



OCTOBER 2024





**RTN RAJIV GULATI
PRESIDENT
RCA HERITAGE**

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Brimms with Festive Fervor and Service for RCA Heritage

October 2024 was a month brimming with cultural vibrancy and community dedication for the Rotary Club of Ahmedabad (RCA) Heritage. The celebrations began with Navratri, the world's longest dance festival, where RCA Heritage members adorned in traditional attire offered prayers to Maa Jagdamba and danced joyously at various Garba events. RCA Heritage members also participated in the beautifully arranged Navratri program organized by RCA Skyline, extending their heartfelt appreciation to RCA Skyline for its impressive decorations and meticulous planning.

As Dussehra neared, RCA Heritage took part in the district-wide “AGs Garba,” hosted by the Core group of Assistant Governors (AGs). RCA Heritage members played a leading role, contributing selflessly to the event’s success through preparations and key organizational tasks. Their dedication was publicly recognized by District Governor Mohan Parashar, who awarded a trophy to RCA Heritage leaders during a heartfelt appreciation ceremony. RCA Heritage was also honored with the “Best Group Garba” award. All celebrated the event’s stunning decorations, vibrant music, lively anchoring, and a remarkable turnout of enthusiastic members.

The month concluded with a joyful Diwali celebration, bringing RCA Heritage members and their families together to mark the festival in unity.

RCA Heritage demonstrated its dedication to social welfare through a Thalassemia testing camp at St. Xavier’s College in Ahmedabad, in collaboration with RCA North, successfully screening 183 students.

With these memorable celebrations and impactful service projects, RCA Heritage strengthened its commitment to society while embracing the values of culture, compassion, and togetherness.

Happy Birthdays

In October 2024, our RCA Heritage members and their spouses celebrated their birthdays with joy and enthusiasm. We all came together to extend our heartfelt wishes to each of them, celebrating their special day with warmth and love. Here's to a year filled with happiness, health, and wonderful memories! Happy Birthday to all!

Rtn Manoj Kumar	4th Oct
Rtn Kuldeep Thakkar	17th Oct
Rtn Dr Krupesh Shah	25th Oct
Rtn Omkumar Modi	26th Oct

Dr Harshad Soni	6th Oct
Mrs Darshana Ramesh Mehta	8th Oct
Mrs Darsha Pathik Patel	16th Oct
Mrs Dharti Hardik Thakker	22nd Oct
Mr Gaurav Soni	26th Oct





Rtn Dr Vatsal Mehta
M.D. DNB Medical
Gastroenterology
ALFA
GASTRO & LIVER CARE

Rtn Dr. Vatsal Mehta, as the lead doctor during the mega medical check-up camp on **Sept 20, 2024, at the Government Polytechnic for Girls**, documented key findings from the health screenings. His insights will be invaluable in understanding the specific health needs of the young women in attendance, helping to shape and improve future health initiatives for their well-being within the community.

MEDICAL CAMP : FINDINGS

A comprehensive health screening was conducted, at the Government Girls Polytechnic College in Ahmedabad, focusing on hemoglobin levels among female students. This assessment revealed a substantial prevalence of anemia, necessitating immediate nutritional and medical interventions by students, parents, and the college administration to improve the health outcomes of the student population.

The distribution of hemoglobin levels among the students is as follows:

- Severely Low (7–8 g/dL): 7.7%
- Moderately Low (8–10 g/dL): 32.1%
- Mildly Low (10–12 g/dL): 54.2%
- Healthy (Greater than 12 g/dL): 6.0%

The data indicate that 39.8% of the students exhibit hemoglobin levels below 10 g/dL, a range often associated with clinical anemia. A minority, 6%, fall within the optimal range with hemoglobin levels exceeding 12 g/dL, underscoring a widespread issue with low hemoglobin levels among the cohort. This finding signals an urgent requirement for enhanced nutritional awareness, dietary improvements, and potential supplementation.

Additional assessments included screening for fatty liver. The results showed no major concerns; however:

Confirmed Fatty Liver Cases: 2 students

Borderline Fatty Liver Cases: Approximately 8–10 students require dietary modifications and ongoing monitoring to prevent progression to clinical fatty liver disease.

Recommendations: I am offering complimentary follow-up consultations for the 2 students with confirmed fatty liver cases to ensure appropriate dietary and lifestyle adjustments. Furthermore, students with borderline findings should be advised on preventive measures, particularly around dietary modifications to mitigate risks.

Conclusion : The findings from this health check-up highlight a pressing need for collaborative health promotion efforts among students, parents, and the college administration.



KARTARPUR SAHIB

**A TOUR OF
SPIRITUALITY BY
ROTARY DISTRICT
3055 & FELLOW
DISTRICTS**

**FEBRUARY 28
TO MARCH 2, 2025
AMRITSAR TO AMRITSAR**

**WITH
GOLDEN TEMPLE
JALIAWALA BAUG**

RCA Heritage has meticulously organized a tour to the Kartarpur Sahib, ensuring a seamless experience for all participants as per the directives from District Leadership.

