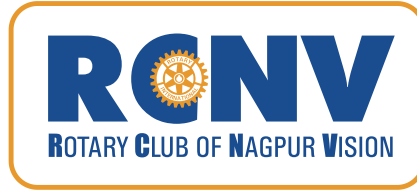


July 2024



RID 3030

# VISION



MONTHLY MAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

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## DHADKAN



**FIRST PAEDIATRIC  
HEART SURGERY  
UNDER PROJECT  
DHADKAN**

**BOARD 2024-25  
INSTALLED WITH  
JAISHREE CHHABRANI  
AS PRESIDENT**

**INTERACT  
INSTALLATIONS**

**VOCATIONAL  
TRAINING**

**TREE  
PLANTATION**

**MUSICAL  
FELLOWSHIP**



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Rotary is at its best when we foster a sense of inclusion and belonging in our clubs. In fact, I would go so far as to say that belonging is The Magic of Rotary itself.

With a focus on inclusivity and belonging, it is easier to be united in a common purpose. When we are committed to one another and focused on our goals, we are most effective.

Rotary's Action Plan can help. The Action Plan comes with tools you can use to collect feedback, assess your club's strengths and weaknesses, and address challenges.

The world is changing, and our clubs can't afford to stand still. But the changes we make need to be consistent and strategic — building on one another toward a greater vision. The Action Plan can help you work toward that vision and create effective change within your club. Following the Action Plan and addressing suggestions from the community will go a long way to fostering the sense of belonging we want all Rotary members to feel in their clubs.

That's why expanding our commitment to diversity, equity, and inclusion is so important. Committing ourselves to each other's well-being is the first step to expanding our reach, allowing us to spread Positive Peace in these troubled times.

Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict.

We offer the fellowships through our Rotary Peace Centers at leading universities around the globe, where more than 1,800 Rotary Peace Fellows have graduated. And thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next peace center at Bahçeşehir University in Istanbul.

Opening another peace center is a monumental achievement, and it is my great honor to invite you to celebrate at next year's Rotary Presidential Peace Conference at the Istanbul center. The three-day conference 20-22 February will highlight the many ways our family of Rotary advances peacebuilding. Registration for the conference is officially open. I hope to see you there.

The 2025 Rotary Presidential Peace Conference has great potential for our peacebuilding efforts — but only if we have your support.

The truth is, we're not going to bring peace to the world, end polio, or grow membership by waving a wand and saying some funny words. It's up to you. You create the magic with every project completed, every dollar donated, and every new member inducted.

I love my Rotary family and I know you do too. That's why I know that together, we can make every club and district simply irresistible. This year, let us change the world by embracing The Magic of Rotary.

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**Stephanie A. Urchick**

Rotary International President 2024-25



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## **Rajinder Khurana**

District Governor RID 3030

Dear Fellow Rotarians,

Thank you for the incredible honour of serving as your District Governor. I and Ginny are deeply grateful for this opportunity and promise to lead with compassion, integrity and dedication. We will give it our very best effort. Congratulations to all the new Club and District leaders on assuming your roles. Your commitment and enthusiasm are truly inspiring. As we embark on this journey together, remember that our RI President Stephanie Urchick has given us a beautiful theme for the year "Magic of Rotary". This theme encapsulates the transformative power we have as Rotarians to make a meaningful impact.

My mantra for the Magic of Rotary is : delegate and collaborate. By working together and leveraging our strengths, we can achieve extraordinary things. Each of us plays a vital role, and it is through our combined efforts that we will make a lasting difference. Let us embrace our theme and work hand in hand to bring the magic to life. Every action we take contributes to the greater good.

Best wishes for a wonderful and fulfilling year ahead. The Magic of Rotary is real, and it is within each of us. Let us make this year unforgettable by dedicating ourselves to Service above Self and by making a difference, one step at a time.

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## **Jaishree Chhabrani**

President 2024-25

Dear RCNV Family,

A thought that flashes in the mind, is the sign of possibilities and conviction. An incessant cry of a father over a loss of his son due to a hole in the heart, gave a determination to initiate Flagship project - Dhadkan - Paediatric Heart Surgeries. The very first day of the new Rotary year saw the Flagship Project of Rotary Club of Nagpur Vision and team 2024-2025 take it's course .

July month saw three successful heart surgeries . The entire month was busy executing projects in every avenue !! The Directors, Chairpersons , committee members , our seniors and the entire club has been on a roll . Each avenue service touching lives and making a remarkable difference.

The theme by RI President Stephanie Urchick - The Magic of Rotary definitely is apt where the Rotarians are busy floating the magic wand of Service above Self all across the world !! We appreciate DG Rajinder Khurana's support in all our endeavours.

Taking the legacy of RCNV forward , team 2024- 2025 is leaving no stone upturned to take RCNV to newer heights !!!



## New Rotary Year, New Journey, New Beginning: The Motto Remains the Same, 'Service Above Self'

On July 1st, the first day of the new Rotary year, Team 2024-2025 initiated their flagship project, Dhadkan - Paediatric Heart Surgeries. The first heart surgery, performed on a 9-year-old child named Kalp Bisen, was successfully completed at Swami Vivekanand Medical Mission. Kalp is now stable, fit, and healthy, and got his discharge on July 6th. As we, the RCNVians, gathered to complete his discharge formalities, we were overwhelmed with emotions seeing Kalp walking towards us with a bright smile. His parents expressed their heartfelt gratitude, and it was truly touching to witness the joy and relief on their faces. Through our club's initiative, Project Dhadkan has successfully completed its first pediatric heart surgery, bringing new hope and a healthy future to Kalp. We are profoundly grateful to our member Neelu and her spouse Prashant Garg from the NK Garg Foundation, powered by Diffusion Engineers Limited, for sponsoring this first heart surgery. Let's continue to spread love, support, and hope through our efforts.

