
















Rotary Club of Vadodara Heritage

Club ID 222060 / RID 3060

GLIMPSES OF RCVH PROJECTS & ACTIVITIES IN OCTOBER 2024

   	
      	
PRESIDENT: RTN. BHAVNA SHAH	
HON. SECRETARY: RTN. VANDANA MAHAJANI	
Social media Handles	 https://www.instagram.com/rotaryclub_vadodara_heritage  https://www.linkedin.com/in/rotary-club-vadodara-heritage-75b4b6290  https://www.facebook.com/search/top?q=rotary%20club%20of%20vadodara%20heritage  rcvheritage@gmail.com

Summary

Sr. No.	Project / Activity	Date	Focus Area	Collaboration with
1	Board Meeting	17 th Oct 2024	Discussion about Projects	None
2	General Meeting	20 th Oct. 2024	Discussion on Oct MSP	None
3	CPR Training at GIHM conducted by Sterling Hospital, Bhayli	22 nd Oct 2024	Awareness and training of CPR	None
4	Rangoli Competition at Kelavani School	25 th Oct 2024	Promoting Education & preserving Indian culture	None
5	Clothes Distribution Drive	27 th Oct. 2024	Community development and Nation building	None
6	Support Local Artists – MSP October	28 th Oct 2024	Encouraging local Art & Artisans & Autistic Adults	None
7	Thoughts & Expressions	27 th Oct. 2024	RCVH members share their expertise & opinions	None

Board Meeting on 17th October 2024

RC Vadodara Heritage Board members gathered on 17th October 2024 to discuss about the CPR training projects at prospective locations and institutions. Next on the Agenda was planning for our Club's Charter Day Celebrations.

General Meeting on 20th October 2024

Core team members Bhavna Shah and Vandana Mahajani met at Sai Residential School to collect Diyas made by the students and discussed about the packing, promotion and distribution and before Diwali. They also discussed the viability of having a long term association with Sai Residential School and assist in promoting the products, like candles, soaps and diyas made by the students.

CPR Training at GIHM conducted by Sterling Hospital

A demonstration of Cardio Pulmonary Resuscitation was systematically presented by Dr Ankur and Co-ordinator Mr Rahul from Sterling Hospital at GIHM on 22nd October between 9.30 to 10.30 a.m in the GIHM campus. He first explained the 5 steps to be taken before giving CPR. The five steps include 1. Positioning the patient at a safe place 2. Tapping shoulder for a response 3. Checking the pulse / Carotid vein 4. Checking the breath 5. Calling for the Ambulance.

Principal Mr Rishi Kashyap and his staff extended full support for making this program a success.

Students practiced CPR on the mannequin and asked questions which bothered them. Dr Ankur cited real life examples where a people died of Cardiac arrest due to lack of timely CPR treatment, on the spot, till help arrived. It was an enriching experience, a need of the hour which has to be addressed by each one of us in the society.





Rangoli Competition at Kelavani School in lieu of Diwali

On 25th October 2024, RC Vadodara, Heritage held a Rangoli competition for students of grades 8,9 & 10 at Kelavani School to celebrate Diwali Festival which is just round the corner. The festive decorations and colourful Rangoli designs made by students set the stage for Diwali celebrations in the school.

Boys and girls participated with equal enthusiasm and the rangolis drawn by them were so good that the judge Ms Mona Patel had to take three rounds before she declared the results. Mona Patel is an Eminent artist who agreed to judge the rangolis. Her expertise and insights added great value, she gave an encouraging feedback to the students.

The event was a joyful success, perfectly capturing the spirit of Diwali and fostering creativity and teamwork among students.





Clothes & Diwali Sweets Distribution Drive- "Aao Khushiyan Baatein"

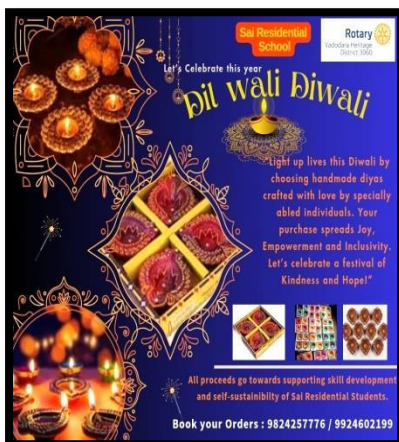
Celebrating Diwali with a difference was the aim of RC Vadodara, Heritage members. With the aim of sharing and caring... " Aao Khushiyan Baatein" we started a drive wherein we distributed clothes/ bedsheets/ shawls / blankets (all in good condition) to needy people at two localities. One at Munjmahuda and another at slum dwellings near Vishwamitri Railway station. We tried to brighten their Diwali with a box of sweets.