With registrations underway, 76 members have already secured their spots, and in coordination with DG Rtn Mohan Parashar, the registration will cap is revised to 100 instead of 80.

An accommodations in Amritsar is fully booked. The finalized itinerary promises a fulfilling spiritual journey. Members have begun making payments.

RCA Heritage remains dedicated to creating a truly memorable experience for all involved.

AG'S GARBA RCA HERITAGE APPRECIATED

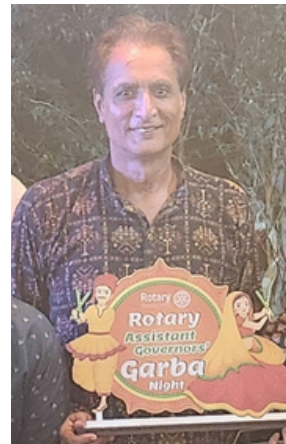
The AG's Garba was a vibrant district event of Navratri organized by the Assistant Governors of Ahmedabad, and the Rotary Club of Ahmedabad Heritage was honored to play a lead role in its organization. Members of Heritage embraced this responsibility with delight and enthusiasm, getting actively involved in various arrangements.

They participated in everything from selling food stalls to arranging advertisements with banners, managing announcements, and designing promotional materials for sponsors. Key members, including Rtn Rajiv Gulati (President RCA Heritage), Rtn Harish Tekchandani (Secretary RCA Heritage), Rtn Naimish Oza (Vice President RCA Heritage), and Rtn Heman Tilva, were deeply involved in the planning and execution of the event.

Rtn Naimish Oza, along with Ms. Rashmi Tekchandani and Rtn Nishi Tekchandani (daughters of Rtn Harish Tekchandani), took charge of the banner design, while Rtn Heman Tilva organized all the banners for the event. This collaborative effort not only provided immense pleasure in working alongside fellow Rotarians but also sharpened their individual skills.

At the conclusion of the Garba, RCA Heritage was publicly appreciated for their hard work, and the leaders were presented with a trophy by District Governor Rtn Mohan Parashar, celebrating their successful contributions to this festive occasion.

RCA Heritage members participated in the Garba event in large numbers, proudly adorned in colorful traditional attire. The atmosphere was filled with joy as everyone enjoyed the vibrant celebrations. The club's spirited participation was recognized with a trophy for the best group Garba, highlighting their dedication and enthusiasm during this festive occasion.



Uniting for Health: Thalassemia Awareness and Testing Camp Brings Community Together at St. Xavier's College"

On October 17, 2024, the Rotary Club of Ahmedabad North and the Rotary Club of Ahmedabad Heritage, in collaboration with the Red Cross Society, successfully organized a Thalassemia testing and awareness camp at St. Xavier's College, Ahmedabad. This impactful event saw 183 students tested, highlighting the community's commitment to health and awareness.

The National Service Scheme (NSS) played a pivotal role in ensuring the smooth execution of the camp, demonstrating exemplary organization and dedication. Costs for the initiative were collaboratively covered by the students, the Red Cross Society, and both Rotary clubs, showcasing a strong spirit of partnership in promoting health awareness.

This event not only facilitated essential testing but also fostered community engagement and education around Thalassemia, making a significant difference in the lives of those involved.

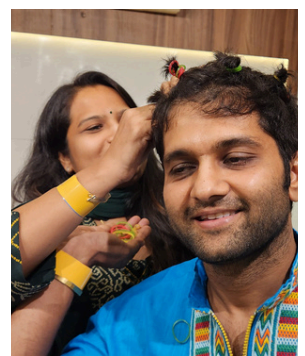



Rotary Club of Ahmedabad Hosts a Joyful Diwali Family Gathering

On October 19, 2024, the Rotary Club of Ahmedabad hosted a delightful family gathering to celebrate Diwali. With over 60% of members in attendance.

The atmosphere was filled with joy and laughter. Rtn. Laxman Madhwani expertly anchored the event, engaging all family members with his entertaining shayaris, jokes, and games, ensuring everyone had a great time.

On the other hand, Rtn. Jiten Trivedi did a marvelous job with the arrangements, from selecting the hotel to curating a delicious multi-course menu. The evening culminated with members lighting small and safe crackers, welcoming the Diwali season with enthusiasm and cheer.





Wishing all the Rotary
Members and their families a
joyful Diwali and a
prosperous New Year! May
this season be filled with
light, happiness, and safe
journeys for those traveling.

May the festivities bring
peace and prosperity to all in
the Rotary community.

Edited & Compiled by
Rtn Harish Tekchandani
(Secretary - RCA Heritage)