

Vision Fort

SEPTEMBER'23



Monthly E-Bulletin of Rotary Club of Nagpur Fort, RID 3030

RI President: Gordon R. McInally

District Governor: Asha Venugopal

Club President: Jayant Warankar

Club Secretary: Pramod Misal

5th September 2023



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I STAND BEFORE YOU

 P. Rtn. Jayant Warankar

“Amruta! have you sent Rakhi to Shantanu?”, mother asked Amruta. “Yes, mother” said Amruta “you have asked me for the third time now”. “Yes beta, just to ensure it reaches before Rakhi Purnima otherwise, he will feel lonely”, mother replied.

I was listening to both of them without taking any part in their conversation, but this

triggered some thoughts in my mind. If really Shantanu does not get Rakhi within time, will it affect him so much as to make him feel lonely? Really, if it is so, then what about the people who live far away from their dear ones for reasons beyond their control, may be their jobs, their duties, do they feel the loneliness? By far and in general, yes. As a human being these emotions creep in, somewhere deep in their heart it is there.

My thoughts go to our soldiers who are guarding our borders, they are away from their homes performing their duties for the country. Apart from the borders, within the country too soldiers are doing their duties as per the need of the nation away from their homes and dear ones. Can we, as responsible citizens of India do something for them, particularly during festivities like Rakhi, Deepawali, Pongal, Onam etc.? Yes, maybe invite them to our homes or go to their centres, mingle with them so as to make them feel happy. This will definitely reduce their loneliness and make them feel happy. They will connect with the society and naturally they will do their duties more happily. Ofcourse, we too will feel happy and satisfied that we are doing something for our soldiers and the nation.

I think so...do you?



AT THE HELM OF RCNF

(2023-24)

President: Jayant Warankar

President Elect: Capt. Devikant Naranje

Vice President Administration: Ram
Nakkanwar

Vice President Special Projects: Dr.
Shivkumar Chauhan

Secretary: Pramod Misal

**Joint Secretary and Anns Committee
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Treasurer: Cmde.Uday Chitnavis

Directors

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Medical: Vaishali Barai

Non-Medical: Vinay Saraswar

Vocational Services and New Generation:

Ammol Walke

Youth Services: Ashish Bhisey

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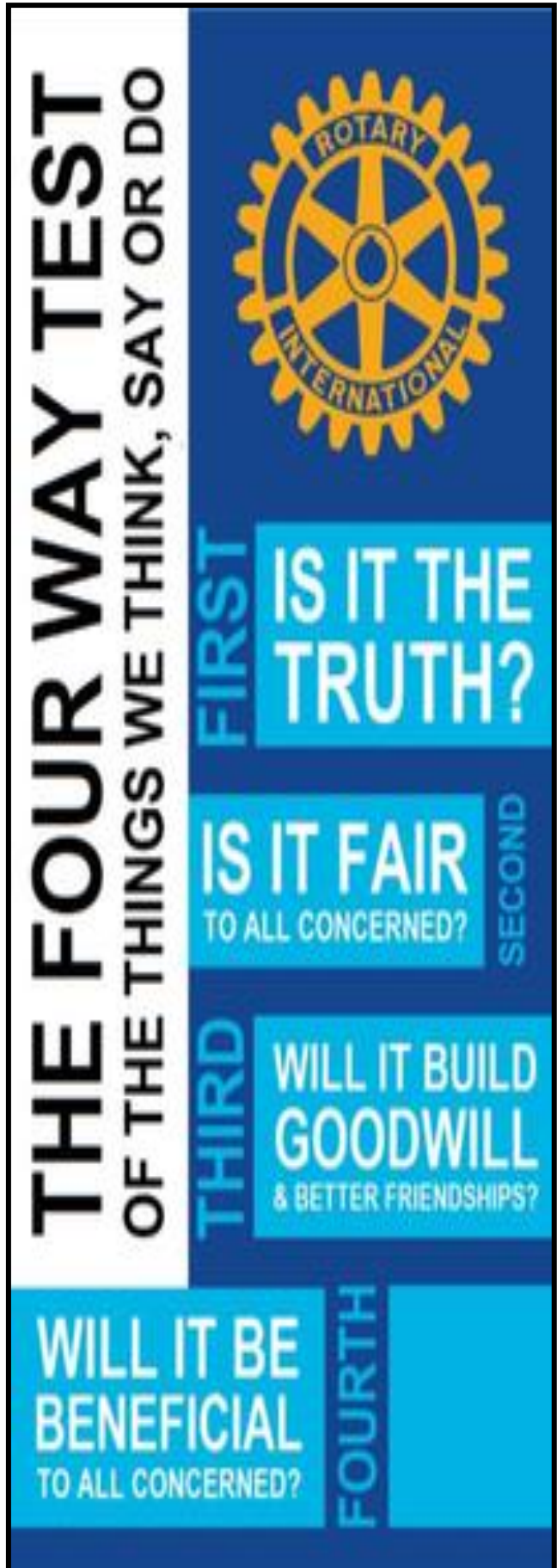
Sports: Abhay Kshirsagar

IPP: Dr. Suresh Bhake


Sergeant at Arms: Madhav Kukday

Advisor: Suresh Baiswar

Trainer: CA. Mahesh Chandak



From the Editor ...

