

AUGUST 2023

RID 3030



VISION



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MONTHLY NEWSMAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

DISTRICT GOVERNOR'S OFFICIAL CLUB VISIT

SPARSH MEDICAL CAMP

WAR HERO COMES CALLING



Presidential message

August 2023



Rtn. Gordon McNally
RI President 2023-24

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections." This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it

also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

District governor's message

It is my first privilege to acknowledge all members of Dist. 3030, not only for the fine fellowship that we shall share, but also for your support that will help us to carry out our many projects to make our community, our country and the world, a better place to live in.

Rotary is not a political organization, but all Rotarians are vitally concerned with everything pertaining to good citizenship. It is neither a religious organization, but it is built on those eternal principles that have served as the moral compass for people throughout the ages.

Rotary is an organisation of business and professional people, pledged to upholding the highest professional standards. Rotarians believe that worldwide fellowship and international piece can be achieved when businesspeople & professionals unite under the banner of service.

The community knows and judges Rotary by our representation of it, in character and service. We were accepted as members because our mentors believed that the organization and its principles shall be safe in our



Rtn. Asha Venugopal
Dist Governor RID 3030

keeping. We expect to inspire each other that will help us to become better Rotarians, and it is with this hope that I ask you to invest gladly and offer your best for the Rotary fellowship.

In the end I would like to state that - While we are privileged to join this most prestigious organization called Rotary International and make friends world over, we must keep in mind our obligations as Rotarians towards our Club and the community.

Yours in Rotary,
-Asha Venugopal.

President speaks

Dear RCNV family,
What a month full of whirlwind activity it has been! From day one, Board 2023-24 has been on its feet notching up one project after another.



Right from numerous Interact installations, to novel regular meetings to the amazing fellowship we had with District Governor Rtn. Asha Venugopal on her Official Club Visit to RCNV. No wonder then, that the DG was very impressed with our performance.

Continuing in true RCNV tradition, we have yet another month of action coming up in September. Our flagship project MUNA is going to be the highlight with an unprecedented 600 students participating for the very first time. Needless to mention, we will need many volunteers to handle so many children so please do come forward and contribute your time.

The RI President wants us to support mental health, by way of making one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment. Let us come together and make it happen!

-Ajay Uplanchiwar



Editor's Note

SOHRAB KANGA

Dear Readers,
we celebrated Independence Day this month, but my mind keeps going back to the people we see around us who are "Patriots for a Day". Haven't you noticed bike borne youths coming out in hordes, waving the Indian flag, disrupting traffic and generally creating a nuisance only on this day? Where are they after 15th August? Why should this show of patriotism last for just a day? Shouldn't it be a daily thing, where you go about your daily schedule being mindful of your fellow man and just generally being a responsible citizen? If we do this much on a daily basis we will be doing more for our immediate communities than waving a flag and chanting nationalistic slogans.

Is it not time to educate our own children and their friends about this so that eventually we see young adults getting rid of this jingoism to be better humans every single day? Thought provoking, isn't it?

Water & sanitation

1st August 2023





An area inhabited by migrant laborers in the MIDC area of Butibori, no water supply nearby, and no proper access roads, was a perfect set up to implement the water and sanitation Project. PP Vikram and his team comprising of Ritesh Tahiliyani, Jugalkishore Agarwal, Vanita Shukul put in lot of efforts and successfully established the water and sanitation facilities, with the guidance & support of Shri Sameer Meghe, MLA, Mr. Atish Umare & Mr. Vishal Agrawal, MD of RC Plasto Pipes and Tanks.



Mr. Vishal Agrawal & Mr. Nilesh Agrawal of RC Plasto, agreed to sponsor this project under CSR & donated Rs 5.50 lakhs for the RCNV Water & Sanitation Projects. Shri Sameer Meghe, MLA donated one Submersible Pump worth Rs. 40,000/- to provide the Borewell Water to the Villagers.



The Borewell contractor was arranged by Rtn. Rahul Urganlawar, Toilet Drawings were prepared by Rtn Manish Sibal, Rtn Kapil Patel donated bathroom tiles & Rtn Vinod Agrawal donated Rs 10,000.



The keys of the toilets were handed over to the beneficiaries at the hands of Shri Sameer Meghe, MLA, Shri Vishal Agrawal, MD RC Plasto Pipes & Tanks & President Vidarbha Industries Association. Dignitaries present during this function were - PDG Vishwas Sahasrabhojane, Past Presidents Vikram Naidu, Rajiv Behal, Gulab Mahant, President Ajay Uplanchiwar,

Hon Secretary Dr Madhumati Dhawad, Fellow Rotarians Yuvraj Pandharipande, Rupam Mulak, Kapil Patel, Sanjay Kataria, Dr Pooja Poddar, Swati Belkhede, Dr Sangeeta Tajpuriya, Shalini Naidu, Mrs. Rohini Umare, Sarpanch & Members of Tembhari / Kirmitti Gram Panchayat & Mr. Atish Umare. Rtn Nitya Agrawal Director conducted the proceedings & was instrumental in arranging the logistics for this function. The program was well attended by the villagers and Rotarians.



