

Rotary
Dist. 3030



ROTARY CLUB OF NAGPUR DOWNTOWN

RI President 2024-2025

Rtn. **Stephanie Urchick**

District Governor 2024-2025

Rtn. **Rajinder Khurana**

Club President 2024-2025

Rtn. **Dr. Pratiksha Mayee**

Hon. Secretary 2024-2025

Rtn. **Mrudula Sudame**

NEWS LETTER NO. 7 : 12th TO 18th AUGUST 2024



Dear Rotarians and Anns,

On 15th August our club proudly celebrated 78th Independence Day, honoring the sacrifices made by countless individuals who fought for our freedom .

Hoisting of the National Flag , a symbol of our unity was done by President Rtn Dr. Pratiksha Mayee at Aath Rasta Chowk . More than 70 members and Rotractors attended it.

Independence Day is not just a time to reflect on our past but also a moment to renew our commitment to the principles of Democracy, Equality and Social Justice. As Rotarians, we play a crucial role in upholding these values through our continuous efforts to improve the lives of others.



Prize Distribution Of Slogan and Poster making Competition on Organ Donation was held. Very creative work done . Congratulations to all the prize winners.

Slogan Competiton Winners are:

First Prize- Dr Ketan Joshi

बांधणार तिच्या स्वप्नांचे सोहळे

मितवला माझा अंधार , तिने अर्पून डोळे

Second Prize : Dr Rushmin Deshmukh

Experience Almighty's duty, gift life todonate organs.

We meet on Friday at 7.30 pm at Navdrishti Hall, The Blind Relief Association, Opp. Dikshabhumi, Nagpur

Downtown Secretariat : Rtn. Dr. Pratiksha Mayee / Rtn. Mrudula Sudame

602, Raviram Residency, Chitale Marg, Dhantoli, Nagpur - 440012

Contact : +91 88888 03974 email : pratiksha@ankurseeds.com / +91 98906 97301 email : mrudula68@gmail.com

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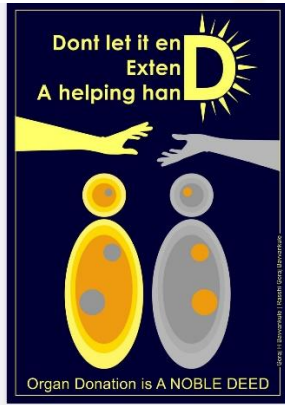
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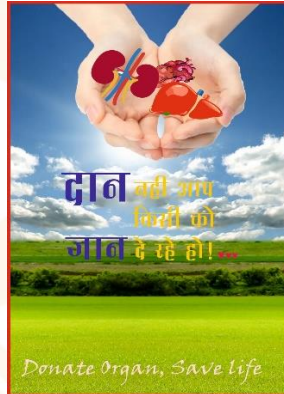


Third prize: Ashwini Joshi
Gift of Vision !
closing eyes forever,
he gifted vision of wisdom to someone

Poster Making competition winners:



First Prize
Rtn Goraj Bawankule

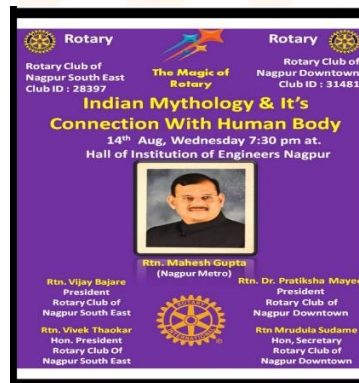


Second Prize
Ann Bhagyashree Banahatti



Third Prize
Rtn Deepali Dodke

SPEAKER MEET



We meet on Friday at 7.30 pm at Navdrishti Hall, The Blind Relief Association, Opp. Dikshabhumi, Nagpur

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Joint Speaker meet on INDIAN MYTHOLOGY AND IT'S CONNECTION WITH HUMAN BODY w.as held on 14th August 7.30 PM at Hall Of Institution Of Engineers. The speaker narrated the stories from Mahabharat and its connection with our own mental state. Also he conducted Deep Breathing session beautifully.

It was jointly organized by Rotary club South East and Downtown.

“HAR GHAR TIRANGA” was promoted and Flags were distributed.

Thank you PP Rishikesh Mayee, PP Nishikant Kashikar, Rtns Harish and Deepali Dodke and Rtns Dr Nandini Bhojraj and Prajakta Mangrulkar, Rtn Saish and Ann Avanti Kashikar for joining for today's interesting Speaker meet full of mythological stories.



