



**NOVEMBER, EMBRACING
THE CHILL- WELCOME WINTER**

NOVEMBER 2024



Rtn Rajiv Gulati
President
RCA Heritage

Season of Celebration, Connection, and Community

The festival season wrapped up in early November, and I hope everyone had a wonderful Diwali. Many of you may have travelled during the holidays, and I trust you had a delightful time. I also hope that everyone has returned home safely. With the festive season behind us, students are back in school, and I wish them the best of luck as they resume their studies.

As winter settles in, we enter a special season of weddings. I'm delighted to share that my daughter, Lishaka, got married this month in Delhi. It's a joyous occasion for our family, and I wish the newlyweds a lifetime of happiness. A heartfelt thank you to all my fellow Rotarians who honored us with their presence at the lively gathering for Sunderkand paath followed by live music, DJ, dance and dinner – your participation made the event even more memorable.

Now that we're back to our regular routines, it's an exciting time to reconnect with the activities of our club. We'll focus on strengthening our bonds as Rotarians, exploring new service projects, and collaborating with other clubs wherever beneficial and essential.

As winter unfolds, we can also look forward to a variety of exciting sports events. For our Rotarians who love sports, this season will bring opportunities for enjoyment and fellowship. Whether it's participation or cheering for your favorite teams, these events will provide a great chance to connect with fellow Rotarians in a fun and engaging way. Let's embrace this season of sports and make the most of these opportunities for bonding and shared experiences.



Rtn Harish Tekchandani
Secretary RCA Heritage

Building Powerful Social Network & Strong Business Relationships Through Rotary Fellowship

One of the most vital elements that contributes to the success and vitality of our organization is the harmony and cordial relationships we share with one another.

The strength of any club, especially a service-oriented one like Rotary, lies in the unity and mutual respect among its members. When we come together in a spirit of cooperation, understanding, and goodwill, we not only create an environment that fosters personal happiness but also cultivate an atmosphere of trust and support. This, in turn, strengthens our collective mission to serve our communities and make a positive impact on the world around us.

The relationships we build within our club extend beyond personal friendships—they open doors for enhanced professional growth and business opportunities. By collaborating in a friendly and supportive atmosphere, we allow for the exchange of ideas, experiences, and opportunities that benefit each individual member. These bonds create an invaluable network that encourages both business success and personal development.

Moreover, the harmony within our club reflects the core values of Rotary—service, fellowship, diversity, integrity, and leadership. When we work together harmoniously, we become better equipped to fulfill our commitment to serving others, upholding high ethical standards, and leading by example in our respective communities.

Let us continue to nurture these relationships with respect, understanding, and kindness, as they are the foundation of a strong and flourishing Rotary Club. The health of our club and the well-being of each member are deeply intertwined with the positive, supportive, and uplifting connections we share.

Together, we can achieve great things and create a lasting legacy of service and fellowship.

BIRTHDAYS

In November 2024, following our club members and their spouses celebrated their birthdays. These celebrations marked personal milestones, strengthened relationships, and boosted self-esteem. They created lasting memories, promoted social inclusion, and offered a chance to express love and appreciation.

Rtn Pranay Radhanpura	Nov 02
Mrs Archana Vinod Goyal	Nov 06
Rtn Hementa Soni	Nov 07
Mrs Nehal Hemen Tilva	Nov 16
Mrs Dipti Kiran Patel	Nov 23
Rtn Laxman T Madhwani	Nov 24
Rtn Pradyuman K Darji	Nov 29



ANNIVERSARIES

The following of our members and spouses celebrated their marriage anniversaries, reflecting on their journey together and the love between the couples.