 PP. Rtn. Vaishali Barai

Welcome to the month of September. The month designated to basic education and literacy. Rtn. Baiswar has very aptly penned all the details in an article of the same name.

At the beginning of the month, we had a walkathon. Why, how, when and many more questions are answered in this issue.

This Vision Fort includes an article about rainwater harvesting by our member who is also a District officer for the same.

Results of an exciting photography competition are also published.

Good Touch Bad Touch and Menstrual Hygiene was carried out a number of times and in different schools.

Rakhi with the Jawans of Kamptee Cantonment was a real celebration. This has been nicely written by Warankar Sir in 'I stand before you'.

Answer the question in Kuch Prashna Rotary Ke, and win a prize.

Encounter with terrorists and reattired not retired are good substance to read.

Upcoming RCNF and District projects keep you updated so that our dates are saved.

Relax and enjoy Vision Fort!

Happy Reading.....

EDITORIAL TEAM

Vaishali Barai

(vaishalirbarai@gmail.com)

Sreehari Chava

Mahesh Chandak

Devvani Tak

BASIC EDUCATION AND LITERACY

 PP. Rtn. Suresh Baiswar

Rotary International has designated the month September as Basic Education and Literacy month. And keeping this in mind I will try to explain all about the present conditions of our basic education system in India.



Basic education is the foundation upon which the future of an individual and nation depends. In India basic education refers to primary education, which is the first stage of education that a child receives. It is the right of every child to receive a basic education, which is essential for their growth and development.

Basic education has numerous benefits for individuals, communities and the nation as a whole. It provides individuals with the necessary skills and knowledge to lead the better life.

Basic education helps individuals to improved quality of life with skills and knowledge to lead a healthy life and fulfilling life. It also helps in reducing poverty and social inequality. Basic education empowers individuals by providing them with the knowledge and skills required to participate in the democratic process. It enables them to make them aware about making informed decisions about their lives and contribute to the development of their community and nation.

The current status of basic education in India is a cause of concern. According to the Annual Status of Education Report (ASER) 2020, around 5.5% of children in the age group of 6-17 years are out of school. The quality of education in many government schools is poor and the dropout rate is high. There is also a gender disparity in education sector, with girls being less likely to attend.

Improving basic education in India is a complex task and there are several challenges that need to be addressed. Some of the challenges are:

POVERTY

Poverty is one of the major challenges that hinder access to basic education in India many families cannot afford to send their children to school and even if they do, the children often drop out due to financial constraints. Poverty also limits the quality of education that can be provided to children.

INFRASTRUCTURE

Lack of infrastructure is another challenge. Many schools do not have adequate classrooms, furniture and basic amenities like toilets and drinking water. This makes it difficult for children to attend school regularly and affects the quality of education.

LACK OF TRAINED TEACHERS

The shortage of trained and qualified teachers is another challenge faced by the education sector in India. Many teachers in government schools are not adequately trained which affects the quality of education that can be provided to children. This in turn affects the employment of the students and their contribution of the workforce.

We as an NGO can help the education system in many ways by providing them support system in the form of monetary help, moral support and guidance, training to the teachers, providing infrastructure in schools and by arranging safe drinking water, etc.

We as Rotarians can help the education system and can make a drastic change in present problems faced by the system and hope for a skills-based education for a better India.

AUGUST MEETINGS

4th August. Club's Regular Meeting. New Member, Ujwala Kakde was inducted. She introduced herself. Treasurer Rtn. Cmde. Uday Chitnavis spoke about his experiences as a Commodore. His adventure during Tsunami was spine chilling. PP. Rtn. Meenakshi Desai sponsored the fellowship.



18th August. Club's Regular Meeting. PP. Rtn. Vaishali Barai spoke about the Caring Guardian Parents Project. Rtn. Manish Gupta sponsored the fellowship.



AUGUST PROJECTS

WALKATHON

 Dr. Rohit Gupta

6th August. National Vascular Day celebrated with a walkathon in association with Swasthyam Hospital. Some questions are answered.



1. What is Vascular Day?

National Vascular Day is celebrated to spread awareness about vascular diseases, their early detection and prevention in general population.

