

August 2024



RID 3030

VISION



MONTHLY MAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

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Membership And New Club Development Month



**NEW MEMBERS
JOIN THE
RCNV FOLD**

**DISTRICT
MEMBERSHIP
SEMINAR**

**CLUB ASSEMBLY
& BUSINESS MEET**

**RCC NANDA
VILLAGE**

**PROJECT
AKANKSHA**

**VOCATIONAL
TRAINING**



The Magic of Rotary is belonging, a feeling that appears when you least expect it.

Earlier this year, I was in Slovakia serving as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film about my grandmother. We watched the video together in the community center. When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother. Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family. Sitting and listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.

Stephanie A. Urchick

Rotary International President 2024-25



Rajinder Khurana

District Governor RID 3030

Dear Fellow Rotarians,

Our members are the heartbeat of this organisation : their enthusiasm, dedication and unwavering commitment fuel the success of our many initiatives. I encourage each of you to persist in your efforts to attract new members while nurturing the strong bonds within our Rotary family. Remember, membership is not merely about numbers - it is about the collective impact we can achieve together. A robust and engaged membership empowers us to take on more ambitious projects and extend our reach to those who need it most.

I am delighted to highlight the remarkable projects being spearheaded by various clubs within our district. Your innovative approaches and tireless efforts are making significant differences in our communities. It is truly inspiring to witness the power of Rotary in action. Please continue this excellent work, knowing that every project brings us one step closer to a better world.

Let us continue to work with the same passion and commitment that has come to define our district, as we strive to leave a lasting impact on the lives of those we serve.



Jaishree Chhabrani

President 2024-25

Dear RCNV family,

Membership is one of the strong verticals in Rotary . Rotary Club of Nagpur Vision so far has added impressive number of new members to the Family . The systematic process of inducting new members at RCNV helps retain the quality . The new members and spouses have already involved themselves in various committees of their interests . We have received several more proposals for prospective members and in the course of the year we are sure to add a good number of members to our club .

RCNV for the first time ever hosted District Membership Seminar !! There was an impressive attendance at the seminar from Nagpur and nearby clubs of District 3030. It was a huge success. The seminar saw wonderful panel discussions and deliberations!! The event was very well appreciated by DG Rajinder Khurana . A big round of applause for the entire team !!

This year we have invited members and spouses to come up with new ideas and execute along with their teams . The response is amazing and several ideas have already been streamlined and have started their course and the rest will be executed soon . We have upcoming Charter Night , State MUNA and RI President Elect and other officials gracing the city .

Last month unfortunately we lost our valued member Rtn Sanjay Punyani . Our heartfelt condolences to his family. May he rest in eternal peace . Unfortunately I lost both my parents in a short span . I am grateful for all the love and support of my dear RCNV Family at this difficult time.

Menstrual & Hygiene Talk at Tejswini Interact - 1st August 2024



RCNV conducted an informative session on "Menstruation & Menstrual hygiene" at Tejswini Vidya Mandir school, Nandanwan on 1st August 2024. Consultant Gynaecologist Rtn Dr Shantala Bhole addressed girl students from Std 6,7 and 8. She talked about adolescent health, diet and exercise, menstruation,

menstrual hygiene, sustainable menstrual products and dealing with peer pressure. Around 100 students & teachers attended this session. This was followed by Q & A to address queries of the students. It was interesting to see that some girls were very educated and knowledgeable about many aspects. This program was arranged by the Director of Tejswini Vidya Mandir, Rtn Ritu Katariya, Principal Mrs Varsha Tare and Mrs. Nazneen Sheikh actively contributed to the session. President Jaishree Chhabrani, PP Abhijeet Kelkar, Rtn Samita Asai, Rtn Anuradha Puniyani, Rtn Ann Neeta Punyani and Shilpa Kelkar were the RCNV members present during this session.

Rotaract Installation NIT Polytechnic - 1st August 2024

The Rotaract Club of NIT Polytechnic, 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 program started with Past year's report presentation by outgoing Secretary Anubhav Sethi followed by induction and coloring the incoming President Saksham Loutre by outgoing President Astha Pande. Newly elected President delivered the acceptance speech thereby emphasizing on taking Rotaract ahead with heart touching projects. The event went ahead with collaring of incoming Secretary and pinning of the new Board of Directors. President Rtn Jaishree Chhabrani delivered her speech thereby encouraging the students to Take responsibilities and to enhancing knowledge by Learning n Unlearning. She congratulated the team and asked the members to look for Quality Projects. She also enlightened the students about Global Grants and other projects. Director Youth Rtn. Altaf Sadikot congratulated the new board and emphasized on the importance of service above self. He encouraged the students to engage in projects, perform leadership roles and sharing of ideas. The event proceeded with a speech by PP Rtn. Abhijeet Kelkar. He enlightened the students with Culture and purpose of Rotary Clubs and made them aware of various aspects and scope of Rotary Clubs all around the world. The Principal in his speech congratulated the new team and thanked RCNV for being a parent club. He praised President Rtn. Jaishree Chhabrani for her energy and enthusiasm. The coordinator Dr. Smita Choudhary administered oath to the new BoDs. The event concluded with tree plantation in the college premises. Chairperson Rtn. Ann Shilpa Kelkar co-ordinated the event with the school. Rt Ann Neeta Punyani was also present.