PROJECTS OF THE WEEK

Project: 17(3)

Name of the Project : Road Safety And Traffic Awareness

Date of Project: 14 / 0 / 2024

Project Description : At Hadas CBSE and STATE Rtn Ravindra Paranjape distributed Traffic Awareness diaries to students and explained the importance of following rules on the road. During School Assembly around 400 students and the teachers took Oath to be vigilant observers of traffic rules.

Project Director : Rtn Ravindra Paranjape.

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Under Traffic Awareness Project, Diaries , Standees and Stickers will be put up at various places in Nagpur.



Project: 7 (4)

Name of the Project : "ARTHA BODH"

Date of Project: 14 / 08 / 2024

No of Beneficiaries: 120

Project Description : At Hadas CBSE School, under Financial Literacy Awareness ARTHA BODH Rtn Mandar Joshi of THINK FINSERV explained beautifully about importance of saving to students through his presentation.

Director Literacy : Rtn Mandar Joshi

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Project 19 (4)

Name of the Project: " AHA " ADOLESCENT HEALTH AWARENESS

Date of Project: 14 / 08 / 2024

No of the beneficiaries: 150

Project Description: At Hadas CBSE School, under the project "AHA", Gynecologist Dr. Jaya Shivalkar explained about " Menstrual Hygiene" and "Safe and Unsafe Touch" through beautiful slide show. Girls also interacted and cleared their doubts.

The fourth chapter was named "तुळस, हितगुज थोडं तुझं थोडं तुझं "

For the first time we have conducted AHA for boys. Dr. Linesh Yawalkar and Dr. Abhijit Bhardwaj explained through slides beautifully about the Biological and Mental changes occurring during Adolescence age. It was a brain storming session. Students responded very well.

Thanks to Project Director Medical Rtn Dr. Suchita Ingale for coordinating the project well and sponsoring the prizes.



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Project: 10 (4)

Name of the Project: Book Donation

Date of Project: 14 / 08 /2024

No of Beneficiaries: 200

Cost : 5000 /-

Project Description : At HADAS CBSE School , books for Std 1 to 8 were distributed. Thses books will be useful to students in enhasing their curriculum.

This is a joint initiative of District 3011 and Rotary Downtown.



INSTALLATION OF INTERACT CLUB

Our Third Interact Club was installed on 14 / 08/ 24 at HADAS CBSE School. Along with President and Secretary 9 members were inducted. Firstly PP Rtn Nishikant Kashikar explained the students about the interact club and their roles and responsibilities. The students responded enthusiastically. The Teacher - in - Charge of the newly formed Interact club Rashi Gudbani expressed her willingness to do something for their school through the club. Principal of the school Dr. Mrs. Prajakta Shukla was very supportive in forming the club and taking up of all the projects.

Project Director New Generation: Rtn Sanket Dharashivkar

Thanks PP Rtn Virendra Patrikar and Rtn Nandini Bhojraj, Ann Bhavna Deshpande for your active participation and support in all the projects done today.

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Rtn. Mrudula Sudame



Project: 25 (1)

Name of the Project: Medical Camp at Pench

Date of Project: 17 / 08 /2024

No of Beneficiaries: More than 60

Cost : INR 10,000 /-

Project Description : Medical camp for newly recruited forest guards and officers was held at Sillari, Amaltas Complex from 10 to 1.30 PM.

More than 60 guards were examined by team of doctors from Lata Mangeshkar Hospital and medicines were given.

Thanks to Rtn Nishikant Kashikar, Rtn Tushar Deshpande, Rtn Sunil Jharkhandi, Rtn Chandrakant Arya, Rtns Sandeep and Vikrant Darvhekar, Rtn Prathamesh Chakradeo, Rtn Vikas Ingale, Rtn Hrishikesh Mayee , Rtn Sanket Dharashivkar for attending the Project.



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Project: 25 (2)

Name of the Project: Medical Camp at Pench

Date of Project: 18 / 08 /2024

No of Beneficiaries: More than 80

Cost : INR 10,000 /-

Project Description : Medical camp for newly recruited forest guards and officers was held at Surewani Gate from 10 to 1.30 PM.

More than 80 guards were examined by team of doctors from Lata Mangeshkar Hospital and medicines were given.