2. What is Vascular health and vascular age?

Vascular health is about taking care of arteries and veins. We all know about cardiac risk factors, but never think that like coronary arteries (arteries of heart) blockage can lead to heart attack similar blockages in peripheral arteries

can cause leg attack (gangrene) on non-healing wounds or pain and swelling of limbs.

Vascular age is a novel concept which measures the age of arteries. It uses arterial wall thickness and stiffness. If vascular age is greater than chronological age, then risk of vascular events like stroke, heart attack and gangrene increases.

3. Why is Vascular Day observed on 6th August?

Vascular Society of India is the parent body of vascular surgeons all across India and was founded on 6th August 1994 in Chennai. And since then, 6th August is celebrated as National Vascular Day.



4. What are the risk factors for vascular diseases and how to maintain good Vascular health?

Smoking, Obesity, diabetes, hypertension, sedentary life styles are important risk factors which can increase vascular age and thus increasing risk for vascular events like stroke, heart attack and leg attack.

To maintain good vascular health, a person should at least walk 60 miles a month to keep 60,000 miles of blood vessels healthy and eat food made by plants (veg.) rather than food made in plant (fat food and refined food).

5. How do you feel about the success of Walkathon Nagpur?

As India is fast becoming Diabetic capital world and about 15% of this patient might undergo lower limb amputation (surgical removal of part of leg and foot). All these amputations are preventable if patient knows the early warning signs and takes treatment and precaution at early stage.

So Vascular Society of India (VSI) this year, started an initiative with a slogan of 'Amputation free India' to create an awareness for vascular diseases and about preventable amputation.



This year VSI conducted Walkathon across India in 27 cities on 6th August and we were very excited to see the enthusiasm with which common people participated. This event was organized in association with Rotary Club of Nagpur Fort and was attended by over 500 participants.

6. What are the future plans of Vascular Society of India?

After seeing the 'Josh' for walkathon on 6th August, we are thinking to make it an annual event, with some new philanthropic activities.



7. What role do you perceive for Rotary in advocating Vascular health? As of now, still this is very little awareness about vascular health even in medical fraternity, leave that among common public. So, role of organizations like rotary becomes very vital in spreading awareness for

vascular diseases by helping in conducting talks on this topic, organizing health checkup camps promoting events like Walkathon.

Details of the event can be found by clicking on the following link:

<https://fb.watch/melyH2TDaJ/?mibextid=6aamW6>

GOOD TOUCH BAD TOUCH AND MENSTRUAL HYGIENE



12th August. An awareness session about Good Touch and Bad Touch was taken by Ann Sheela Ambagade, for the girl students of Navyug Vidyalaya, Mahal. Menstrual Hygiene was explained by Dr. Sonia Arora. The project was carried out in

association with Adolescent Health Academy of India, Nagpur Chapter.



50 packets of Sanitary Napkins were handed over to the principal, who in turn would give to the students when needed. These were sponsored by Rtn. Manish Gupta.

14th August. A similar project was carried out in Ashwini Mahavidyalaya, Bina Sangam. Another batch of 50 Sanitary Napkins was handed over to the teachers, for the students when needed. These were also donated by Rtn. Manish Gupta. Rtn. Devyani and Rtn. Vaishali talked to the students and guided them about menstrual hygiene.



On **26th August** our club in association with Adolescent Health Academy, Nagpur held a talk for the girl students of Smita Patil School, Mahadula. Ann Dr. Sheela Ambagade spoke at length explaining to the girls differentiating between good

touch, bad touch, what all they need to be cautious about, how to protect oneself and various other related aspects. Dr. Sonali Arora adolescent paediatrician explained the importance of menstrual hygiene and overall

cleanliness. It was a very interactive session with a number of girls coming up with various problems faced by them which were all answered to their satisfaction. Rtn. Dr. Dahake helped in organizing the talk.



RAKHI CELEBRATIONS



29th August. Raksha Bandhan was celebrated under Sneha Jyoti project at Kamptee cantonment. Rotarians, Anns and Non-Rotarians participated very enthusiastically. 60 soldiers took part.

The ladies tied Rakhi, distributed sweets and napkins to them.

Napkins were sponsored by Naranje couple.

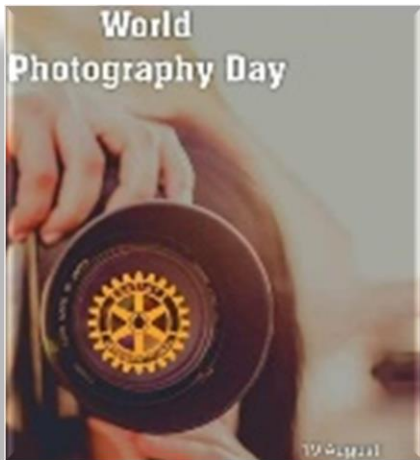
Rtn. Maj. Gen. Bam helped for making it convenient to arrange the function.