NIT POLYTECHNIC, NAGPUR





Members of RCNV went on an adventure trip to Ladakh, where tragedy struck in the form of the sudden sad demise of our valued member Sanjay Puniyani. The trip was cut short due to this sudden tragedy and our members returned home. Our condolences to the bereaved family.

RIP Rtn. Sanjay Puniyani

First Club Assembly & Business Meet - 2nd August 2024

The Rotary Club of Nagpur Vision held its first Club Assembly and Business Meeting for the term 2024-2025. The event was met with great enthusiasm, evident in the lively presentations and discussions led by our Directors and their Chairpersons. The meeting began with a warm welcome to all attendees by President Jaishree Chhabrani, followed by a series of detailed reports from various Directors and their Chairpersons. Each report highlighted the projects successfully completed, showcasing the collective effort and dedication of our members. The energy in the room was palpable as future projects were introduced, sparking vibrant discussions on the exciting plans ahead for the club. A highlight of the evening was the recognition of Rtn. Pramod Batra, who was honored with the Paul Harris Fellow (PHF) certificate and pin, a testament to his dedication and service to Rotary. We appreciate Rtn Amit Jeswani's efforts to collect donations for District Project Akanksha a study app for standard 10th students. The assembly saw excellent participation, with many members contributing valuable suggestions during the Business Meeting. These insights will undoubtedly help shape the club's future initiatives and ensure the continued success of our projects. Rtn. Sharad Bhawe provided a concise and insightful summary of the Club Assembly, encapsulating the essence of the discussions and the collective vision for the year ahead. The meeting concluded with a Vote of Thanks delivered by Hon. Secretary Mufazzal Fidvi, who expressed gratitude to all members for their active participation and contributions. The event was brought to a close with the National Anthem, leaving everyone with a sense of pride and unity. The success of this Club Assembly and Business Meeting reflects the strong commitment of our members to the ideals of Rotary, setting a positive tone for the year to come.





4th August 2024

Community committee donated of Clothes and eatables in front of Metro railway station, Near Mohan Patel gate, Santra Market in collaboration with Shush Aasara Foundation . PP Rtn Shantosh Panse, Ann Arunima Panse and Rtn Samita Asai were present and they donated some old clothes with Chips, Chocolate Biscuits and Fruits on their personal end . The beneficiaries were around 75 panhandlers.

RCC Nanda - 4th August 2024

Vocational Committee Project at RCC Nanda Village The vocational committee of RCNV organised Home Made Cerelac making Project. Rtn Ann Karishma Paliwal, Rtn Swati Belkhede demonstrated that how to make Cerelac. Around 40 village women attended the Program. President Jaishree Chhabrani spoke on this occasion for importance of nutrition. Later Rtn Ann Sarita Agrawal demonstrated that how to make paper bags. Director Pallavi Urganlawar and other Rotarian helped Participants in making paper bags. The Chairperson of Sickle Cell Association and Rtn Dr Anuradha Shrikhande spoke on this occasion to empower women towards self reliance. .The Program well attended by Director Rtn Hetal Sampat, Rtn Ann Skashi Sharma, Tr.Rtn Jugalkishore Agrawal and office bearers of RCC Nanda village.A well organised project of Vocational Committee appreciated by one and all.



Nutrition Project at Nanda Village - 4th August 2024

Nutrition project at Nanda Village The Nutrition Committee handed over a cheque of Rs 12000 to Rtn Anuradha Shrikhande and 42 kits of nutritious items were distributed to pregnant and lactating mothers of Nanda Village. Present at the occasion were Dr Anuradha Shrikhande, President Jaishree Chhabrani, Treasurer Jugalkishore Agrawal, Director - Vocational - Rtn Pallavi Urganlawar, Rtn Sarita Agrawal, Rtn Karishma Paliwal, Rtn Swati Belkhede, Director - Community - Hetal Sampat and Rtn Sakshi Sharma.





Menstrual Hygiene Workshop - 6th August 2024

Menstrual Hygiene workshop conducted by Dr Shantala Bhole on behalf of Rotary Club of Nagpur Vision at Matru Seva Sangh, Sitabuldi on 6th August, 2024. Dr Shantala Bhole explained to the young nurses of Matru Seva Sangh the importance is hygiene, the use of eco friendly cups during menstruation, use of contraceptives and general hygiene during menses as well. She also answered the queries of the nurses on sexually transmitted diseases.. Prominently present were President RCNV - Jaishree Chhabrani, Director - Non medical - Hetal Sampat, Rtn Anuradha Punyani and Doctors of MSS Dr Bhawe, Dr Shekhawat and others.