## Blood Donation - 1st July 2024

### Rotary Club of Nagpur Vision in association with Cardion Hospital organise Blood Donation Camp -

On the occasion of Doctor's Day on the 1st July RCNV - Rotary club of Nagpur Vision, along with Cardion Hospital, held a Blood donation camp. The logistics of the blood donation was taken care of by Lifeline Blood Bank. Impression 38 units of blood were collected in the blood donation drive. RCNV members and Cardion staff enthusiastically took part in blood donation as well as managing the blood donation logistics. Special thanks to \*Mrs. Jaishree Chhabrani, President RCNV, Mr. Mufazzal Fidvi Hon Club Secretary RCNV and Dr. Ashwini Tayde medical Director for giving valuable support for the project. Chairpersons Karan Agarwal, Farnberg, PDG Vishwas Sahasrabhojane, PP Rajiv Behal, BOD members, IPP Ajay Uplanchiwar, Hetal Sampat, Bhupesh shinde, Pawan Mangoli, Amit Chandak, Altaf, Pallavi Urganlawar, Prashant Yadav! other Rotarians, and spouses -dr anju kadu, altaf, riddhi Tahalramani, shanta bhole, Swati belkhede, Mini Aakriti Agrwal, Amit jeswani, Jugal Kishore Hon. Treasurer and staff were present. Special thanks goes to Ms. Prachi Sonawane and Dr. Jayshri Gaur \* for driving the project to success in Cardion Hospital. The project would not have been possible without the support of \*Dr. Warbhe managing director of Lifeline Blood Bank, and it was a kind and gracious visit of the District Governor of Rotary 3030 Mr. Rajindar Singh Khurana who graced the occasion. The showstopper moment for the whole blood bank drive was live music, which was provided

by Cardion Director Dr. Nikunj Pawar and which was joined with great bonhomie by other Rotarians and Spouses and District Governor Mr. Rajindar Singh Khurana. The event was a grand success.



## Canvas Painting Workshop - 4th July 2024

### Canvas Painting Workshop for the Specially Aabled beneficiaries of SVK Shikshan Sanstha by Rotary Club of Nagpur Vision: Unleashing Creativity and Expression

Rotary Club of Nagpur Vision is proud to announce a special Canvas Painting Workshop tailored for Intellectually Challenged beneficiaries of SVK Shikshan Sanstha, on 4th July. This unique event is designed to provide an inclusive, creative environment where participants can explore their artistic talents and express themselves through the medium of painting. Art is a powerful form of expression and therapy, and this workshop aims to empower specially aabled individuals by offering them an opportunity to create and share their artistic visions. Under the guidance of trainer Anchal Tiwari, participants have learned various painting techniques and created their own masterpieces on canvas. SVK Shikshan Sanstha is a pioneer NGO, working to empower Intellectually Challenged Adults and striving hard to create an Inclusive Society with equal opportunities. Gayathri Vatsalya President SVK Shikshan Sanstha thanked the Rotary Club of Nagpur Vision for this kind initiative. Karishma Khobragade and Sushmita Gourkhade from SVK were prominently present. We thank Director Pallavi Urganlawar for organising these workshops since years now. At the workshop children also surprised one and all by their talent of dancing and singing!! We thank President Jaishree Chhabrani, Hon Club Secretary Mufazzal Fidvi, Director Pallavi Urganlawar, Chairpersons Rt Ann Sarita Agarwal and Rt Ann Asha Ganesh Joshi for all their support.



## 4th July 2024

The Senior Citizens Committee celebrated PDG Satish Sule's Birthday at his residence. Dir Hetal Sampat , Rt Ann Rakhi Amidwar , Rtn Archana Mulak , Rtn Payal Malewar , Rt Ann Sunanda Sule were present. A wonderful gesture indeed to honour our senior members .



## Installation : Team 2024-25 - 5th July 2024



Rotary Club of Nagpur Vision Welcomes New Leadership Team at Installation Ceremony Nagpur, 5th July 2024: The Rotary Club of Nagpur Vision (RCNV) celebrated the installation of its new leadership team for 2024-25 at Hotel Centre Point, Ramdaspath. Outgoing President Rtn. Ajay Uplanchiwar highlighted the club's accomplishments before passing the torch to Rtn. Jaishree Chhabrani, the new President. The annual awards were given away to the winners. The event featured speeches by District Governor Rtn. Rajinder Khurana and District Governor Elect Nana Shewale, emphasizing service and leadership. The evening recognized past contributions and introduced

the "Dhadkan" project for pediatric heart surgeries. 22 new members were inducted, and the outstanding citizen award was given to Mr. Vivek Ranade. President Jaishree Chhabrani in her acceptance speech outlined her strategic priorities, focusing on community partnerships and humanitarian efforts. She assured that team 24-25 give their best to continue the legacy of great work that the club does and introduce new dynamic projects to take RCNV to further heights. The ceremony concluded with a vote of thanks by Hon. Secretary Rtn. Fidvi, celebrating the event's success and the collaborative efforts of members and sponsors.



Felicitation of NK Garg Foundation powered by Diffusion Engineers Limited for their generous donation for the first Heart Surgery of Project Dhadkan .



## INSTALLATION OF THE DIST. GOVERNOR 7th July 2024



### DHADKAN PEDIATRIC HEART SURGERIES - 8th July 2024

The Rotary Club of Nagpur Vision is pleased to announce the successful completion of the second heart surgery under Project Dhadkan on 8th of July. The surgery was performed on Arohi, a 1-year and 1-month-old child, at Swami Vivekanand Medical Mission. Arohi is now stable and was discharged on

July 22, 2024. This milestone in Project Dhadkan brings renewed hope for Arohi and her family. We extend our heartfelt gratitude to our generous donors who made this possible:- Mr. Aashish Kalmegh- Mr. Chittaranjan Bhuyan- Mr. Kiran Chaudhary- Vinita Kabra. Let us continue to spread love and hope through our efforts. President Jaishree Chhabrani, Hon. Secretary Mufazzal Fidvi, Director Dr. Ashwini Tayade and the project chairpersons were present to complete the discharge formalities for Arohi. Together, we can achieve remarkable outcomes and bring smiles to many more faces.