Mrs Archana & Rtn Dr. Vinod Kumar Goyal

Nov 04

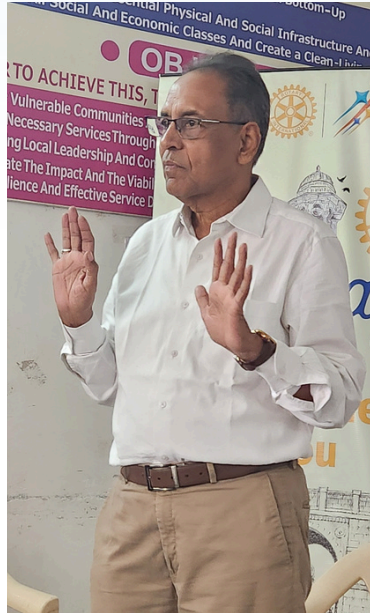
Mrs Lavi & Rtn Laxman Madhwani

Nov 06



RCA Heritage Trains to Field Representatives of Saath Charitable Trust (A RCC OF RCA Heritage) in Identifying & Supporting Mental Health Issues in the Community . Dt 6.11.2024

Saath Charitable Trust, an RCC of the Rotary Club of Ahmedabad Heritage, is connected with over 35,000 families through 40 field representatives. To address growing mental health concerns, RCA Heritage organized a training camp (Part 1) to equip these representatives with the skills to identify mental health symptoms and offer support. Led by Rtn Dr. Vinod Goyal, a senior psychiatrist, the session began with Rtn Harish Tekchandani explaining the mission of Rotary and the importance of community service. Dr. Goyal focused on recognizing early signs of mental illness, providing sensitive care, and referring individuals to professional help. Representatives were also introduced to affordable mental health care options, including government hospitals and the Ayushman Bharat scheme, ensuring cost-effective treatment for low-income families. This initiative aims to improve mental well-being, provide access to essential services, and create a grassroots support network to address mental health challenges in the community.



Rotary Club of Ahmedabad Heritage Hosts Fellowship Event with Pickleball at YMCA - on Nov 14, 2024

The members of the Rotary Club of Ahmedabad Heritage enjoyed a fun and engaging fellowship event on 14th November 2024, with a game of Pickleball. The prestigious YMCA club graciously hosted the event, with two courts booked for the occasion. A total of 10 members participated, fostering friendship and having a wonderful time. It was a great opportunity for members to bond, stay active, and enjoy the game together in a lively and friendly atmosphere.



Empowering Financial Futures: A Lecture on Personal Finance Management by Mr. Parimal Shah

The Rotary Club of Ahmedabad Heritage hosted a lecture on Personal Finance Management and effective tools on 20th November 2024. The session, led by renowned financial consultant Mr. Parimal Shah, covered budgeting, investment, savings, and debt management, while introducing tools to help individuals make informed financial decisions.

Supported by HDFC, the event adhered to SEBI rules and guidelines, ensuring compliance with financial regulations. Around 90 participants from various Rotary clubs across Ahmedabad attended, gaining valuable insights into financial planning and empowerment. The event was followed by a dinner, providing an opportunity for networking and further discussion.



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Lifestyle diseases such as diabetes, hypertension, and obesity have become increasingly prevalent due to modern eating habits and sedentary lifestyles. Traditional approaches to managing these conditions often focus on symptom control rather than prevention. However, genetic-based dietary recommendations address the root cause by aligning nutritional choices with the body's inherent needs. This approach not only manages existing health issues but can also delay or even prevent the onset of such diseases.

Moreover, genetic insights extend beyond physical health. The food we eat can significantly impact mental health, energy levels, and even emotional well-being. For example, deficiencies in certain vitamins or minerals, dictated by genetic predispositions, can lead to mood swings, fatigue, or difficulty concentrating. Knowing these predispositions enables individuals to proactively include the necessary nutrients in their diets, thereby fostering a sense of balance and vitality.

The natural aspect of genetic science-based nutrition cannot be overstated. Unlike fad diets or extreme measures, these recommendations encourage the consumption of wholesome, unprocessed foods that work in harmony with the body's genetic blueprint. This not only supports sustainable health improvements but also promotes a deeper connection with food as a source of nourishment and healing.

As we navigate an era where personalized health is becoming the norm, harnessing the power of food through genetic science is an empowering step toward a healthier future. It reminds us that while we cannot change our genes, we can make informed choices that work with them. By aligning our diets with our genetic code, we fuel our health naturally, prevent lifestyle diseases, and pave the way for a life of vitality and well-being.

The promise of genetic science in nutrition is clear: a healthier you starts with understanding the unique you.

- Rtn Dr Rushikesh Trivedi



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