Mental Health Programme - 8th August 2024

Rotary Club Meeting At School of Scholars Atrey Layout : A Day Of Growth, Greenery And Wellness

The Rotary club of Nagpur Vision held a mental health programme on 8th August at 1:30 pm. The event was organised under the guidance of several distinguished guests, including the President of the Rotary Club, Rtn. Jaishree Chhabrani, Director Rtn Altaf Sadikot , Director Admin and Finance Pavan Mangoli and Chair Rt. Ann. Neeta Punyani. The event saw the participation of 12 enthusiastic students from the school, all actively involved in the Rotary Club's initiatives. Two notable activities were conducted under the Rotary Club's guidance:

1. Plantation Drive: A green initiative aimed at promoting environmental sustainability among the students.
2. Mental Health Awareness Workshop: An insightful session focused on the mental well-being of students, which was especially designed for the 7th-grade students. The workshop emphasized the importance of mental health in today's fast-paced world. The guest speaker for the event, Mr. Pavan Mangoli, delivered an engaging and informative session, leaving a lasting impact on the attendees. The presence of the school's Vice Principal Mrs. Swati Fating, Mrs. Rohini Awasthi, added to the significance of the event, further motivating the students to actively participate in Rotary Club activities. This meeting not only fostered a spirit of community service among the students but also provided them with a platform to develop leadership skills under the mentorship of experienced Rotary Club members.



ADULT IMMUNIZATION AWARENESS JOINT MEETING - 9th AUGUST 2024



Rotary Club of Nagpur Vision (RCNV) hosted a joint meeting with seven other Rotary clubs from Nagpur. The event began with a warm welcome and a delicious meal, setting the tone for a productive meeting. President Jaishree Chhabrani welcomed the presidents from the participating clubs, followed by announcements from each club about their upcoming projects. The new member Mayank Shah proposed by Rtn Sandeep Duragkar was inducted. PP Jatin Sampat provided updates on District Membership, while Chairperson Amit Jeswani shared the latest developments on Project Akanksha. Rtn. Dr. Ashwini Tayde delivered a brief presentation on Adult Vaccines, enlightening the attendees on the importance of vaccination. The meeting concluded with a vote of thanks and the national anthem, marking a successful collaboration among the Rotary clubs. We appreciate the participation and contributions from all the attending clubs, and we look forward to future joint endeavors. It was a full house with impressive attendance. The bonhomie and the energetic enthusiasm called for more such joint ventures!!!!



The Rotary Club of Nagpur Vision members recently embarked on a delightful picnic trip to Goa, spanning three nights and four days. (9th August to 12th August). Seven members, accompanied by their spouses, participated in this memorable getaway. The group had a wonderful time exploring Goa's beautiful beaches, historic monuments, and vibrant churches. They savored traditional Goan cuisine at various restaurants and even enjoyed the lively nightlife at one of Goa's nightclubs. The trip also saw the participation of two prospective members, fostering strong bonds and camaraderie among everyone. Hon. Secretary Mufazzal Fidvi, Director Prashant Yadav, Rtn. Ritu Kataria, Rtn. Shyam Borele, Rtn. Gurusharan Walia, Rtn. Pramod Batra, and Rtn. Ranjana Gupta were present, creating unforgettable memories filled with fun and fellowship.



Dual Rotaract Installation - 11th August 2024

The dual installation ceremony of the Rotaract Club of Nagpur Vision and Rotaract club of Nagpur Elite was held on 11th Aug 2024, at Golden Leaf Banquet, Nagpur. marking the power of collaboration, 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 new teams lead by The President - RAC Nidhi Jogani and RAC Ayushi Gupta was done by Collar exchange and further by pinning of BODs. Director Youth Rtn. Altaf Sadikot encourage the Rotaractors to seize the opportunities that lie ahead and motivated them to share the new ideas and innovations without any hesitations. He also extended support as and when required through out the year . On behalf of President Jaishree Chhabrani he congratulated one and all and wished them a great year ahead !! Rtn. Nishikant Kashikar, PDRR Alok Pandey, Rtn Dr Sushma Deshmukh, Rtn Mamta Jaiswal addressed the Young Rotaractors. Chief Guest and PDG Shabbir Shakir motivated them for a glorious year ahead . He encouraged them to work on betterment of Society. The event concluded with a vote of thanks and the National Anthem, ushering in a new era of leadership and service for the club. Further on A Panel discussion was held with the topics like Opportunities for Rotaractors on international level, how Rotaract help towards career prospectus and further on.... The Panelist's were Rtn. Nishikant Kashikar, PDRR Alok Pandey, PDRR Mukesh Pratap Singh, Rtn. Mamta Jaiswal and Rtn. Altaf Sadikot. It was a fruitful and energetic panel discussion explaining the possibilities and opportunities that can be availed including international exchange programs available for Rotaractors The positive involvement of Rotaractors in Question answer round was also witnessed...