On July 10th, 2024, the specially abled committee of the Rotary Club of Nagpur Vision (RCNV) celebrated the birthday of Rotary Lord Kamal Chhabrani at Happy School Snehanagan, a residential school for specially abled children. The event was marked by the distribution of goodie bags and the cutting of a birthday cake. The occasion was graced by the presence of President Jaishree Chhabrani, Kamal Chhabrani, Directors Hetal Sampat and Pallavi Urganlawar, Aditi Urganlawar, Rt Ann Pushpa Bhawe, new member Rtn Samita Asai, and Principal Mrunalini. RCNV members welcomed the children with party poppers and wished them good luck for their new academic year. The smiles on the children's faces during the birthday celebration were truly heartwarming, showcasing a novel and meaningful way to celebrate birthdays and anniversaries with the less privileged. The event also reinforced the spirit of community service and compassion among RCNV members.





## Weekly meeting- 12th July 2024

After installation the first regular meeting was held at Mimosa Hall , Chitnavis centre . Members , spouses and the guests enjoyed refreshments and fellowship before the meeting. The meeting started with silent prayer followed by reading of the four way test. Dr Pavan Mangoli brought in a cheerful atmosphere by 3 min happiness session . President Jaishree Chhabrani gave away gifts for Birthdays and Anniversaries to the members and spouses . Chairpersons made the announcements for various upcoming projects of the week . The Cardion Hospital team was felicitated for their support during the Blood Donation camp held on 1st of July . The speaker Dr Nikunj Pawar gave insights on the topic - Use Mind Save Heart . It

was very well appreciated by an impressive attendance of 40 attendees. Five new members gave self introduction. The meeting was adjourned after the National Anthem by the Chair President Jaishree Chhabrani supported by Hon Sec Mufazzal Fidvi .



## Vocational Training Seminar - 12th July 2024

Vocational Training Project conducted at Shrimati Binzani Mahila Mahavidyalaya, Mahal Nagpur .Paper Bag Making workshop Director Rtn Pallavi Urganlawar, Chairperson Ann Sarita Agrawal, Rtn Neeta Puniyani and Rtn Ann Asha Joshi ,Aditi Urganlawar.attended the workshop and taught the students to make the paper bags. The 30 students of the Mahavidyalaya attended and benefitted from the workshop.



## Vocational Training Seminar - 12th July 2024

On July 12, a Rakhi workshop was organized at Prakash High School, Gandhi Bagh, in which 35 to 40 children were taught to make Rakhi. Rcnv President Jaishree Chhabrani , Chairpersons Rt Ann Karishma Paliwal, and Ann Neeta Puniyani and Rtn Shilpa Kelkar in participates in this program . Thanks to Director Pallavi Urganlawar for her support of Uplangwar. The children thoroughly enjoyed the workshop and are ready to make and design their own Rakhis .





## Interact Installation - 11th July 2024

On July 11, 2024, the Interact Club "Rising Star SOS Atrey Layout" Installation ceremony was held, marking a significant milestone for the club. The event commenced with a warm welcome and Saraswati vandana, followed by the lighting of the lamp. The Principal delivered a welcome speech, emphasizing the importance of leadership and responsibility. She assured complete support to all the projects by RCNV and will encourage the students to be active throughout. RCNV Director Altaf Sadikot shared his views about power of collaboration and importance of working as a team. RCNV President Rtn. Jaishree Chhabrani motivated the students with her inspiring words and emphasised the importance of projects

about personality development and to get involved in international activities as well . She encouraged the children to take part in flagship events of RCNV MUNA and Kidathon and also to come up with out of the box ideas and execute each one of them . The event proceeded with the Interact Past President presenting a report on last year's achievements, followed by the pinning of the new board and an acceptance speech by the President of the Interact Club. Interact students showcased their first project. Director Admin and Finance Pavan Mangoli informed the importance of the Four away Test. Chairperson Neeta Punyani coordinated the event with the school. The others present were Rtn. Swati Belkhade, Rtn. Ann. Shilpa Kelkar, Rtn. Mini Ahuja, and Rtn. Sanjay Punyani. The event concluded with a vote of thanks by the interact secretary followed by rendition of Vande Matram .

## Project Smiling Faces - 13th July 2024

Smiling Faces committee conducted Scholarship distribution at Abhyudaya Global School, Khapa near Saoner on 13th July . Event... Scholarship Distribution President Jaishree Chhabrani, Past President Rtn Rajiv Behal Hon Treasurer Rtn Jugalkishor Agrawal Chairperson Rtn Amit Jeswani attended the Program. The cheque was handed over to the Trustees in

morning prayer of students. The team had good interactions with trustee during breakfast. Beneficiaries at Abhyudaya Global Village School:1. Anjali Gawande, 9th standard2. Krutika Pahade, 10th standardA noble gesture from PP Rtn Rajiv Behal for scholarship donation of Rs 21k. President Jaishree Chhabrani spoke on the occasion and motivated the students to achieve their dreams . She requested the authorities to encourage the students to participate in flagship event MUNA and Kidathon .



## Tree Plantation & Vocational Visit - 14th July 2024

All RCNVians young and old thoroughly enjoyed planting the saagwaan trees at Vanam, a beautiful farm of Shiraj Doongaji. After the plantation, we were shown around the farm. The children enjoyed the tractor rides immensely. A gift as a token of appreciation was presented to the hosts.