People who regularly help others are significantly happier and less likely to become depressed as they age.

Source: University of Massachusetts Medical School

PHOTOGRAPHY COMPETITION

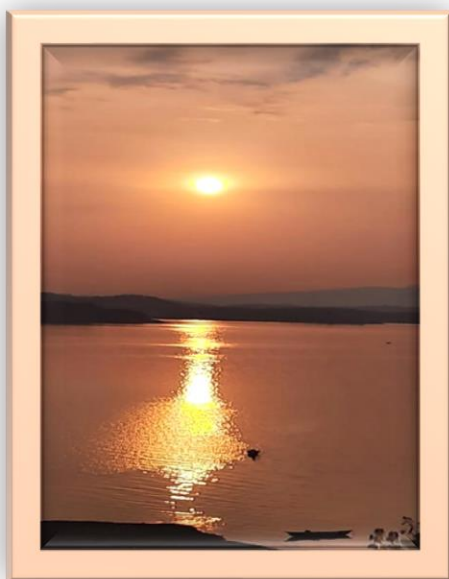


19th August is World Photography Day. A contest was held on this occasion. Enthusiast RCNF Rotarians & Anns participated. A total of 14 entries were received. All the clicks were beautiful and to quote the judge, 'it was tough to decide the best two'.

The judge for this contest was Kiran Bhise, an excellent professional photographer.

Composition frame clarity, reflection and effect.

The **winner** entry was that of **Ann Anuradha Kukday**.



Good Composition with evening silhouette shades and good effect with a ship and shades of golden yellow color makes the picture beautiful.

The **runners up** entry was that of **Rtn. Veena Khandekar**.

EYE CHECK UP CAMP

24th and 25th August. An " EYE CHECK UP " camp at was held at Navyug Vidyalaya, Mahal.



Nearly **400** students were benefitted. Expert team from Sarakshi Netralaya was our partner in organizing the camp.

Special thanks to Rtn. Dr. Bawankule, Dr. Phusate and Admin Gyaneshwari.

From Rotary, Secretary Rtn. Pramod Misal, Jt. Secretary Rtn. Devayani Tak, PP. & Director Medical Projects Rtn. Vashali Barai worked hard for the success of camp. Rtn. Capt. Naranje was

also present and helped for smooth functioning of the camp.

Dr. Phusate addressed the students about eye care during the opening ceremony.



INAUGURATION OF PROJECT PRERANA

 P.P. Rtn. Meenakshi Desai

26th August. Prerana is our ongoing project of our club for the overall development of slum children.

On Its Official Opening PDG. Praful Mokadam & Mrs. Mrunal Mokadam obliged by their graceful presence. Dr. Mokadam is an Ophthalmologist & his 3 generations are Doctors.

It was a very fun filled program on 26th August 2023.



Almost 34 children were present. Some of them were last year's students. This gave a great confidence to team Prerana.

Ann Smita Hastak was Master of Ceremony, which She did very expertly considering, this was her maiden effort.

Club Pre. Warankar couldn't be present due to unavoidable circumstances. But VP. Ram Nakkanwar & Sec.

Misal, Treasurer Rtn.

Chitnavis, Anns

Pradnya, Vidya, Vibha,

Indu and PP. Rtn.

Vaishali graced the occasion.

In his speech PDG.

Mokadam reminded all of us on our Club's old & great projects & thus reminded the club

members the greatness of our club. He is connected with us for a long time. He has also performed eye operations in our eye camps.

Introduction of Anter Bharati was done by PP. Rtn. Hastak.

Project Prerana was introduced in brief by PP. Rtn. Meenakshi Desai she is also the Project Director for Prerana.

Prerana's teachers were introduced to chief guest & were felicitated. The thanks giving was done by Rtn. Joint Sec. Devyani.

Sweets for children was sponsored by Rtn. Meenakshi & club organized the tea & snacks for the guests & Rotarians.

Special features were

- 1) PP. Rtn. Baiswar donated to the club for Prerana.
- 2) PP. Rtn. Hastak donated a cheque for opening a library for Prearna Children.
- 3) Non-Rotarian Mrs. Madhavi Desai donated a White board, stand, dusters & marker pens for this project.

I personally thank these people & the RCNF will remain obliged to them.


We are looking for teachers for sports, self-defence, music, dance & drama.

Anybody interested or know of someone please contact Rtn. Meenakshi Desai.



Rainwater Harvesting: Conservation and Management

Strategies for Urban and Rural Sectors.