Rakhi Making Workshop - 13th August 2024

A Rakhi making workshop was held at Sir Gangadharrao Chitnavis Memorial Trust on 13th August at 5 PM, where approximately 40 children from Akshar, ranging from class 1 to 8, learned various Rakhi patterns and designs. The event began with a prayer and a warm welcome to chair persons Neeta Punyani, Karishma Paliwal, Shilpa Kelkar, and Maria Amin with handmade flowers. The children enthusiastically participated, enjoyed, and showed excitement in learning the craft, even sharing ideas for future workshops like Drawing, craft, kite making and Ganesh idol making. The teacher representative expressed gratitude, and the children requested the team to visit again. The workshop was successfully conducted under the guidance and support of President Jaishree Chhabrani, Hon Secretary Mufazzal Fidvi, and Director Pallavi Uppanlawar.



Rakhi Making Workshop- 14th August 2024

A Rakhi making workshop was held on 14th August at 1:30 PM at Chitnavis Wada Mahal with children from class 1st to 8th. Approximately 40 children attended the workshop, which was conducted by chairperson Neeta Punyani and Shilpa Kelkar. The children thoroughly enjoyed the workshop, learning various Rakhi patterns, including eco-friendly options. They were enthusiastic about the experience and requested another workshop. Shilpa Kelkar taught them different designs, which the older children particularly enjoyed. The workshop began with a warm welcome to the chairpersons by the children, followed by a thank-you speech from the representative. The event was successfully conducted under the guidance and support of President Jaishree Chhabrani, Secretary Mufazzal Fidvi, and Director Pallavi Uppanlawar.



Independence Day Celebrations - 15th August 2024

celebrated the 78th Independence day at Tilak Vidyalay, Dhantoli. The esteemed Chief guests, invitees, trustee members and faculties of school joined the flag hoisting followed by Jhanda Geet recitation. Further on warm welcome was done of all the dignitaries and were greeted with samplings. The flawless parade in tune with band and the patriotic melodies played by the students was mesmerising. Furthermore different activities were arranged by school portraying the amazing caliber of the students. Furthermore speech was delivered by chief guest shri Chandrsashekar Kulkarni ex Air force Personal thereby emphasizing students on taking the military skills in their daily life and taking this as a career possibility. Chief Guest President Rtn Jaishree Chhabrani delivered her speech thereby encouraging the students to take responsibilities and to enhance knowledge by Learning from each other. IPP Rtn. Ajay Uplanchiwar shared his last year experience and work done in the Tilak School premises and positive bond developed between the 2 institutions for betterment of students. Director Youth Rtn. Altaf Sadikot highlighted the importance of celebrating Independence day in schools and that it is a proud privilege to be the citizen of our lovely and wonderful country India. Further on trustee Mr Yogeshwar Buty sir also addressed the students





Regular Meeting - IYE Presentation - 16th August 2024

Today's weekly meeting at the Laburnum Hall, Chitnavis Centre, was both vibrant and engaging. President Jaishree began the gathering with a moment of silent prayer, followed by warm birthday wishes for members celebrating this week. The highlight of the meeting was the heartfelt send-off for our IYE students—Husain Assad Merchant, who is heading to Belgium and Manasvi Kature, who will be traveling to France. The members present extended their best wishes and were inspired by the students' exciting presentations. Rtn. Amit Chandak shared insights about the IYE program, while PE Rashmi Shahu and PP Jatin Sampat emphasized the importance of RCNV taking the lead in the upcoming District Seminar. The meeting took a meditative turn when Rtn. Pavan Mangoli guided everyone through a serene meditation session, leaving the room filled with vibrant energy and a sense of calm. Rtn. Supriya Damah gave the Vote of Thanks, and the gathering ended with the National Anthem. President Jaishree Chhabrani adjourned the meeting.



Project Akanksha - 22nd August 2024

The Rotary Club of Nagpur Vision successfully organized a coupon distribution event under Project Akanksha, aimed at promoting education and supporting students. Rtn Pramod Batra, Varun Vijayvargi and acquaintances of Rtn Amit Jeswani generously contributed for the project. The event was held at Shri Mohanlal Rughwani Sindhi Hindi School and Junior College, where we distributed coupons to students, providing them with access to the Ideal Study App. Attended by President Jaishree Chhabrani, PGD Vishwas Sahasrabhojnee, District Secretary Projects Virendra Patrikar & Project Chairperson Amit Jeswani. Coupons were distributed to 248 students by the Rotary team led by Amit Jeswani. A total of 1116 students will benefit from this project.