We also visited the lovely farm of Pres. Jaishree and Lord Kamal, which has a nice horse and pretty machaan. Prominently present for the project were PDG Satish Sule and Sunanda Sule, Rtn Ashok Waghaye and Mrs Waghaye..of Rotary South. An impressive attendance of Members, Spouses and Rotakids new and old made it a memorable visit. Thank you for the support of President Jaishree Chhabrani and Hon Sec Mufazzal Fidvi, Director Hetal and Chairperson Sudha Agarwal.



## Canvas Cross-Stitching Workshop - 18th July 2024

A fun and creative canvas cross-stitching workshop was conducted for the students of Prakash High School, Gandhi Bagh, on July 18, 2024. The workshop was conducted by Chairperson Neeta Puniyani, Rotarian Karishma Paliwal, Rotarian Shilpa Kelkar, in presence of President Jaishree Chhabrani, and Annet Pooja Chhabrani. Around 50 students enthusiastically participated in the workshop, showcasing their

creativity and discipline by designing various patterns on canvas using cross-stitch techniques. They thoroughly enjoyed the activity, demonstrating their artistic skills and eagerness to learn. The students were highly engaged and inquisitive, requesting additional workshops of this nature. The event was a resounding success, fostering a creative and interactive learning environment for the students. Special thanks to the organizers and facilitators for making this workshop a memorable experience for the students of Prakash High School, Gandhi Bagh.



## MINI MUSICAL FELLOWSHIP AND REGULAR MEETING - 19th July 2024

Regular weekly meeting was held on Friday 19th July . The meeting was called to order by President Jaishree Chhabrani. The meeting started with a Silent prayer , Rotary info , four way test , Birthday Anniversary wishes , crisp meditation, and upcoming projects were announced.

The rendition of the song Aa chalke tujhe by all the members and spouses together reverberated with positive energy. The Mini Fellowship- Hungama Ho jaye was aptly curated involving foot tapping numbers. It was a complete full house and everyone enjoyed thoroughly. Dir Pavan , Chairpersons Swati Belkhade , Komal Agarwal , Pallavi Pashine and PP Nilesh Panpaliya along with all the in-house singers put up a great show !! President Jaishree Chhabrani and Hon Sec Mufazzal Fidvi thanked and congratulated one and all .



## RCNV's VFex MEETING - A RESOUNDING SUCCESS - 22nd July 2024

The Rotary Club of Nagpur Vision hosted a groundbreaking VFex = Vocational Fellowship Exchange .' at Ganesh Sagar restaurant, marking a first for the club. Around fifteen members attended the inaugural gathering, designed to foster connections and familiarity among participants. The meeting's innovative format allowed each member to share their ideas and experiences, receiving warm appreciation from the group. The event's success was evident in the enthusiastic feedback, with members expressing delight at the

opportunity to connect with fellow Rotarians. This innovative approach to networking and community building is a testament to the club's commitment to fostering meaningful relationships. The Rotary Club of Nagpur Vision is proud to have pioneered this concept, paving the way for future VFex meetings. Special thanks to the participants for making this event a remarkable success. Our special thanks to our President Jaishree Chhabrani for coming up with this fantastic idea, forming team leaders and helping us in many ways to make this 1st event a successful one !!



## ROTARACT INSTALLATION - 23rd July 2024

The installation ceremony of the Rotaract Club of VSPM Physios,Hingna was held on 23rd July 2024, marking the transition of leadership from the outgoing team to the new team for 2024-25. The event featured a club report by the outgoing Secretary, speeches by the outgoing and incoming Presidents, installation of the new team, and address by Principal Dr. Maneesha Deshpande. DRCC Rtn Nishikant Kashikar applauded the outgoing team and wished

good luck to new team . Director Youth Rtn Altaf Sadikot motivated the Rotaractors explaining the power of collaboration and potential of youth. Chief Guest and RCNV President Rtn. Jaishree Chhabrani motivated them for a glorious year ahead . She encouraged them to take up a Global Grant this year . She asked them to have more knowledge about the technicalities of Rotary too that will help align the goals . She extended all the support required by RCNV and encouraged them to work in joint projects . Rtn Suhani Ganwani took a five min session on mindfulness. Chairperson Rtn Anuradha Punyani and members - Rtn. Mini Ahuja & Rtn. Yogesh Paliwal were also present to witness the ceremony. The event concluded with a vote of thanks and the National Anthem, ushering in a new era of leadership and service for the club.





## TAKE ROTARY HOME - 24th July 2024

Rotary Club of Nagpur Vision hosted its inaugural Take Rotary Home (TRH) get together at the residence of Mona and Vicky Mulchandani on Wednesday, July 24th. The evening was filled with fun, food, and fellowship, thanks to the potluck dinner where each new and old member not only contributed a dish but brought together a bonhomie of love, laughter and friendship!! The program featured an introduction session, where members got to know each other better. President Jaishree

Chhabrani explained the concept of TRH to the new members. PDG Satish Sule Sir shared valuable Rotary

information and conducted a quiz. The winners were given away gifts. Director

Pavan Mangoli kept the energy high with engaging games, while the members enjoyed music, dance, and merriment, marking a successful first year of TRH. A special thanks to the ever gracious hosts Mona and Vicky Mulchandani. Their hospitality and warmth touched one and all. As a token of appreciation, a gift was given to them. A big thank you to Director Pavan, Chairpersons Neeta Punyani and Mehek Budhwani for executing the first TRH successfully. The evening concluded with a heartfelt vote of thanks by Yogesh Paliwal, expressing gratitude to the PDG, President, Director, hosts, chair persons and participants for making the event a memorable one.