 Rtn. VASANT R. DHARKAR (PP. RCNF AND DISTRICT OFFICER (Rain water Harvesting) RID 3030)

Introduction :-

Water is essential for life and used in many different ways. It is also part of larger ecosystem on which the reproduction of biodiversity depends. Fresh water scarcity is not limited to the arid regions only. In areas with good supply; access of safe water is becoming a critical problem, lack of water is caused by low water storage capacity, low filtration capacity, larger inter-annual and annual fluctuations of precipitation due to monsoonal rains, and high evaporation demand. At present, water harvesting has become a general term for collecting and storing runoff water, resulting from rain in the soil profile. In India, water harvesting means utilizing the erratic monsoon rains to raise good crops in dry tracks, and conserving excess runoff water for drinking and for recharging purposes.

Rainwater harvesting is based on a number of different techniques. The methods suggested for rainwater harvesting are water spreading, recharge through piths, trenches, wells, shafts and the direct runoff of water into existing wells. The choice and selection of any particular method is governed by local hydro-geological and soil condition and by ultimate use. Nature has showered enough potential to recharge our existing water bodies and also to conserve and preserve existing water supplies for future needs and requirements.

History of Rainwater Harvesting

Water harvesting was practiced as early as 4500 B.C. by people of Ur and also more recently by Nabateans and other people of the Middle East. 20th Century technology has made it possible to use artificial means for increasing runoff from precipitation. Evenari and his colleagues from Israel have described a water harvesting system in the Negve desert. The system involved clearing hillsides to smooth the soil and increase runoff, and then building contour ditches to collect water and carry it to low lying fields where water is used to irrigate crops.

The next significant development was also done in Western Australia in 1956. Similarly USA has also done pioneering work in evaluating plastic and artificial rubber membranes for construction of catchments and reservoirs during 1950 and 1959. During the year 1960, research programmes in water harvesting were also initiated in Israel by Hillal and at the University of Arizona by Gluff.

Water harvesting was practiced more than 1000 years back in South India, through the construction of irrigation tanks, temple tanks, farm ponds etc. but the research work has been taken up at ICRISAT, Hyderabad Central arid zone Research Institute, Jodhpur, Central Research Institute for Dry land Agriculture (CRIDA), Hyderabad State Agricultural Universities and other dry land research centres throughout India.

Need For Rainwater Harvesting:-

Water is becoming a scarce commodity and is considered a liquid gold in some part of the country. The demand of water is also increasing day by day, not only for agriculture but even for house hold and Industrial purposes. The country is facing floods and drought in the same year in many states. This is because no concrete action has been taken to conserve very common harvest and manage rainwater efficiently. Since India is monsoon country, the rain falls with high intensity only for three to four months in the year which results more runoff and soil erosion. It also erratic and fails once in three to four years. This is very common in many parts of country.

Hence to mitigate water problems and drought, there is an urgent is latest technologies adopted in soil and water conservation measures on watershed basis including roof water harvesting and other measures.

Methods of Water Harvesting in Rural And Urban Areas.

There are various systems of water harvesting depending upon the source of water supply and places are short listed few as classified below:

- (a) In-situ rainwater harvesting with Bunding and terracing.
- (b) Direct surface runoff harvesting with roof water collection.
- (c) stream flow and run off harvesting with Nalla bunding and check dams.
- (d) Sub surface flow harvesting.
- (e) Micro-catchment and water sheds.
- (f) Run off inducement by surface treatment.

Water Harvesting at Home.

The rain water that is harvested is pure with virtually no impurities and is suitable for all purposes. After filtration, the harvested rain water can be put to all uses including drinking and cooking purposes. The area on which the rain water falls is the catchment area. The annual rain water harvesting potential of a roof top can be calculated by multiplying the area and the amount of rain fall that is received annually.

In rural areas, the roof top harvested rainwater can be stored or used for recharge of ground water. This approach requires connecting the outlet pipe from the rooftop to divert the water into a storage tank or either to existing wells, tube wells or borewells or to specially designed wells and structures.

Design of Trenches and Pits. :-

(a) Trenches:-

Average Rainfall :- 780 mm.

Available for harvesting :- 390 mm. (50 % average)

To be harvested in water :- 39 mm. (10% available, economically harvesting)

Economic width and depth of trench :- 1.5 m depth and 0.5 m width

(b) For 1000 m² roof top available water :- 1000 m² X 0.039 m = 39 m³

Assuming 90 days rainfall per year :-

Available water = 39m³/90 days = 433 litres per day of rain PVC rigid pipe for 40 mm can carry water to the required place.

(c) Size of Pit :-

Average yield of Rain = 3.05 m³ per shower

Taking 100% extra for proper storage and percolation without contamination by surface water:

Size of pith (V= $\pi r^2 h$) = 6m³

Taking 2m diameter (2r) pit:-

Depth of pit(h) = 6m³ / ($\pi \times 1\text{m}^2$) = 1.91m. = 1.90m.