Jaipur Foot Donation - 23rd August 2024

Rotary Club of Nagpur Vision in association with NK Garg Foundation donate 50 Jaipur foot to the needy . RCNV participated in a remarkable three-day mega camp organized by Mahavir International Service Trust at Agrasen Nagar from 22nd to 24th August. Over the three days, the camp provided life-changing assistance to patients, offering them Jaipur Foot, Callipers, LN 4 Hands, wheelchairs, and sticks free of cost . The camp's reach extended beyond Nagpur, as pre-camps were held in Chandrapur, Wardha, Yavatmal, Gondia, and Seoni, ensuring a wider population received the necessary care and support. All patients were also served three meals a day, free of cost, adding to the holistic care provided. This camp stands as a testament to the spirit of service and the impact that a united effort can have on transforming lives. President Jaishree Chhabrani expressed gratitude and thanked the sponsors Rtn Neelu Garg and spouse Prashant Garg's NK Garg Foundation powered by Diffusion Engineers limited for donating Rs 2.5 lacs for 50 Jaipur Foot .PDG Vishwas Sahasrabhojane, Hon Treasurer Rtn Jugal Kishore Agarwal, Rtn Ritika Singhvi , Director CSR from Diffusion Engineers limited - Anita Vijaykar , Mahavir President Sunita Surana were also present during the project .



Vocational Training at Parekh Jewellers - 23rd August 2024

Rotary Club of Nagpur Vision organised Vocational training for members in collaboration with The Sassy Bae and Parekh Jewell's. The event aimed to provide knowledge about gold jewelry, its care, and usage, including information on carat percentages. The program included:- A painting session, where participants learned gold leaf painting techniques from Aparna Mam.- - A Tambola game and refreshments were enjoyed by one and all. Special thanks to President Jaishree Chhabrani , Director Pallavi U p g a n l a w a r and Chairperson Neeta Punyani for coordinating the event .



Rotaract Installation - 24th August 2024

Installation Report of Flamingo Interact club at Edify School , Kamptee road, Nagpur Date: 24th, August 2024 Time: 9:30AM The installation ceremony was an amazing event. The school was filled with an energetic environment as large number of students as well as teachers eagerly participated in the ceremony. The ceremony began with the lighting of the lamp by all the dignitaries present followed by a warm welcome of the guests with the saplings. The School Principal Mrs Smita Dev shared a heartwarming Speech to the Students. The last year's report was presented by the club President . The installation of the Flamingo Interact Club for the year 2024-2025 was done by pinning of all the Board of Directors. Director Youth Rtn. Altaf Sadikot addressed the Students about the importance of self development and encourage the students towards service for the society. On behalf of President Rtn. Jaishree Chabrani he congratulated and wished them a great year. Director Pavan Mangoli also presented the highlights on FOUR WAY TEST and made them understand how we can modify our lifestyle. The ceremony concluded with a vote of thanks by Secretary (Miss Sirisha) followed by Tree Plantation by Rotary Club members as well the School staff and Students. The refreshments were served to the members and the event was coordinated by Mrs Roshani Tolani and Mrs Asha Singh madam.



District Membership Seminar - 25th August 2024

Kudos and gratitude to team Rotary Club of Nagpur Vision President Jaishree Chhabrani , Forum Leader PDG Vishwas Sahasrabhojane, Convenor PP Jatin Sampat, officiating President Rtn. Amit Chandak, Hon Club Secretary Muffazal Fidvi , Hon Treasurer Jugal Kishore Agarwal, Rtn Amit Jeswani, Rtn Bhupesh Shinde and the entire team* for hosting the Membership Seminar for Rotary District 3030 for zones of Nagpur Chandrapur Wardha Yavatmal and Gadchiroli on 25th Augut 2024 at Chitnavis Center at Nagpur. The program saw a significant 157 registrations . The Chief Guest of the Program was Asst Regional Coordinator for Membership Shabbir Shakir. In his key note address ARC PDG Rtn. Shabbir Shakir highlighted the need for development of Membership for providing better Services to Humanity. District Governor Rtn. Rajinder Singh Khurana mentioned the need of Membership Goals and made aware the targets set for this and the years to come. Forum Leader PDG Rtn Vishwas Sahasrabhojane mentioned the need to grow Rotary in unrepresented areas to increase the Service of Rotary. Special recognition was accorded to 5 Rotarians of the zones PP Prakash Soni for completing 53 Years in Rotary , PDG Dr Satish Sule, PP Satinder Khanna, PDG Dr Prafulla Mokadam and PP Dwarkaprasad Darak for completing around 47 Years in Rotary. Past District Governors Dr K S Rajan (who is also the DLF Chair), Mahesh Mokalkar and Shabbir Shakir moderated Panel Discussions. Eminent Rotarians from across the above zones were panelists , lending their thoughts and ideas in a participative discussion involving the audience too, covering the newer aspects of Membership and its growth and development . Convenor PP Jatin Sampat thanked the volunteers of the Rotary Club of Nagpur Vision and the Members of all the participating clubs for their involvement in making the program a grand success. Rtn Meghna Nene proposed the formal vote of thanks.