Warm hearts

1st August 2023



During the days of monsoon, it is necessary to protect children from rain as they may fall sick if excessively drenched in the rain or it may prevent them from going to the school. So our Rotary Club of Nagpur Vision under our Flagship project WARM HEARTS (DIL SE DIL TAK) decided to distribute umbrella and raincoats to the underprivileged children.

We selected two schools, one is Tilak Vidyalaya, Dhantoli, where we distributed on 22nd July'23. and on 1st August'23 at Railway men's Shishu Mandir Primary & High school, Ajni. We distributed total 100 Umbrella's and 150 Raincoats in these two schools to students of standard 6,7,8,9 & 10th.

The joy it brought on the faces of these children was something to see.

President Ajay Uplanchiwar and PP Rajiv Behal addressed the gathering of school children and school staff.

Director Nitya Agrawal who wholeheartedly sponsored Umbrella's and raincoats also helped in distribution of the same.

Chairpersons Mufazzal Fidvi, Manish Agrawal, Payal Mallewar, Swati Belkhade, Priya Tatiwar and Sushma Borele were present for the distribution.



Friendship day

6th August 2023



On 6th August, on the occasion of friendship day RCNV Community Director Nitya Agrawal brought smiles on the faces of 450+ underprivileged kids. Director Nitya donated Rs. 10,000/- for Project Rainbow 2023, in collaboration with Parindey Youth Foundation, A NGO which reaches out to the underprivileged children at the Gurukul Ashram Shaala, Udasa, Umred Road, Nagpur. The joy on the faces of children was effervescent on receiving various items like stationary kits, chocolates, ice-cream, oil, mattress and many more... They also enjoyed different activities like sports, zumba and dance organised for them. It was a great pleasure extending beyond ourselves and sharing this friendship day with these kids



YOUR NEWS

RCNV celebrates Friendship Day with 450 Gurukul kids

On the occasion of Friendship Day, **Rotary Club of Nagpur Vision (RCNV)** brought smiles on the faces of more than 450 kids under its 'Project Rainbow 2023'. The event was held in collaboration with **Parindey Youth Foundation at Gurukul Ashramshala, Udasa, Umred Road**. The joy on the kids' faces was to be seen to be believed as they received various items like stationery **kits, chocolates**, ice-cream, oil, **mattress** etc. They also enjoyed activities like **sports, zumba** and dance organized specifically for them. Director Nitya Agrawal was instrumental in **spearheading the project** under leadership of RCNV president **Ajay Uplanchiwar** and secretary **Madhumati Dhawad**.




District Governor's official club visit

11th August 2023

The Official Club Visit of the District Governor, commenced with the breakfast meet at President Rtn Ajay Uplanchiwar's Home. The DG was accorded a warm welcome by the President and First Lady Pallavi. DG Asha and AG Dr Muddeshwar interacted with President Ajay, Hon. Sec Madhumati, Treasurer Amit Chandak and President Elect Jaishree Chhabrani.

Next on the agenda were the visits to the ongoing projects of RCNV. Team from RCNV, led by PDG Vishwas comprised of President Ajay, Hon Sec Madhumati, President-Elect Jaishree along with DG Asha and AG Dr Muddeshwar visited the recently inaugurated Global Grant Project at Sant Govindram Dialysis Centre, Jaripatka. They were briefed about the Dialysis machines and its utility in view of increase in number of patients for dialysis.

The next visit was at Happy School –“ Snehangan” A Residential School for the specially abled at Matru Seva Sangh , Sitabuldi . The entire school had been refurbished with the aid of donations in the year 2022. IPP Shivani and Dr Pushpa Bhave joined the team for the visit to Snehangan. The specially abled children welcomed the guests with a group song.

The next stop was at Swami Vivekanand Medical Mission Hospital, Khapri, another Global Grant project, wherein an ICU was setup by RCNV. DG Asha applauded the efforts and the utilization of facilities of ICU during Covid times.

The first Club Assembly was scheduled in the evening at 6:00 pm. President Ajay called the meeting to order and a Silent prayer was observed. President Ajay read the 4-Way Test and announced Birthdays and anniversaries of the members and the spouses.