Such pit can be easily and economically dug with a mechanical excavator without encountering hard rock.

Size of Pit = 6m³ (Diameter 2.0m depth 1.90m) 15% Sand = 0.15 X 6m³

20% of 20mm aggregate = 0.20 X 6m³ 50% of 40 mm aggregate = 0.50 X 6m³

The individually owned as well as community controlled rain water harvesting schemes are required in urban areas. The success of such schemes depends upon the people participation. Motivation and proper training of women and youth would be required in immediate future to ensure people participation in managing and operating the rain water harvesting schemes.

The attached drawings shows composite plans for recharging structures of ferro cement storage tanks with capacity of 12000 liters.



References :- Publications from the National seminar on “Rain Water Harvesting and Water Management” organized by the Institution of Engineers (India) Nagpur Local Centre Nagpur in association with UNESCO New Delhi India.

ENCOUNTER WITH TERRORISTS

 Rtn. Capt. Devikant Naranje

As I was in the corps of EME (Electronics & Mechanical Engineers), Services Corps and not the Arms, in Indian Army, we did not have direct encounter with enemy. But I had one in the last leg of my service.

This happened in December 1993. I was in 6089 (I) Fd Wksp and our Bde was deployed in highly insurgent area, Punjab, in "Op Rakshak." All the three Bns were deployed from 'Atari' to 'Dera Baba Nanak' along the Pak Border, by the side of River Ravi. Bde HQ and our Wksp was based at 'Ajnala' 25 KMs from Amritsar. My OC was on leave at Babina and I was officiating.

One day, at about 1400 hrs Bde HQ received a msg from 9 Rajput Bn that large number of antisocial elements, may be terrorists, were hiding at Sherpur, some 20 KM away from Bde Hq. Brigade Cdr along with Bde officer moved there to tackle the situation.

At around 1700 hrs I got a tele msg from BM (Bde Maj) that some doubtful activities were noticed at the maize field near Raipur Khurd, just 3 km away from our location. As our Wksp was the only nearest unit, I was told to take my available men and immediately cordon the area till their arrival, probably by first light. I was instructed not to open the fire, but can take the decision as per prevailing situation. Our informer will be there to guide us to the location.

Wksp was just off. I called the Sr JCO to fall in the men and told them what was the orders from Bdr HQ. I tried to motivate them, "Not to worry at all. We the EME people seldom get such chances. I am there with you all the time. You just protect yourself first. Your weapons will be loaded but don't open the fire till I tell you. We have just to cordon that area and ensure that who so ever is hiding do not escape. We have to be alert and guard the area till arrival of Bde people."

Keeping essential guards & sentries behind, after 20 minutes we were ready to move, along with our personal arms and ammunition. Luckily two 3 ton vehicles of Madras Regt were with us, that were in Wksp, after repairs, with 8 Jawans. Thus my jeep, one recovery vehicle and three 3 ton vehicles (Including Madras Regt 3 tons), myself, one JCO and 35 men moved to the location. Since it was not known how long this OP will take, 2 cooks, 4 men, 1 NCO and one 1 ton vehicle were left behind, to prepare and deliver the food to men.

The informer met us and took us to the field. It was dusk. As we dismounted and about to take the position, some 30 mtrs. away from the field, there was a burst of fire. Our men knew what to do if such situation arises. For that a drill is set. Everybody took position behind the vehicles. There was silence. I quietly checked my men. All were safe. After ten minutes I told my men to move quietly and take the position around the field. At eight places, around the field, men took the position, four men at one post.

Again, I checked the men and their positions. I was more worried because I was to retire next month and if there is any casualty, I will be held responsible & answerable. That will be minus point / black spot on my leadership.

Suddenly, again there was a firing. As we were in a safe position, no damage, no one hurt. These terrorists / antisocial people know the mentality / strategy of defence personnel, that they do not have the permission to open fire until extreme situation occurs. So, to frighten the troops they keep firing.

It was quite dark now. Suddenly again there was a fire. No one was hurt but we saw the flash of fire. As I was worried about my men for their safe return, I took a chance and ordered LMG operator to open fire at the direction of the flash we saw. One complete magazine of 25 rounds of 7.62 mm LMG was emptied. There was a loud cry as some one was hurt, then complete silence.

After some ten minutes I had a round of my posts. Everyone was alert and occupying his position. I was quite relieved. Now it was 2100 hrs. Our men, who were left behind, brought food, Subji & Chapati only. It was served to the men at their position. I was on my toes, checking the men at their position, after every fifteen minutes, and motivating them. Whole night we were alert. No one slept. Cooks brought one hot pot tea. It was served to the men at their position after every one / one & half hour. We spent complete night guarding the area.