A fruitful meeting of new as well as old members took place at Daga Clinics, on 25 August. Everyone shared about their respective businesses and how the others can be beneficial to them and how their vocation can eventually benefit our club. New members also had a few issues regarding the working of our club which were addressed by PP Sohrab very lucidly. Team Leader : Dr. Akshay Daga



On 29th August at Ganesh Sagar Restaurant, Everyone who came liked the concept and appreciated the effort and shared about their respective vocation profession and hobbies and enjoyed breakfast. PDG Vishwas also added that he will invite this group for next TRH. So we are keeping the group alive. Team leader : Anurag Khemuka



Another VFeX took place today, 30th morning at Vithal Kamats. Eleven of old and new members talked about their vocations over a sumptuous breakfast. The concept was appreciated by all. PP Rajiv Behal proposed that instead of having such meets at restaurant, One's home could be better place to bond like our TRH. Team Leader : Dr. Pooja Poddar



This can easily be called the chupa rustom gang with a lot of surprises ! Importers, industrialists, cow feed manufacturers, a CA who is into consultancy of customs, excise, legal consultant et. Builder, investment heads ; all looking simple and low profile, but packing a punch in their vocations. All have varied talents and interests. All agreed that such group meetings increase the comfort amongst us. Team Leader : Sohel Amin



On Aug 31st, 2024, the Interact Club of IGM Convent, 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 Director of school Mr. Jay Morani extended warm welcome to all the Rotarians. The event moved forward by pinning of the new board and acceptance speech by Interact President Ms. Mahek Jambhulkar. Director Youth Rtn. Altaf Sadikot congratulated the new board and highlighted the importance of service and collaboration. He mentioned that Interact Clubs are the future of Rotary. He emphasized on the motto of Rotary i.e. service above self. He encouraged the students to engage in projects, perform leadership roles and sharing of ideas. He also explained and asked the students to inculcate the 4-way test in their lives. Chairperson Rtn. Ann. Shilpa Kelkar in her speech talked about setting small goals to achieve big targets. She also encouraged the students to get involved in flagship events of RCNV, MUNA and Kidathon. She encouraged the team to take on new challenges. President Elect Pushkar emphasized on taking on fight against communicable diseases. The Interact incharge Mrs. Divya very well coordinated the event which concluded with a Vote of Thanks by the Interact Club Secretary, followed by National Anthem.

ECO FRIENDLY GANESHA WORKSHOPS



Eco friendly Ganesh idol making workshop was held on 23rd August 2024 at 2.30pm at Indira Convent School, Nagpur. Around 50 students attended the workshop. Workshop was conducted by Director Pallavi Upganlawar & assisted by Rtn Ann Sarita Agrawal. President Jaishree Chhabrani, Secretary Mufazzal Fidvi supported in conducting the workshop.



Eco friendly Ganesh idol making workshop was held on 24th August 2024 at 10.30 at Deaf n Dumb school, Shankar nagar, Nagpur. 37 students attended the workshop. Workshop was conducted by Director Pallavi Upganlawar & assisted by Rtn Ann Sarita Agrawal. President Jaishree Chhabrani, Secretary Mufazzal Fidvi supported in conducting the workshop.



Eco friendly Ganesh idol making workshop was held on 29th August 2024 at 5.00pm at Akshar, Chitnavis Trust, Nagpur. 57 students attended the workshop. Workshop was conducted by Director Pallavi Upganlawar & assisted by Rtn Ann Sarita Agrawal. President Jaishree Chhabrani, Secretary Mufazzal Fidvi supported in conducting the workshop.



Eco friendly Ganesh idol making workshop was held on 30th August 2024 at 1.00pm at Pranav, Chitnavis Trust, Nagpur. 9 students attended the workshop. Workshop was conducted by Director Pallavi Upganlawar & assisted by Rtn Ann Sarita Agrawal, Tanushree Vijayvargi, Archana Mulak. President Jaishree Chhabrani, Secretary Mufazzal Fidvi supported in conducting the workshop.

KNOW YOUR BOARD



My journey began in the vibrant city of Nagpur, where I was born and raised in a close-knit joint family. Being a part of a third-generation business in Cement, Paints, and Construction chemicals, the values of hard work and dedication were instilled in me early on. Our family business, T M Fida Ali and Son's, located in Mankapur, Nagpur, has been a cornerstone of our upbringing, and I take pride in continuing this legacy. Academically, I pursued a Postgraduate degree in Commerce and a diploma in Business Management, both of which laid the foundation for my professional endeavors. To further enhance my business acumen, I completed three specialized business management and marketing capsule courses at IIM Ahmedabad and IIM Indore. My personal life is anchored by the support of my wife, Ummehani, and our three wonderful children: Ibrahim, Batul, and Burhan. Their love and encouragement have been my driving force in both my personal and professional life. In the professional realm, I hold the position of Senior Director Consultant with BNI Nagpur, where I have had the privilege of mentoring and guiding fellow entrepreneurs. Additionally, I serve as the Chapter Director for Corporate Connections CC2 Nagpur, a role that allows me to connect with business leaders and create synergies that drive growth and innovation. My journey with Rotary began when I joined the Rotary Club of Nagpur Vision, where I have had the honor of