DFO Vashishtha Sir guided the guards about handling the emergency situations in the forest.

Under Preventive Physiotherapy Rtn Dr. Trupti Gawande gave the demo of simple exercises that will help the guards on duty to stand for a longer time . Also she answered the queries of the guards.

RFO west zone Pench, Mr. Lele had suggested that now we should conduct camps of specialist doctors.

Thanks PP Rtn Rushikesh Mayee, Rtn Vikrant Darvhekar, Rtn Abhijit Thakre, Ann Monali Thakre, Rtn Ravindra Paranjape, Rtn Trupti Gawande, Rtn Suchita Ingale for your valuable time.

Thanks to PP Rtn Nishikant Kashikar whose consistent efforts took us in the 10th year of the medical camp. Special thanks to Rtn Tushar Deshpande for his consistent efforts, guidance and personal follow up with Doctors for the Project.

Project director: Rtn Tushar Deshpande



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INSTALLATION OF BEING BETTER COMMUNITY ROTARACT CLUB

Our First Installation of Being Better Community Rotaract Club was held on 17 / 08 / 24 at Sillari, Amaltas Complex , Pench in the presence of RFO Mr Rajurkar. Along with President and Secretary 9 members were inducted.

Thanks Project Director New Generation: Rtn Sanket Dharashivkar.



Project: 7 (5)

Name of the Project : "ARTHA BODH"

Date of Project: 17 / 08 / 2024

No of Beneficiaries: More than 50

Project Description : At Sillari, Pench under Financial Literacy Awareness ARTHA BODH Mr. Saurabh Ballal of THINK FINSERV explained beautifully about importance of saving and Investment to newly recruited guards and officers through his presentation.

Director Literacy : Rtn Mandar Joshi

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Dear Friends,

Happy to share that our club is part of the project “ **DIABETES SE AZADI** ” initiated by Rotary Enclave Nagpur & Diabetes & Obesity Reversal Councelling Centre.

Rotary Enclave Nagpur & Diabetes & Obesity Reversal Councelling Centre
Presents
DIABETES से आजादी
Inauguration at the hands of
DG Rajinder Singh Khurana

An Eye Opener on living with diabetes & diabetes reversal

HbA1C & Councelling *at subsidised rate
Rs. 150/-

Date: 16th August | Time: 4pm

Venue:
Dr Dixit's
The Diabetes & Obesity Reversal Councelling Centre
Plot No 12 Deendayal nagar
Behind Radhe Mangalam Marriage Hall, Ring Road, Nagpur

Host Club for 16th, 17 & 18th - **Rotary Club of Nagpur Downtown**
President - Rtn Pratiksha Mayee | Hon Secretary - Mrudula Sudame

Rotary Enclave Nagpur
Rtn Dr Jugal Chirania (District Chairman - NCD)
Rtn Sanjay Tatwawadi (Enclave Chair) | Rtn Anil Mahalle (Hon Secretary)

TIMINGS for 17th & 18th : 8 am to 11 am & 4 pm to 7 pm
FASTING is NOT REQUIRED for this HbA1C Test

This was inaugurated at the hands of DG Rajinder Singh Khurana on 16th August at Dr. Dixit's Centre at Deendayal Nagar.

Our club was Host for this project on 16th, 17th and 18th of August. Around 30 Downtown members got tested.

Rtn Deepali Bendre will be coordinator for this project throughout the District.

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CELEBRATIONS OF THE WEEK



Birthdays	
12 th August	Pk Rajas Amit Kashikar
12 th August	Rtn. Anil Tripathi
13 th August	RK Aditi Prashant Godbole
13 th August	RK Aarya Vivek Deshpande
14 th August	RK Rajat Suhas Kulkarni
15 th August	Ann Pranjali Jagdish Lanjewar
15 th August	RK Mayuresh Dilip Deo
16 th August	Rtn Manish Bansal
16 th August	Rtn Pankaj Ambhorkar
17 th August	RK Sadhana Sandip Deshpande
17 th August	RK Yash Parag Mangrulkar
17 th August	Ann Shilpa Amar Tople
17 th August	Rtn Rakesh Bhojar
18 th August	RK SALoni Bhushan Banahatti

Yours in Rotary,
Rtn. Mrudula Sudame
Hon. Secretary RCNDT, 2024-25

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