In the morning at 0700 hrs. Bde Cdr with Bde ofrs and one platoon of 9 Rajput Regt reached our location. I narrated him the incidence including our fire. He asked me whether there was any activity after that. I said, 'no'.

Again, Bde Cdr asked me, 'Have you checked inside the field after the fire?'

I said, 'No, Sir, it was quite dark.'

Then I was told to call back my men. Rajput men took the charge. They moved inside the field cautiously. They found two men, one dead and one with injured leg and stomach. Local police were informed about the incident. Those two men, Sikhs, turned to be the wanted terrorists.

In the afternoon Bde Cdr summoned me in his office. I narrated the incidence in details in front of B M and B Q.

Bde Cdr patted me, said, 'Good job done, Devikant, but you should not have opened the fire. You should have only cordoned the area till our arrival. We could have arrested them alive.'

I said, 'Sir, I was worried about my men. You know I am retiring next month and if any casualty would have taken place, then.... I was the only person answerable. They fired at us three times then only I ordered LMG to open fire.'

This was the only incidence I faced in my service. My Commanding Officer also said, 'Shabash'

Later on, then our Bde Cdr Brig Ashok Chaki retired as, Deputy Chief Of Army Staff (DCOAS) Lt Gen Ashok Chaki, PVSM, AVSM, S C, and then BM Maj RV Thodge retired as MGO (Master General of Ordinance) Lt Gen Ravindra Thodge, PVSM, AVSM.



RE ATTIIRED NOT RETIRED

 PP. Rtn. Capt. Milind Hastak

On 31st July 1995, after spending 20 years in the Indian Navy, finally I hung my uniform and boots (A phrase used for 'Retired'). My so called ' Second Innings' had begun. My family was shifted an year earlier to Nagpur and they shifted at the residence of my Father Wg. Cdr. MG Hastak. I had qualified in the Master Mariner Course in Merchant Navy which qualified me to take up Command of a Merchant Vessel at Sea. I sailed on Foreign Going Merchant Vessels for 5 years during which period I was Globe Trotting. After having been to over 30 ports all over the world, I wanted to stay close to the Motherland, so I shifted to a Semi Sea Job in Dredging Corporation of India where I served for 10 years.

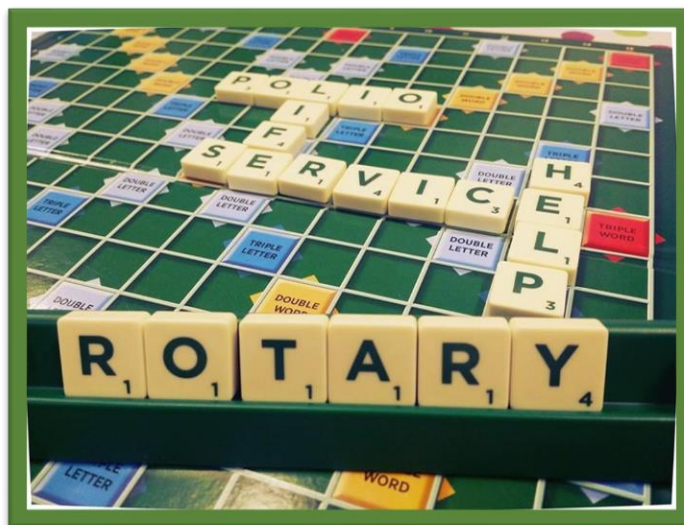


After spending a total of 15 years in Commercial Navy, I finally came back home. My Wife and family had spent trying time of separation but they cooperated wonderfully and finally the Sailor in me had ' Swallowed the Anchor' (Naval term for retirement). I continued to take up jobs connected with the Sea. I took over as Dredging Consultant in a Company called Sical Logistics where I was in their Shore Office stationed in one of the Ports in India. I successfully completed Dredging Projects in Mangalore, Karaikal and Paradeep Ports and thereafter shifted to their Off Shore Department in Mumbai. During this period in Nagpur, I started Consultancy Services for guiding the Youth in our Country to take up a Sea Career. I was the founder of ' Marine Consultancy ' in Nagpur. Soon I also took over as Commandant of Chatrapati Shivaji Maharaj Armed Forces Preparatory Institute where we trained students after 10th std. to join in the Officer Cadre of Armed Forces. I joined Rotary Club of Nagpur Fort and within few years became the President of that Club. During my Presidentship our Club won many awards at the District and International level. I joined the Indian Ex

Services League, Nagpur Chapter and became President of the League till 2012. I am presently an Advisor in the League. I also joined Masonic Club, and was a Free Mason for a couple of years. My Dad who was extremely active in the Society expired in the year 2016. After my father expired, myself and my wife started looking after 'Antarbharati Ashram, Khamla ' which was school for children of slum areas. The school was started by my mother with 5 children and today it has over 100 children in KG1 and KG2 classes and around 40 in Crèche. After 9 years with Sical Logistics, I left that Company and took up an office job in Albatross Shipping with office in Mumbai. At the age of 69, I have left my job with Albatross Shipping after serving in that company for 2 years.

