

— April 2026 —

Beyond Borders

Monthly newsletter from Rotary District 3170 Synergy Passport



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Rotary
District 3170
Synergy Passport



Vrunda speaks...

Dear friends,

This month reflects our continued commitment to meaningful and need-based service. Our focus has been on skill development, community support, and compassionate outreach.

We conducted the Mushroom Cultivation Workshop and Honey Bee Keeping Training, promoting sustainable livelihood skills and encouraging self-reliance. The Aadhaar Card Updation Camp addressed an important community need by helping individuals access essential services with ease.

We also organized a Photography Workshop, fostering creativity and confidence, while our Physiotherapy session at an Old Age Home brought care and comfort to the elderly, reminding us of the value of empathy in service.

Each initiative, though different in nature, reflects our shared goal of creating meaningful impact. I thank all Rotarians for their dedication and continued support.

Warm regards,
With pride and gratitude,

Rtn. Vrunda Khanolker
President (2025-26)

Peace Pole project

The Peace Pole Dedication Ceremony, organized by Rotary Clubs of D3170 Synergy Passport, Vasco Porttown, and Vasco-da-Gama, was held successfully on 11th April 2026. The event marked the inauguration of two Peace Poles, symbolizing the commitment to peace and community service.





Key highlights of the event:

- The ceremony was attended by the presidents of three clubs, along with their members showcasing strong inter-club collaboration.
- Sarpanch Kamla Prasad Yadav (Village Panchayat Chicalim) praised the commendable work done by Rotary in promoting peace and community development.
- District Governor (DG) Rtn. Arun Bhandare also lauded the efforts, emphasizing the impact of Rotary's initiatives.
- The event was held at two locations: Joggers Park, Sunrise Colony, Behind NSD, Dabolim (11 am), and I Love Chicalim island, Opp. Panchayat, Chicalim (12 noon).
- The Peace Pole message "**May Peace Prevail on Earth**" was affirmed in a united global spirit.

The dedication ceremony served as a beacon of hope, reinforcing Rotary's commitment to peacebuilding and conflict prevention in the community.



These principles have been developed over the years to provide Rotarians with a strong, common purpose and direction. They serve as a foundation for our relationships with each other and the action we take in the world.

Object of Rotary

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;
SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;
FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

The Four-Way Test

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships.

Of the things we think, say or do

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

Avenues of Service

We channel our commitment to service at home and abroad through five Avenues of Service, which are the foundation of club activity.

Club Service focuses on making clubs strong. A thriving club is anchored by strong relationships and an active membership development plan.

Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society. Learn more in [An Introduction to Vocational Service and the Code of Conduct](#).

Community Service encourages every Rotarian to find ways to improve the quality of life for people in their communities and to serve the public interest. Learn more in [Communities in Action: A Guide to Effective Projects](#).

International Service exemplifies our global reach in promoting peace and understanding. We support this service avenue by sponsoring or volunteering on international projects, seeking partners abroad, and more.

Youth Service recognizes the importance of empowering youth and young professionals through leadership development programs such as Interact, Rotary Youth Leadership Awards, and Rotary Youth Exchange.

April highlights

By Secretary Anagha



Rotary District 3170 Synergy Passport and JCI Vasco's Aadhar Updation Camp in collaboration with Info-Tech Cooperation of Goa Ltd, at Shree Vishwanath Arlekar Memorial HSS, New Vaddem-Vasco concluded today (2nd April 2026). This was in collaboration with Info-Tech Cooperation of Goa Ltd. The 2-day camp saw 150+ registrations and over 100 Aadhar updations done! Feedback was super positive – people appreciated the 'timely initiative' and hassle-free process . Kudos to everyone involved for making it a success!



A series of skill development training for students of RNM GHSS has been planned for their economic upliftment . To begin with, One day training programme for mushroom production technology was organised for 18 students and 2 Teachers of RNM GHSS Baina Vasco by us in Association with "Goa State Council for Science and Technology" supported by "Ministry of Environment, Forests and Climate Change" under Environment Education Program (EEP) on 2nd April 2026 at Goa College of Agriculture, Ella, Old Goa. This hands on training was imparted by the ELM - Mushroom Technology Training Students of the Department of Plant Pathology of the Goa College of Agriculture, Ella, Old Goa. The team incharge Ms. Arti Gauns has played pivotal role in the training.



A series of skill development training for students of RNM GHSS has been planned for their economic upliftment. The second One day training programme for Stingless bee keeping technique for honey production organised for 15 students and 2 Teachers of RNM GHSS Baina Vasco by "Rotary District 3170 Synergy Passport Club" in Association with "Goa State Council for Science and Technology" supported by "Ministry of Environment, Forests and Climate Change" under Environment Education Program (EEP) on Friday, 10 th April 2026 at Krishi Vigyan Kendra Margao Goa.

