



1. ToT on Dignified Menstruation under the The Colombo Plan 1st to 5th July 2024 | Colombo, Sri Lanka | Economic Development

A bit of History

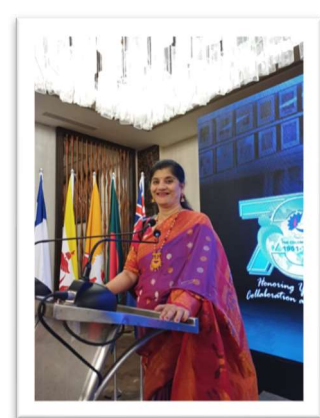
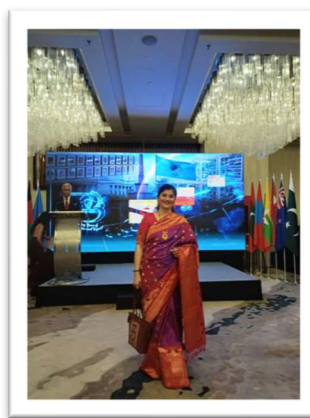
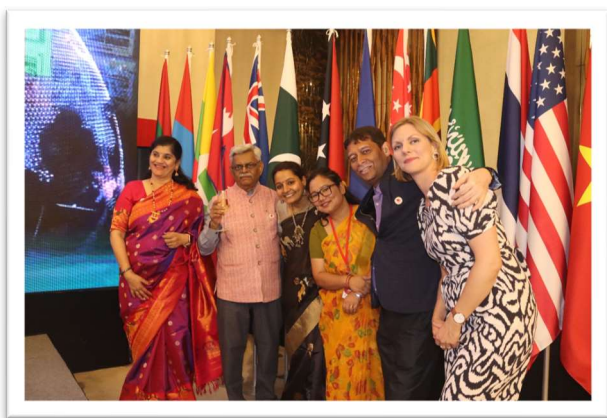
The Colombo Plan for Cooperative Economic and Social Development in Asia and the Pacific was conceived at the Commonwealth Conference on Foreign Affairs held in Colombo, Ceylon (now Sri Lanka) in January 1950 and was launched on 1 July 1951 as a cooperative venture for the economic and social advancement of the peoples of South and Southeast Asia. Its mission is to facilitate the transfer and sharing of the developmental experiences among member countries within the region with an emphasis on the concept of south-south cooperation.

Today

It has grown from a group of seven Commonwealth nations – Australia, Britain, Canada, Sri Lanka, India, New Zealand, and Pakistan – into an inter-governmental organization of 28 members, including non-Commonwealth countries. When it adopted a new constitution in 1977, its name was changed to “The Colombo Plan for Cooperative Economic and Social Development in Asia and the Pacific” to reflect the expanded composition of its enhanced membership and the scope of its activities. The Colombo Plan is instituted as a regional intergovernmental organization for the furtherance of economic and social development of the regional nations. **It is based on the partnership concept for self-help and mutual help in the development process with the focal areas being, human resource development and south-south cooperation. While recognizing the need for physical capital to provide the lever for growth, the Colombo Plan also emphasized the need to raise the skill level to assimilate and utilize the physical capital more efficiently.** (Info. courtesy Wikipedia)

So how is RCVH associated with all this?

Our **Service Chair Rtn. Swati Bedekar** of Vatsalya Foundation, was a part of the Training of Trainers (ToT) for **Dignified Menstruation** under The Colombo Plan. The (ToT) on Dignified Menstruation kickstarted on 1 July 2024 at the Granbell Hotel Colombo, Sri Lanka. The five-day training was a joint initiative of The Colombo Plan and the Global South Coalition for Dignified Menstruation (GSCDM). The GSCDM is a non-profit organization that advocates for freedom from all forms of discrimination associated with menstruation across all gender identities.



2. Exchange of Flags

5th July 2024 | Fellowship

While in Colombo, Rtn. Swati Bedekar met up with IPP Rtn. Ramesh from Rotary Club of Regency, Colombo and discussed a few programs and exchanged flags.



3. Say No to Plastic Day

3rd July 2024 | 5:30 PM | Vegetable Market, Ellora Park, Vadodara | Environment

Team RC Vadodara Heritage successfully met its objective of spreading awareness about plastic pollution and promoting eco-friendly alternatives at Ellora Park vegetable market. We are happy to share the commitment received from the Vendors (special mention of Jitendra Bhai, one of the vegetables vendors who picked up 4 cloth bags) and the customers to adopt sustainable eco-friendly practices.

We distributed Cotton cloth bags, recycled from **old Bedsheets and Curtains** which are stitched by the Women from lesser economic background, giving them a source of regular income. This initiative will be carried forward every month with more planned activities and work towards plastic-free Vadodara. RCVH Rotarians Sharmila Divatia, Digambar S Mahajani, Vandana Mahajani, Lata Malkani and President Bhavna Shah contributed to make this activity effective.





4. Birds Adoption

11th July 2024 | 9 AM | Sir Sayajirao Zoo, Aviary section, Vadodara | Environment | Public Image

We are delighted to share that all 11 Rotary Clubs of Baroda successfully hosted a "Bird Adoption Ceremony" at Sir Sayajirao Zoo, Vadodara. This event was a remarkable public image activity, showcasing our commitment to nature and community service. RCVH had adopted the Red Jungle Fowl last year and continue to support the Zoo in its upkeep. We have named the bird Rufus.

Media / News Link: <https://youtu.be/dIQBlrOqu4Y>



5. RCVH Member Joins TRF Technical Cadre

18th July 2024 | Focus Area: Community Economic Development

RCVH Vice President Rtn. Sharmila Divatia joined the TRF Technical Cadre for the Focus Area Community Economic Development. She underwent online training for this responsibility. A mentor will be assigned shortly for her to learn the ropes. As a part of the cadre, she will review the Global Grants proposals for her chosen focus area.

6. GMERS Maternity Ward Visit

25th July 2024 | 11 AM | Gotri, Vadodara | Mother & Child Health

Rotary Club of Vadodara Heritage organised a drive to distribute Nutritious food packets in the Post Natal ward of GMERS Hospital.

- Healthy Laddu made by President Rtn. Bhavna Shah
- Fresh fruits contributed by Rtn. Vandana Mahajani & Rtn. Penny Randhawa
- Roasted grams (chana) and peanut chikki contributed by Rtn. Suchita Vaidya

Rtn Bina Yadav explained and demonstrated breathing techniques to the ladies post their delivery. Rtn Bhavna Shah, Rtn Sucheta Vaidya, Rtn Penny Randhawa & Rtn Vandana Mahajani also interacted with the mothers in the ward while distributing the food packets.



Warm regards,

Rtn. Sharmila Divatia
Communications Desk RY 2024-25

Volume # 2425/01

Published on: 31 July 2024