## ECO FRIENDLY RAKHI MAKING WORKSHOP - 24th July 2024

Beneficiaries: 30 girl students. A fun and creative eco-friendly rakhi making workshop was conducted for the students of Jhunjhunwala High School, Gandhi Bagh. The workshop was led by Chairperson Shilpa Kelkar and Karishma Paliwal. The students enthusiastically participated in the



workshop, showcasing their creativity and discipline by designing Rakhis. They thoroughly enjoyed the activity, demonstrating their artistic skills and eagerness to learn. The students were also made aware of using eco-friendly materials for rakhi making. The students were highly engaged and inquisitive, requesting additional workshops of this nature. The event was a resounding success, fostering a creative and interactive learning environment for the students with constant encouragement from our President Jaishree Chhabrani and Secretary Muffazzal Fidvi and enduring support from Director Pallavi Upgalnawar. Special thanks to the organizers and facilitators for making this workshop a memorable experience.



## INTERACT INSTALLATION - 25th July 2024

July 25, 2024, marked a significant milestone for the Interact Club "Morning Star" at Tejaswini Vidya Mandir, as the club held its installation ceremony. The event began with a warm welcome, followed by a Saraswati vandana and the lighting of the lamp. Principal delivered the welcome speech, while Director Rtn. Ritu Katariya welcomed Rotarians and assured complete support to RCNV for all projects. She encouraged students to remain active. RCNV Youth Director Rtn. Altaf Sadikot shared his insights on the power of collaboration and the importance of teamwork. RCNV President Rtn. Jaishree Chhabrani motivated the students with inspiring words, emphasizing the importance of projects focused on

community service and international activities. She emphasised the importance of Four way test and explained in detail its significance. She encouraged them to think out of the box and come up with innovative ideas. Rtn. Aditi Bhosale encouraged the children to participate in RCNV's flagship events, MUNA and Kidathon. The event proceeded with the Interact Past President presenting a comprehensive report on last year's achievements. This was followed by the pinning of the new board and an acceptance speech by the President of the Interact Club. The students then showcased their talents through a skit and dance performance, centered around the theme of "Agro Farm". Additionally, the Interact students presented their first project, also focused on "Agro Farm". The event was expertly coordinated by Chairperson Rtn. Swati Belkhade, in collaboration with the school.



## INTERACT INSTALLATION - 26th July 2024

On July 26, 2024, the Interact Club of SOS Wanadongri, installation ceremony was held, marking a significant milestone for the club. The event commenced with a warm welcome and lighting of the traditional lamp. The principal Dr. Kavita Nagarajan delivered a welcome speech, thereby emphasizing on leadership and contribution towards Nation building through Interact Club. She extended her full support for all the projects by RCNV. Director Youth Rtn. Altaf Sadikot congratulated the new board and highlighted the importance of service, collaboration and potential of Youth. He mentioned that Interact Clubs are the future of Rotary. He emphasised on the importance of service above self. He encouraged the students to engage in projects, perform leadership roles and sharing of ideas. RCNV President Rtn. Jaishree Chhabrani motivated the students with her inspiring words and introduced the students with five avenues of Rotary. She asked the students to inculcate the 4-way test in their lives. She also encouraged the students to get involved in flagship events of RCNV,

MUNA and Kidathon. The event proceeded with the presentation of report on last year's project like Oral Cancer awareness and Peace rally, followed by pinning of the new board and acceptance speech by incoming Interact President Ms. Jyoti Pillai. Further the event continued with a presentation on tree plantation. The Four Way Test Board was also installed. The event concluded with tree plantation in the school premises. Chairperson Rtn. Ann Shilpa Kelkar co-ordinated the event with the school.



## INTERACT INSTALLATION - 27th July 2024

The installation ceremony of the Interact Club at Deaf and Dumb School, Saoner, was a heartwarming event. The school, dedicated to the education of deaf and dumb children, was filled with excitement and enthusiasm as the students eagerly participated in the ceremony. To ensure inclusivity, an intranimator was present to translate all speeches into sign language, enabling the children to understand and engage with the proceedings. The ceremony began with the lighting of the lamp by all the dignitaries present. Regards were paid to late DK Sahni by RCNVians. A floral welcome was extended to the guests. The bouquets were made by the children. This was



followed by a report on the previous year's activities by Coordinator Durga Chhede Mam. The new installation of the Interact Club for the year 2024-2025 was then conducted. Director (Youth) Altaf Sadikot was emotionally touched today by the specially abled kids and address the gathering about the positiveness the kids are endowed with. President RCNV Jaishree Chhabrani also shared inspiring words, encouraging the students to take an active role in service projects. She explained the significance of the Four Way Test in everyone's life. Past President Rtn Rajiv Bahel announced plans for vocational visits between the deaf and dumb school and other schools, promoting mutual learning and exchange. The highlight of the event was the distribution of student scholarships, sweet treats, and perks among the children by the Rotary club members.



## PROJECT SMILING FACES - 27th July 2024

On 27th July 2024, we visited the Deaf and Dumb Residential School in Saoner for scholarship cheque distribution. The attendees included:- President Jayshree Chhabrani- Director Jugal Kishor Agrawal- Chairperson Amit Jeswani- Members PP Rajiv Behal, PP Gulab Mahant, Director Altaf Sadikot, Mini Ahuja, Sanjay Punyani, Neeta Punyani, Swati Belkhade, Manoj Agrawal and Shilpa Kelkar. The event commenced with the installation of the Interact Club, followed by the handing over of a scholarship cheque of ₹15,000 to support 6 deserving students (₹2,500 each). A rolling trophy was also handed over to the brilliant girl and a boy. The programme concluded with a thankful speech from the Principal of the school, accompanied by a delicious breakfast. The Donors for this noble cause were Rtn. Jugal Kishor Agrawal, Rtn. Amit Jeswani, Non Member Ravi Khatri. It was a fulfilling experience, and we look forward to continuing our support for this noble cause.



The Four Way Test Board was installed at Saoner Deaf and Dumb School on 27th July by Rotary Club of Nagpur Vision. President Jaishree Chhabrani explained the meaning and importance to the children, which was aptly translated in the sign language by the coordinator of the school.