It was a very insightful program for all of us; it was a learning experience as well. It was touching to see kids and old people lining up for their share of clothes.





Lighting up Homes this Diwali with Diyas made by Autistic Adults from Sai Residency.



Diwali with a difference - Rotary Club of Vadodara, Heritage took a meaningful step to empower Autistic Adults at Sai Residency School by helping them share their beautifully handcrafted diyas. It was an attempt to bring light and livelihood to these differently abled individuals.

This initiative had a dual purpose of not just helping them to earn an income but also to showcase their talent to the society at large so that they feel proud of their own creations.

We got a heart-warming response from Rotarians, friends and families who rallied round the cause and ordered Diyas in bulk for gifting and lighting their homes this Diwali.

With this effort RCVH brought the true spirit of Diwali to life and whole-heartedly supported the spirit of Rotary to encourage local Art and Artisans. It was truly touching to support these talented adults to get a sustainable income. Their diyas will not just brighten homes but will bring a spark of joy and hope in everyone's hearts. **#Support Local #VocalforLocal #RIDistrict 3060**



Thoughts and Expressions of RCVH Members

Public Policy review- Community development and Nation building

Public Policy Review :

Radio broadcasting ... Change in technology

The Telecom Regulatory Authority of India (TRAI) has issued a consultation paper to establish a digital radio broadcast policy for private broadcasters. The goal is to transition from analog to digital radio broadcasting, which would enhance sound quality and optimize spectrum use. Currently, Indian radio operates in analog mode on Medium Wave (MW), Short Wave (SW), and FM bands, but analog technology is limited in quality and capacity. While All India Radio (AIR) has started digitizing its MW and SW bands, the 388 private broadcasters across 113 cities have yet to adopt digital broadcasting technology.

This paper has reached Rtn Sharmila Divatia at RCVH and is under review.

The Joy of Giving

What can bring more joy than the Joy of Giving. Sharing things with those who are not so privileged is a joy one must experience.

This was the joy that each of the volunteers of Vayavalamban Association and Rotary Club Vadodara Heritage experienced as they distributed clothes and mithai amongst the the victims of floods that occurred last month. The distribution was organised on 27th Oct 2024 in Mujmahuda slums and near Vishwamitri Station



Vayavalamban: Greening the Greying Years

As the society is gradually evolving, it is seen that joint family system is transitioning into nuclear family. To meet the growing aspirations of the children and the parents, most youngsters go overseas for higher education. But subsequently they get attracted by better lifestyles and job opportunities in those countries. The children find jobs and settle in different countries across the globe while parents live their life back home in India. This has resulted in rapid increase in the number of couples who in their golden years have no youngsters living with them. Such couples often face social isolation issues which leads to mental and physical ill health.

To mitigate this social issue, **Vayavalamban** was conceptualised as a not-for-profit organisation in Vadodara in 2023 (regd no. Gujarat/3904/Vadodara). It is a community of senior citizens who firmly believe in living their life independently with dignity and purpose.

Members of Vayavalamban or V4Us are people who have served the government, PSUs, educational institutions, banks and corporate sector and after retirement are suddenly bereft of any active occupation. Coupled with this is the fact that their children are living abroad and therefore, nobody with whom they can share their joys and sorrows. V4Us gives them an opportunity to remain connected with people in similar circumstances and face the challenges of growing older together. Its mission is to create an environment of bonding and friendship amongst its members through common interests and activities.



Thoughts expressed by Rtn Madhulika Burman

New Members**Festivals & Celebrations of Birthdays & Anniversaries of Members**

Rtn Penny Randhawa celebrated her birthday on 18th October 2024. We all wish her a very happy and healthy year ahead.

ROTARY INTERNATIONAL**ONE DAY, ONE FOCUS, ENDING POLIO.**

World Polio Day is a time for Rotary members, public health advocates, and all who want a world free from polio to come together, recognize our progress in the fight to end polio, and talk about the actions we need to take in order to end polio for good.

**ONE TEAM. ONE DREAM.
A POLIO-FREE WORLD.**

The world has made huge strides against polio with cases down 99.9% over the last four decades. With renewed global attention and commitment, we can finally beat polio, but the last stretch is the toughest.

As with any challenge, we are stronger when we work together as a team.



Compiled and Edited by

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