

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. 9 : 26th AUGUST TO 1st SEPTEMBER 2024

Dear Rotarians and Anns,

As we conclude another productive month, I want to extend my heartfelt thanks to each of you for your active participation and support.

This month has been filled with impactful projects, meaningful District seminars , Independence Day and Janmashtami Celebration.

Next few months will be full of festivals. So lot of innovative celebrations alongwith meaningful projects are planned.

As we look forward to the month ahead, Let's continue to embody the spirit of Rotary in all we do. Together , we can achieve even greater things.

PROJECTS OF THE WEEK

Project: 17(4)

Name of the Project : Road Safety And Traffic Awareness

Date of Project: 30 / 08 / 2024

Project Description : At Installation of DMPDSVM Rtn Ravindra Paranjape explained the importance of following rules on the road and urged to be vigilant observers of traffic rules. Also Traffic Marshal Caps were distributed to students by Ravindra Paranjape. Standee put up In GS Commerce College.

Project Director : Rtn Ravindra Paranjape.



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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Project 19 (5)

Name of the Project: " AHA " ADOLESCENT HEALTH AWARENESS

Date of Project: 28 / 08 / 2024

No of the beneficiaries: 150

Project Description: At Central Provincial School, Rameshwari, under the project "AHA", Gynecologist Dr. Anjali Kawthalkar explained about " Menstrual Hygiene". "Safe and Unsafe Touch" was explained through beautiful slide show by Rtn Dr. Suchita Ingale. Girls also interacted and cleared their doubts.

The fifth chapter was named , " सदाफुली कळी " हितगुज, " थोडं तुझ थोडं माझ "

Simultaneous session for the boys was conducted by Dr. Pravin Dahake. He explained through slides beautifully about the Biological and Mental changes occurring during Adolescence age. Students responded very well.

Thanks to Project Director Medical Rtn Dr. Suchita Ingale for coordinating the project well and sponsoring the prizes. Thanks PE Rtn Chandrakant Arya for his support.



Project: 10 (5)

Name of the Project: Book Donation

Date of Project: 28 / 08 /2024

No of Beneficiaries: 200

Cost : 5000 /-

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Project Description : At Central Provincial School, Rameshwari, books for Std 1 to 8 were distributed. These books will be useful to students in enhancing their curriculum.

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



Project: 27



Name of the Project: Vocational Training” Skill Development”

Date of Project: 30 / 08 /2024

No of Beneficiaries: 15

Project Description : Under Vocational Training, our club conducted a workshop on “Golden Foil Art Work” to develop skill and creativity amongst our members. This was in association with Parekh Jewellers. Information regarding purity of Gold and Diamonds and how to take care of gold and diamond jewellery was given to the participants. All the members thoroughly enjoyed the workshop.

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Project Director : Rtn Deepali Dodke



Project: 28

Name of the Project: Myopia Detection Eye camp

Date of Project: 31 / 08 / 2024

No of Beneficiaries: More than 125

Project Description : At Adarsh Mankar School Kalmeshwar Eye check up camp specially for the students of class 1-5 to detect Myopia at early age was conducted. More than 125 students were checked.



Project: 28

Name of the Project: Eye Awareness Talk

Date of Project: 31 / 08 / 2024

No of Beneficiaries: More than 200

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Project Description : At Adarsh Mankar School Kalmeshwar Eye awareness talk by PP Rtn Dr Rishikesh Mayee was held. Students asked their queries about eye diseases and its prevention.

COMPETITIONS held:

1. Elocution Competition for students on Eye awareness was held.
2. Drawing competition on "Netraramya Drushya" for students of class 5-10 was held where 40 students participated.

My sincere thanks to Avadhut Netralaya and Centaur Pharmaceutical pvt Ltd for sponsoring this.

Centaur sponsored gifts for all those who were there for eye checkup.

All prizes and certificates for Elocution and drawing competition were given.

Special thanks to PP Rtn Rushikesh Mayee for sponsoring and guiding and spreading awareness about EYES.