serving as the Director Admin. Currently, I am entrusted with the role of Hon. Secretary, a responsibility I hold with the utmost seriousness and commitment. My purpose in joining Rotary was driven by a genuine desire to contribute to the community, foster meaningful relationships, and make a tangible difference in the lives of others. Rotary's motto, "Service Above Self," resonates deeply with me, and I strive to embody this principle in all my endeavors. Outside of my professional and Rotary commitments, I am passionate about meeting new people and forging lasting friendships. I find great joy in traveling, both within India and abroad, as it allows me to experience diverse cultures and broaden my horizons. I also enjoy socializing and celebrating life with friends, which adds a perfect balance to my otherwise busy schedule. In essence, my life is a blend of family, business, community service, and personal passions. I look forward to continuing this journey, contributing to the growth and success of our club, and making a difference in the lives of those we serve.

Mufazzal Fidvi
Hon. Secretary 2024-25



You're No. 1

Kudos to President Elect Dr. Rashmi Shahu and her team of Chairpersons who put up a tremendous show with RCNV's first district event The District Membership Seminar

KNOW YOUR NEW MEMBERS

DR. ANURADHA PUNYANI

Profession: Aqua Physiotherapist and Educationist.

Hobby- Singing, Anchoring and Acting. I joined Rotary for networking, become a better leader, and to enhance my communication skills as Rotary is one the best platforms where you meet people from various fields.



SAMITA ASAI

Spouse:-Nikhil Asai
Children-Aarya Asai, Aadya Asai
Profession-Architect, Interior and Landscape designer

Hobby- Music, Dance, Reading, Socialising and Travelling.

I joined rotary as I like doing something for the society that will create a positive difference for those who are in need and make me achieve inner peace .



DR. POOJA DHANDE

Spouse: Rahul Dhande
Children:Amaira Dhande
Profession : Ophthalmologist
Hobby : Travelling Swimming and Reading.

I'm a paediatric Ophthalmologist by profession and I believe rotary is a great platform to provide service to those who are in need and to make changes for the betterment of our society .



KIRTI JEJANI

Spouse:-Sachin Jejani
Children-Swastika jejani, Navisha jejani.
Profession-Home maker.

Hobby- Music , Dance and Reading.

I joined rotary as I enjoy socialising and wanted to do something for the society.



HEALTHY DIET TIPS



-Shweta Ojha

Eating a healthy, well balanced diet is one of the most important things you can do to protect your health. In fact, 80% of premature heart disease and stroke can be prevented through your life choices and habits, such as eating a healthy diet and being physically active.

SIMPLE TIPS TO STAY HEALTHY

Stay Hydrated – Drinking water at short intervals will leave you feeling full, preventing you from overeating.

Portion Control – Portion control can help you keep a check on the intake of extra calories. Take smaller portions on the plate and avoid refilling it again.

Focus on Food Rich in Dietary Fibre- Fibre leaves you feeling full without causing you gain weight. Eg- Vegetables, salads, fruits, dal, whole grains etc.

Eat Before You Head Out - Eat something like a fruit or a small meal before going to a party.

Avoid Fasting the Whole Day before Going to the Party – Fasting the whole day doesn't help to control the intake, instead would make you overeat.

Start Your Meal with a Liquid Beverage – Liquid beverages like soup, buttermilk, lemon water etc. helps to reduce the appetite. Avoid sugar-laden beverages like soft drinks etc.

Start Eating with a Protein Option – Protein helps in better satiety. Eg- Paneer tikka, grilled chicken, sprouts, dal, curd, buttermilk etc.

Opt for Roasted Snacks Instead of Deep Fried Ones – Have roasted snacks like Chana, Makhana, Roasted Ragi Chips, Roasted Jowar Puffs, Barley Puffs etc. Avoid fried snacks like besan sev, mathri, namkeen, chakli etc.

Opt for Milk Based Desserts Over Deep Fried Ones - In case having dessert Opt. for rasogulla, kheer, custard (in small portion) instead of deep fried one like gulab jamun, jalebi etc.

Regular Exercise / Walk - Minimum 30 mins of walk / exercise could help you maintain your weight.

Last but not the least, consistency with which you make healthy choices throughout the year decides the fate of your overall good health.

5 FOODS TO LOSE WEIGHT

Apples
Rich in fibres, antioxidants and essential vitamins apples are a healthy snacking option to shed extra kilos.

Flax Seeds
Flax seeds aid in weight loss as they are rich in dietary fibre and low on calories.

Green Tea
The abundance of catechin in green tea increases body metabolism and burns body fat faster.

Oatmeal
Oatmeal controls blood sugar, boosts body with energy and keeps you satiated without adding up to the calories.

Almonds
Loaded with mono-saturated fats, essential vitamins and minerals - almonds suppress sudden cravings and promote weight loss.