## WOMENS' EMPOWERMENT - 27th July 2024

Keeping an aim to empower village women, a Pickle making work shop was conducted at Niramay Center , Rui Village , Wardha Road Nagpur in collaboration with Rotary Club of Nagpur Vision on 27 /7/2024. Chairperson Rtn Ann Sarita Agrawal and Rtn Ann Asha Joshi conducted the workshop. Participants demonstrated a mango and jack fruit pickle making process .About 20 women from Rui village participated in the workshop. Nutan Kamble and Sangita worked hard for the success of the workshop. President Jaishree Chhabrani,



Hon. secretary Mufazzal Fidvi, Director Pallavi Uppanlawar, supported in conducting the workshop. Pickle bottles were handed over to Niramay Bahuuddeshiya Sanstha at Madhav Nagar Nagpur



## DISTRIBUTION OF SWEETS AND SNACKS - 28th July 2024

At Matru Seva Sangh at Sitabuldi : New member Shraddha Indurkar along with her two sons Aarush and Arjun distributed sweets to special children of Matru Seva Sangh on the behalf of her late FIL Shri Indurkar, who was a teacher himself...Present at the occasion was Director - Community Services - Rtn Hetal Sampat

Distribution of Heavy Snacks to children of Andha Vidyalaya by the Sampats. Distribution of plastics balls and napkins by Mulak family. This distribution was done this afternoon, 28th July at Andha Vidyalaya in the presence of Jawahar Sampat, Veena Sampat, Miloni Sampat, PP Jatin Sampat, Rt Anne Archana Mulak, Pratham Mulak, RtAnne Sakshi Sharma, Rtn Shraddha Indurkar and her sons. Also present were Association Incharge Ananta Khankhoje and Director - Community Services Rtn Hetal Sampat



## FIRST BOARD MEETING



The first board meeting for the 2024-2025 term of the Rotary Club of Nagpur Vision was successfully held on July 28, 2024, at the Eastern Club. The meeting was graciously hosted by President Jaishree Chhabrani and Kamal Chhabrani. During the session,

future projects were thoroughly discussed, and several important matters were addressed, laying a solid foundation for the upcoming year.

## INTERACT INSTALLATION - 30th July 2024

The installation ceremony of the Interact Club at CIPS, Kamptee road, Nagpur was a wonderful event. The ceremony began with the lighting of the lamp by all the dignitaries present followed by a floral welcome of the guests. The School Principal Mrs. Aruna Rao shared a heartwarming Speech to the Students. The last year's report was presented by the outgoing Interact President. The installation of the new team of Interact Club for the year 2024-2025 was then conducted followed by the acceptance speech of the Interact President. President RCNV Jaishree Chhabrani shared inspired the students towards the Community Services and leadership skills. She encouraged students to uplift each other and the mantra is always 'We' !! She explained the protocols of installation too. Director Youth RCNV Rtn. Altaf Sadikot addressed the Students about the Interact Club and the importance of serving the society. Director Pavan Mangoli also presented the highlights on FOUR WAY TEST to the students and all the members installed the board in the School as well.



## VOCATIONAL FELLOWSHIP EXCHANGE - 30th July 2024

The Second Vocational Fellowship Exchange VFex meeting was held on 30th July 2024 at Ganesh Sagar Restaurant Dharpneth. Senior Rotarian Rtn. Dr Manmohan Daga and Rtn Sharad Bhave graced the meeting. Rtn. Dr Swapnil Gadge Rtn. Samita Asai with her husband Nikhil Asai also participated with utmost enthusiasm. All the participants shared the information about their Vocation and were happy to tell their respective success stories. Seniors appreciated the idea and concept of VFex. Group Leader Rtn Santosh Panse conducted the meeting and urged other members of RCNV to participate in monthly VFex meetings to know more about their fellow Rotarian.



## DHADKAN PEDIATRIC HEART SURGERIES - 31st July 2024

The Rotary Club of Nagpur Vision is proud to announce the successful completion of the third heart surgery under Project Dhadkan. The surgery was performed on Vedanshi, a 2-year-old child, at Swami Vivekanand Medical Mission. We are pleased to report that Vedanshi is now stable and is expected to be discharged soon. This significant milestone in Project Dhadkan brings renewed hope to Vedanshi and her family. Tears of gratitude in Vedanshi's moms eyes

were touching. We extend our deepest gratitude to our generous donors, Rtn. Aarouni Verma and Mrs. Geeta Verma, whose contributions made this life-saving procedure possible. District Governor Rajindar Khurana, President Jaishree Chhabrani, Hon. Secretary Mufazzal Fidvi, Director Ashwini Tayade, and Dr. Dilip Gupta from SVM were present to oversee the discharge formalities for Vedanshi. Together, we are making a profound impact, spreading love and hope through our collective efforts.



# KNOW YOUR BOARD



Born and brought up in Nagpur , this place has my soul for now . Although I do wish to travel and stay at some of the places that really have my heart !! May be soon !! I have always been passionate about music, cooking, reading and travelling. I am a homemaker, author , software skill trainer, motivational speaker and a passionate podcaster. I have written and directed a debut short documentary- Bhandewadi- The Ragpickers' Paradise . My company Eminence Arts and Education is pioneer in quality education . We promote the correct and beautiful handwriting and we made a world record in 2018. I have authored 20 Handwriting Books both in English and Hindi which are used as a part of the curriculum all across the schools . My husband Kamal is a Rotarian too . He is into the business of export and import of fresh fruits. We both are blessed with two children , Jitesh is working in US and Pooja is pursuing her Engineering in Data Science. I have been fortunate enough to be a member of the vibrant family of Rotary Club of Nagpur Vision . It is always a pleasure to work for the community and touch as many lives in whatever way. Feel humbled to have won many prestigious awards in Rotary. I am enjoying my journey as a President of RCNV now. I will give my heart and soul to the year trusted upon me. I am grateful to have a dynamic team and the support of the entire club !!