My sincere thanks to PE Chandrakant Arya for sharing his experience and sponsoring special prize to a girl student who spoke spontaneously on the topic.

Also thanks to PP Rtn Dr. Vikas Ingale for guidance on communicable diseases.

Project Director for both : PP Rtn Dr. Rushikesh Mayee



Project: 29

Rotary
Nagpur Downtown
District 3030

YOGA SESSION

Offline Event

1 Sep | 7:30 AM

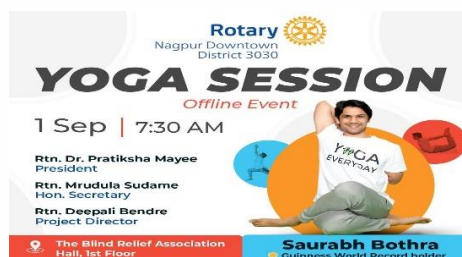
Rtn. Dr. Pratiksha Mayee
President

Rtn. Mrudula Sudame
Hon. Secretary

Rtn. Deepali Bendre
Project Director

Saurabh Bothra
Guinness World Record holder

The Blind Relief Association
Hall, 1st Floor



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Name of the Project: Disease Prevention and Mental Health Awareness

Date of Project: 01 / 09 / 2024

No of Beneficiaries: More than 250

Project description: Under Disease Prevention and promotion of mental health awareness through Yoga and peace of mind , Rotary Club of Nagpur Downtown had arranged a Chair Yoga Session and invited noted Yoga teacher and Guinness World record holder Saurabh Bothra and Trishla Bothra to help us to take a step towards fitness.

Chief Guest was Mr. Makarand Pandharipande.

What an overwhelming response. More than 270 registrations...and a jam packed hall for CHAIR YOGA on Sunday Morning. We got amazing feedback and happy smiles on the faces of participants talk about the success of this wonderful event. Saurabh connected well with the audience and answered all medical queries raised by the audience. He also shared his story from an IITian to his entrepreneurial venture motivation. He asked to all those present to focus on the process than the result.

In the Beginning Trishla Bothra charged everyone with her walk up dance session. So young and old everyone enjoyed to the fullest.

Rtn Deepali Bendre conducted the whole program. Rtn Sujata Godbole introduced the Chief Guest and the Speaker.

Special thanks to team Downtown headed by project Director Rtn Deepali Bendre and supported by Hemant Kalikar and Rtn Prashant Godbole whose efforts in forming the group, Registrations, payments, pre evening preparations are appreciated.

The event was well supported by our Rotarians Anns and Rotractors . Thanks for their active support in handling Registration Desk, Guiding the participants to the hall, Refreshment desk.

My sincere gratitude to all of them for the huge success of this session.



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INSTALLATION OF ROTARACT CLUB

On 30 / 08 / 24

Installation of Rotaract club of DMPDSVM took place under the super guidance of teacher in charge Rtn Dr. Shraddha Deshpande. President Dr. Pratiksha Mayee was Guest of Honor.

PP Rtn Virendra Patrikar beautifully explained about Rotary.

Thanks to PP Rtn Nishikant Kashikar and IPP Rtn Abhijit Deshpande for their support and presence.

Project Director New Generation: Rtn Sanket Dharashivkar



UPCOMING EVENTS

Date	Event
03 / 09 / 2024	3 rd Board meeting
04 / 08 / 2024	HEALTH AND NUTRITION MEET

We meet on Friday 2.00 pm at Health and Nutrition Meet, Opp. Dikshabhumi, Nagpur

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Rotary
Dist. 3030



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CELEBRATIONS OF THE WEEK



Birthdays	
27 th August	Ann Rakhi Amit Kashikar
28 th August	RK Janhavi Patil
29 th August	RK Darshita Gajbe
30 th August	Ann Ujwala Khanorkar
31 st August	RK Krushansh Dorlikar
1 st September	Ann Bageshree Pande

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

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