THE ABC'S OF ROTARY

GROUP STUDY EXCHANGE

One of the most popular and rewarding programs of The Rotary Foundation is the Group Study Exchange. Since the first exchange between districts in California and Japan in 1965, the program has provided educational experiences for more than 20,000 young business and professional men and women who have served on about 4,600 teams. The GSE program pairs Rotary districts to send and receive study teams. In the past 25 years, over \$40 million has been allocated by The Rotary Foundation for Group Study Exchange grants.

PAUL HARRIS FELLOWS

Undoubtedly the most important step to promote voluntary giving to The Rotary Foundation occurred in 1957, when the idea of Paul Harris Fellow recognition was first proposed. Although the concept of making \$1,000 gifts to the Foundation was slow in developing, by the early 1970s the program began to gain popularity. The distinctive Paul Harris Fellow medallion, lapel pin and attractive certificate have become highly respected symbols of a substantial financial commitment to The Rotary Foundation by Rotarians and friends around the world.

SPECIAL ROTARY OBSERVANCES

□ January is Rotary Awareness Month. This is a time to expand knowledge of Rotary and its activities among our membership and throughout the community.

□ February is designated as World Understanding Month. This month was chosen because it includes the birthday of Rotary International, February 23. During the month, Rotary clubs are urged to present programs which promote international understanding and goodwill, as well as launch World Community Service projects in other parts of the world.

□ World Rotaract Week is the week in which March 13 falls. It's a time when Rotary clubs and districts highlight Rotaract by joining in projects with their Rotaract clubs.

□ April is set aside as Magazine Month. Throughout the month, clubs arrange programs and activities which promote the reading and use of THE ROTARIAN magazine and the official regional magazines of Rotary.

□ June is Fellowships Month, a time to increase interest and membership in one of the dozens of Rotary Fellowships and celebrate the ideal of service through common hobbies and professions.

□ July is Literacy Month, a time for clubs to develop their own literacy projects, as well as raise awareness of Rotarians' efforts worldwide to eradicate illiteracy.

□ August is Membership and Extension Month, a time to focus on Rotary's continuing need for growth, to seek new members and form new clubs.

□ September is Youth Activities Month. Rotary clubs of the world give special emphasis to the many Rotary-sponsored programs which serve children and young people. During this month many clubs give increased attention to youth exchange activities.

□ October is Vocational Service Month. During this period, clubs highlight the importance of the business and professional life of each Rotarian. Special activities promote the vocational avenue of service.

□ November is selected to be Rotary Foundation Month. Clubs and districts call attention to the programs of The Rotary Foundation and frequently cultivate additional financial support for the Foundation by promoting contributions for Paul Harris Fellows and Sustaining Members. Each of these special months serves to elevate the awareness among Rotarians of some of the excellent programs of service which occur within the world of Rotary.

□ World Interact Week, the week in which 5 November falls, is a time for sponsoring Rotary clubs to plan joint projects with their Interact clubs.

Each of these special times serves to elevate the awareness among Rotarians of some of the excellent programs of service to be found in the world of Rotary.

PUBLIC RELATIONS OF ROTARY

Historically Rotarians perpetuated a myth that Rotary should not seek publicity, but rather let our good works speak for themselves. A 1923 policy stating that "publicity should not be the primary goal of a Rotary club in selecting an activity" of community service, was frequently interpreted to mean that Rotary clubs should avoid publicity and public relations efforts. Actually, the 1923 statement further observed that "as a means of extending Rotary's influence, proper publicity should be given to a worthwhile project well carried out."

A more modern public relations philosophy was adopted in the mid-1970s which affirms that "good publicity, favorable public relations and a positive image are desirable and essential goals for Rotary" if it is to foster understanding, appreciation and support for its Object and programs and to broaden Rotary's service to humanity. Active public relations are vital to the success of Rotary.

A service project well carried out is considered one of the finest public relations messages of Rotary. It is essential that Rotary clubs make every effort to inform the public about their service projects which have been well performed.

It is important to remember that when Rotarians think of Rotary, we think of our noble goals and motives. But when the world thinks of Rotary, it can only think of our actions and the service we have performed.

GET READY FOR YET ANOTHER FLAGSHIP PROJECT OF RCNV



**SUNDAY 29 SEPT 2024, 9am - 6 pm,
SARASWATI VIDYALAYA, SHANKAR NAGAR, NAGPUR.**

Rotary
District 3030



Anirudh Roy Chowdhury
RI Director 2023-2025



T.N. "Raju" Subramanian
RI Director 2023-2025



Mário César Martins
de Camargo & Denise
RI President 2025-2026

**ROTARY INTERNATIONAL LUMINARIES INCLUDING
THE RI PRESIDENT ELECT & RI DIRECTORS WILL
GRACE THE OCCASION AS GUESTS OF HONOUR !**

President : Jaishree Chhabrani Hon Secretary : Mufazzal Fidvi

Dist. Governor
Rtn. Rajinder Khurana