Have I finally retired? I am not comfortable with this word so I say I have Re Attired into a different role. Serve the Nation as a Soldier and a true Citizen is my motto. The words 'bored with life' do not exist in my dictionary. I am a passionate singer and a writer. I spend a lot of time to pursue my passions.

I realize that I have actually Re Attired and continue with the same zest as when I was in Uniformed Services.



Being in Rotary is like a game...but everybody wins!!

KUCH PRASHNA ROTARY KE

1. From August'23 edition of Vision Fort, we had started **KUCH PRASHNA ROTARY KE**, a quiz about Rotary.
2. Two questions about Rotary will be asked in every edition, till the May'24 edition.
3. The answers to the question are to be put up in WhatsApp group of Rotary Family Fun.
4. Time limit is 10 hrs. of 6th of the month.
5. The competition is open to all Rotarians and Anns of RCNF, except the editorial team (23-24) of Vision Fort.
6. Each person is to answer only once in the WA group.
7. Correct answers will be published at 11 hrs., on 6th of the month in WA group of Rotary Family Fun and also in the following edition of Vision Fort.
8. Whoever gets the correct answer maximum number of times, (till May'24) will be rewarded.

The questions and answers for **August** Month were:



Q.1. The alongside is a photograph of the first four Rotarians.
Who is the fifth Rotarian?

A.1. Harry L. Ruggles is called the "fifth Rotarian".

Q.2. Which is the first Rotary Club in

India?

A.2. The Rotary Club of Calcutta becomes the first club in India in January 1920.

Both the questions were answered correctly by **Ann. Smita Hastak** and she earns **20 points**.

The questions for the month of **September** are:

Q.3. The first 'Rotarian' magazine was published in January 1911. Name the first editor.

Q.4. When did Rotary start in England?

UPCOMING RCNF ENGAGEMENTS

- Club's 4th Regular Meeting on 1st of September'23.
- Metro Bhramanti on 4th September '23.
- Installation of Interact Club at Pandit Bachharaj School on 5th of September'23.
- An eye check-up camp at Khadki on 9th of September '23
- Installation of a new Rotaract Club
- Club's 5th Regular meeting on 15th of September'23
- Project 'Prerana' every Saturday.

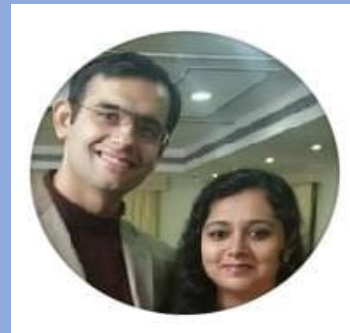
UPCOMING DISTRICT ENGAGEMENTS

Rotary in collaboration with Mental Health Initiatives
arpan in collaboration with Inner Wheel District 314, 303
presents
A Training Program on
Sparsh
EK EHSAAAS
Understanding Child Sexual Abuse (CSA) and Personal Safety Education (PSE)
Date: 11 To 13 September 2023
Time: 2.00 Pm To 4.30 Pm Venue: Online
Together We Can , We Will STOP CHILD ABUSE
Co-ordinators-
Surekha 314 Kirti 303 Aabha 3030
98694 22027 , 98227 11743 , 99228 25999

Government of Kashmir (UT)
Rotary CREATE HOPE IN THE WORLD
MEGA SURGICAL PROJECT
Pulwama, Shopian , Kulgam , Anantnag
3rd September to 13th September 2023.
Rotary Districts
3131, 3132, 3060, 3070



02nd: Rtn. Anil Ambatkar
04th: Ann Rashmi Shingade
08th: Ann Meena Tidke
10th: Ann Rashmi Shirsagar
10th: Rtn. Shyam Joshi
13th: Rtn. Milind Khasnis
21st: Ann Pratibha Waghmare
21st: Ann Vidya Chitnavis
25th: Ann Manjari Khasnis
28th: Rtn. Dr. Rajesh Swarnakar



2nd September

Ann Dr. Himani & Rtn.
Dr. Deepak Muthreja

Caution

'Vision Fort' is strictly intended
for private circulation only

An Appeal

The editorial team intends to bring out Vision Fort by 5th of every month. This would be feasible only if you all can send in your inputs latest by 25th of the current month. Please do adhere to the time line and support our effort!