This hands on training was imparted by Mr. Suprajit Raiker of Raika honey Apiary, Benaulim Goa. Thanks to Project incharge from KVK, Mr. Shivram Gaonkar, Ms. Komal Krishna Gawade and Dr. Hrishikesh Pawar. The dignitaries present for valedictory were MS GSCST, Mrs. Brenda Fernandes, who gave whole hearted support for these students, Principal RNM GHSS Baina Vasco, Mrs. Namrata Satardekar, Rtn. Dr. Karuna Sharma.

Best Regards,

Serving Humanity on Babasaheb Ambedkar Jayanti

On the auspicious occasion of Babasaheb Ambedkar Jayanti, Rotary Club of Synergy Passport 3170 carried out a grocery donation drive for 15 Vanarmare families in Pednem.

We distributed essential items including rice, sugar, daal, oil, ata, soaps, and detergents to support their daily needs.

Project Coordinator: Rtn. Sonali Nagvekar led this initiative with great dedication.

Kudos to her and the entire team for making this possible!

Inspired by Dr. Ambedkar's vision of equality and upliftment, we remain committed to Service Above Self. Small efforts, big impact



Service Above Self: Physiotherapy Camp at Divija Old Age Home
 On April 3rd, 2026, we joined hands with Nath Pai Physiotherapy College, Kudal to organize a comprehensive Physiotherapy Camp at Divija Old Age Home.

A dedicated team of 20 physiotherapy students and 2 expert staff conducted personalized check-ups for every Aaji and Aajoba. From diagnosis to hands-on mobility exercises, the camp focused on geriatric care tailored to the seniors' needs.

60 residents and 20 staff members benefited from the consultations, bringing professional rehabilitative care and renewed comfort directly to their doorstep.

Grateful to Nath Pai Physiotherapy College and Divija Old Age Home for making this meaningful synergy possible.



Nourishing Lives: Anna Danam at Divija Old Age Home

On April 12th, 2026 Our Club and Malvan Panchayat Samiti jointly organized a donation drive at Divija Old Age Home. Groceries and hygiene essentials like toothpaste, oil, soaps, and biscuits were provided for all 60 residents. The drive was graced by the Sarpanch, Upasarpncha, Panchayat members, and Secretary Rtn Anagha.

A step to bring comfort and care to our elders through collective community support.

A Journey of Firsts: Annaprashan at Divija Old Age Home. We witnessed a beautiful moment as a 5-month-old baby's Annaprashan ceremony was held at Divija Old Age Home. Surrounded by 60 grandparents, the child took the first bite of solid food, bridging generations with love, blessings, and shared joy. For the residents, it was a day filled with warmth, nostalgia, and new hope. A celebration where infancy met wisdom – truly life coming full circle



The session on Emotional Wellness in Women Warning Signs, Screening & Self Care was led by Dr. Priyanka Sahastrabhojane, who shared valuable insights on recognizing emotional health concerns and adopting self-care practices for a balanced life. The interactive session was well-received and contributed meaningfully towards promoting mental health awareness and overall well-being.

Mind and Diet - 9 was conducted. We were privileged to have Vd. Suvinay Damle as the speaker, who shared valuable guidance on the deep connection between our thoughts, emotions, and dietary habits. The session offered practical insights rooted in Ayurveda, helping participants understand how mindful eating can positively influence mental well-being.

Driving Minds to Wellness On 15th April 2026, an insightful session on The Neuroscience of Breath & Mental Health was successfully conducted by Ms. Nishita Gandhi, who beautifully explained the powerful connection between breath, mind, and overall well-being. Participants gained practical insights into how simple breathing techniques can positively impact mental health and emotional balance. The session witnessed enthusiastic participation and was truly enriching for all attendees.

Dr Rupali conducted a session on The invisible load, in which she discussed the management of cognitive behavioral therapy. How people over load themselves or their loved ones and create problems and how to control and manage it.

Mrs. Akila Sadik Bepari. With a Masters in Clinical Psychology and a Masters Diploma in Alternative Medicine, Mrs. Bepari shared her expertise on achieving holistic health. The session focused on integrating alternative medicine therapies to reset both mental and physical well-being. The session was highly informative, offering a practical blend of psychological insights and alternative therapy techniques. Members appreciated the clear focus on "resetting" the mind and body, making it a timely and impactful contribution to our districts mental health initiatives.