But, enough about me. I think Rotary is the best thing that has happened to humanity. Without it, the world would definitely be a sadder place to live in. Imagine the impact Rotary International has had upon the world since its foundation. We should all be very proud to be part of this indispensable organisation ... I most definitely am!

I am also indeed lucky to have received the dream theme "The Magic of Rotary" from our RI President. I shall do my utmost to realise that dream with my team. Long live RCNV !!

-Jaishree Chhabrani  
President 2024-25



## You're No. 1

**Kudos to Director Pavan Mangoli and his team of Chairpersons and committee members who put up a memorable musical mini fellowship that saw a packed house!**

# KNOW YOUR NEW MEMBERS

## RANJANA GUPTA

Spouse:- Abhijeet Gupta.  
Children - Ark Gupta, Aaditya Gupta.  
Profession-Home maker.  
Hobby- Music and Travelling.

I joined rotary as I wanted to do something for those who are in need and I think Rotary is the right platform for it.



## PRIYANKA SHARMA

Spouse:- Raju Sharma  
Children - Aditya Sharma,  
Aradhy Sharma.

Profession - Chartered Accountant  
Hobby- Golf, Music and Travelling.

I joined Rotary to socialise with people and to do some social work for the betterment of the Society.



## ARCHANA MULAK

Spouse:- Rupam Mulak  
Children - Pratham Mulak, Janvi Mulak.  
Profession-Home maker.

Hobby- Singing and Reading

I joined Rotary because I like to do community service and socialise with new people.



## HARDEEP SINGH ARORA

Spouse:- Gagandeep Kaur  
Profession- Insurance Consultant and Facilitator.  
Assistant Professor (Symbiosis Institute of Technology, Nagpur)  
Hobbies - Playing Badminton and listening to music.

I Joined Rotary for two main reasons:-

1. Community Service
2. Networking and Fellowship



# MENTAL & EMOTIONAL HEALTH

-Kashish Jeswani



We often talk about stuff like immunity, work-outs, weight management, conscious eating etc, intending to lead a healthy life. Really, to live a fulfilling life, what do we want ?

Yes, good health is the answer. But, we forget that we are multidimensional beings and health comprises of many dimensions, physical being one of them, and ignored are our mental and emotional dimensions.

Through this article, we would not only like to bring the readers' attention to these dimensions, but we would also like to define the terms "mental health" and "emotional health", and understand how they are related to each other and figure out ways to a holistic approach for a healthier life.

Simply put, mental health is everything to do with the mind, how we think, process information, behave, and function. For understanding purposes, if we take up an example of good physical health, immunity is the first thing that we look up to. We know immunity is the body's ability to protect itself from diseases. Likewise, for good mental health, immunity is needed to filter out all that is not required, which we need to work upon and is very much possible to build.

We may also add here that both physical and mental good health go hand in hand. Consider this, when under the sun, even a jolly-good fellow can get agitated easily. Vice-versa when exposed to chronic stress, one can become diabetic or even a heart patient.

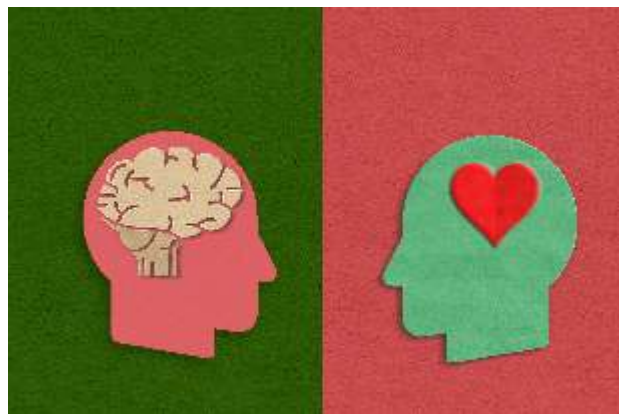
Speaking of emotional health, it is the ability to cope with positive and negative emotions both, and also regulating these emotions. Good emotional health doesn't imply always being in a happy state. It means that when life throws challenges, one knows how to handle things.

We can say that emotional health is one aspect of mental health. So, mental health is essentially an umbrella term, yet both are sort of intertwined, where they affect each other. Good mental health will lead to healthy coping mechanisms for emotions, and in the

same way, emotional wellness will lead to mental well-being. These days, we come across so many reels, WhatsApp gyaan, YouTube gurus promoting tons of healthy habits, be it physical or mental, promoting connections, talking about mindfulness, practicing gratitude, journaling, meditations etc, which we all mostly know. For example, to lose weight, we all know that we must keep a check on what we eat, burn some calories, practice self-love, and try to accept ourselves the way we are. Or, to deal with stress, stop overthinking, connect with a friend, go out on a walk etc. Here, in above examples, the point to note is that the negative has to be removed and positive has to be promoted. That's the crux of good health, be it physical, mental or emotional. Just trash the things that lead you to spiral down, and increase the behaviours that help you to feel good by just being yourself.

Today, take a pause for a while, spare some time and sit with your thoughts and work with the feelings that you are experiencing. Ask yourself, are you where you want to be in life? Are you stuck in negative thought patterns? How do you want to move forward from here? Make a note of things that you don't want and also the things you would like to increase. Remember, there will always be things that you can do nothing about and hence, practice acceptance.

We all are so unique that there isn't a generalised solution. Today, make yourself your best buddy, hold your hand while you embark on this journey of mental and emotional well-being. Through that moment of choice, choose what's best for you, let go of what doesn't serve you, and don't forget to accept things that you just cannot fix. It might not be an easy task and it may take some time. But it's important to remember that it's never, ever impossible. Not to mention, in this expedition if you feel lost, seek help, talk to a therapist. In due course of time, you will reach a point where you will choose what's best for your mental and emotional well-being even if things are looking dull today. You are valuable and you matter.



# THE ABC'S OF ROTARY

## DEFINITION OF ROTARY

Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

These 31 words are worth remembering when someone asks, "What is a Rotary club?"

## OBJECT OF ROTARY

The Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise." The statement then lists four areas by which this "ideal of service" is fostered: through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one's personal, business and community life; and the advancement of international understanding, goodwill and peace.

## ROTARY MOTTOES

The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of unselfish volunteer service. Rotary's other motto is "He Profits Most Who Serves Best".

## 100 PERCENT ATTENDANCE

Although the by-laws of Rotary require members to attend only 60 percent of all meetings, the custom has emerged that 100 percent is the desirable level. Rotary stresses regular attendance because each member represents his own business or profession and thus the absence of any member deprives the club of the values of its diversified membership and the personal fellowship of each member.

## FIRST NAMES OR NICKNAMES

From the earliest days of Rotary, members have referred to each other on a first-name basis. Since personal acquaintanceship and friendship are cornerstones of Rotary, it was natural that many clubs adopted the practice of setting aside formal titles in conversations among members.

## FIVE AVENUES OF SERVICE

"Club Service" involves all of the activities necessary for Rotarians to perform to make their club function successfully.

"Vocational Service" is a description of the opportunity each Rotarian has to represent the dignity and utility of one's vocation to the other members of the club.

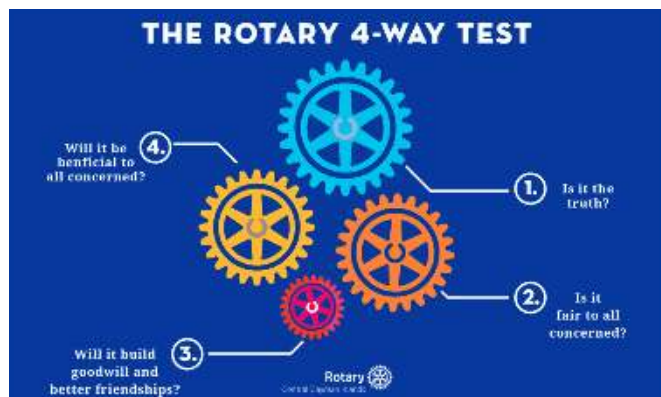
"Community Service" pertains to those activities, which Rotarians undertake to improve the quality of life in their community. It frequently involves assistance to youth, the aged, handicapped and others who look to Rotary as a source of hope for a better life.

"International Service" describes the many programs and activities which Rotarians undertake to advance international understanding, goodwill and peace. International Service projects are designed to meet humanitarian needs of people in many lands.

"Youth Service" works to engage youths and young adults in leadership roles. Rotary Youth Leadership Awards (RYLA) is a training program for young people, ages 14 to 30. The award emphasizes leadership and citizenship. Rotaract is an International Youth Program is for ages 18 to 30 while Interact focuses on international service for youths 12 to 18.

## THE CLASSIFICATION PRINCIPLE

All membership in Rotary is based upon a "classification." Basically a classification describes the distinct and recognized business or professional service which the Rotarian renders to society. It should be clearly understood that classifications are determined by activities or services to society rather than by the position held by a particular individual. In other words, if a person is the president of a bank, he is not classified as "bank president" but under the classification "banking." The classification principle is a necessary concept in assuring that each Rotary club represents a cross section of the business and professional service of the community.



# THE ABC'S OF ROTARY

## OPPORTUNITIES FOR FELLOWSHIP

Rotarians are successful professional and business executives because they hear opportunities knock and take advantage of them. Once a week the opportunity for Rotary fellowship occurs at each club meeting, but not all members hear it knocking. The weekly club meeting is a special privilege of Rotary membership. It provides the occasion to visit with fellow members, to meet visitors you have not known before, and to share your personal friendship with other members.

## NO PERSONAL PRIVILEGES

The Rotary Manual of Procedure expressly states that in business and professional relations "a Rotarian should not expect, and far less should he ask for, more consideration or advantages from a fellow Rotarian than the latter would give to any other business or professional associate with whom he has business relations."

## EVERY ROTARIAN AN EXAMPLE TO YOUTH

Rotarians have an opportunity to be role models for the young men and women of their community. One learns to serve by observing others. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations of children and youth.

## FUNCTIONAL LITERACY PROGRAM

Rotary clubs are thoughtfully surveying the needs of their community for literacy training. Some clubs provide basic books for teaching reading. Others establish and support reading and language clinics, provide volunteer tutorial assistance and purchase reading materials. Rotarians can play a vitally important part in their community and in developing countries by promoting projects to open opportunities which come from the ability to read.



## CONCERN FOR THE AGING

Rotarians often can provide services which seniors can no longer do for themselves. The greatest need of aging individuals is frequently a mere expression of real caring and concern by thoughtful friends. All Rotarians should seriously consider how they and their clubs might actively participate in programs for the aging. It is one area of community service in which there is a growing possibility that each of us may some day be on the receiving end.

## ROTARY COMMUNITY CORPS

A Rotary Community Corps is a Rotary club-sponsored group of non-Rotarians who desire to help their own community by conducting a service projects. Rotarians provide professional expertise, guidance, encouragement, organizational structure and some of the material assistance for the Rotary Community Corps, whose members contribute the manpower and knowledge of community needs to help their own community.

## GLOBAL GRANTS

The Global Grants program is a very significant part of The Rotary Foundation and provides an important incentive for clubs to undertake worthwhile international service projects in another part of the world. They certainly foster goodwill and understanding, which is in keeping with the objectives of The Rotary Foundation.

## POLIO PLUS

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

No other non-governmental organization has ever made a commitment of the scale of PolioPlus. It may be considered the greatest humanitarian service the world has ever seen. Every Rotarian can share the pride of that achievement.







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