The Directors and chair persons read their reports and upcoming projects of the various committees with them .DG Asha gave away the PHF Pins and Certificates to the beneficiaries. IYE Inbound students exchanged Flags. The Monthly Magazine, 'Vision' was released in the presence of its Editor, PP Sohrab Kanga.

The Assistant Governor, Dr Muddeshwar gave an introduction of District Governor, Rtn Asha Venugopal. DG Asha in her address appreciated the Flagship projects of RCNV which strive for the betterment of society and has created a bench mark for future leaders. She said the Career Guidance mela was a good initiative and wished luck for the future. She gave insights on 3 district projects, Akanksha Education App for the underprivileged 10th std students, second is project Boond, a water aerator to save water and third about promoting Bamboo plantation. She urged the members to come together and enjoy Rotary and do our bit for the society. Vote of thanks was given by Hon Sec Madhumati.

OCV concluded with an Evening Fellowship “ Kal Aaj aur Kal, wherein 3 generations showcased the different dressing cultures of India. It began with Ganesh Vandana – A heart-warming dance performance by specially abled children from Happy School, followed by Ramp walk by Seniors, not so seniors and the Gen-next of RCNV. The DG and AG too joined participants on the Ramp. The Director for Fellowship was PE Jaishree Chhabrani. The enthusiasm, energy and the camaraderie amongst the members spoke volumes for the show.



Rotary DG inspects RCNV projects, hails various initiatives

Rotary 3030 district governor **Asha Venugopal** appreciated various initiatives of **Rotary Club of Nagpur Vision (RCNV)** during the official club visit held recently. The DG was accorded a warm welcome by RCNV president **Ajay Uplanchiwar** and first lady **Pallavi**. DG Venugopal and assistant governor **Dr Muddeshwar** interacted with president **Ajay**, secretary **Dr Madhumati Dhawad**, treasurer **Amit Chandak** and president-elect **Jaishree Chhabrani**. Asha Venugopal visited various projects of RCNV including recently



inaugurated Global Grant Project at **Sant Govindram Dialysis Centre**, Jaripatka, Happy School 'Snehan' a residential school for the specially abled at **Matru Seva Sangh**, Sitabuldi, ICU set-up at **Swami Vivekanand Medical**

Mission Hospital, Khapri. Later, directors and chairpersons read their reports of upcoming projects of the various committees. **DG Venugopal** gave away the **PHF pins** and certificates to the beneficiaries. **IYE inbound**

students exchanged flags. The **monthly magazine 'Vision'** was released in the presence of its editor and past president **Sohrab Kanga**. Asha Venugopal in her address appreciated the **flagship projects of RCNV** which strive for the betterment of society and has created a bench mark for **future leaders**. She said that the **career guidance mela** was a good initiative and wished luck for the future. The official club visit concluded with an evening fellowship **'Kal Aaj aur Kal'** wherein **three generations** showcased the different dressing cultures of India.



Rakhi making workshops

12th August 2023



Rtn Pallavi Upganlawar, chairperson Vocations committee conducted 2 workshops for Rakhi making. The first workshop on Rakhi making was held in association with NGO, Balakrishna Trust, Mahal on 12th August, from 12.30 to 2.30 PM. 40 underprivileged students in the age range of 8 to 15 years benefitted from the workshop.



Second workshop was held in association with Chitnavis Trust, Civil lines on 12th August, from 3 to 5 pm. The beneficiaries were 32 children aged 8 to 15 years, from underprivileged background. Director Riddhi Tahalramani was present for the workshop. Collectively, 72 children learned to make rakhis and showcased their creativity by making beautiful Rakhis.



Sparsh

medical camp, wadsa. 13th August 2023



SPARSH MULTI COMMITTEE AND DIAGNOSTIC MEDICAL CAMP

Rotary Club of Nagpur vision conducted a multi committee and a mega diagnostic medical camp at SRPF campus in Wadsa on 13th August '23. Almost 1300 patients attended and were benefitted from the multi-speciality camp. Director Medical, Dr Sangeeta Tajpuriya along with Dr Rupeshri Bhojar, Dr Shantala Bhole, Dr Shamik Ambatkar, Dr Saurabh Agarwal, Dr Shaunak Mokadam, Dr Pooja Poddar, Dr Madhumati Dhawad, Dr Vikram Alsii, Dr Vagish Kataria, Dr Ashwini Tayde, Dr Shweta Lohiya, Dr Shashikant Raghuwanshi, Dr Anju Kadu, Dr Payal Agarwal Dr Shraddha Mahalle and Dr Shyam and Madhuri Deotale and staff of Maya Hospital, Butibori offered their expertise for the camp. Mobile Dental van with Dentist from Govt. Dental College accompanied to carry out minor dental procedures. Approximately 25 patients were identified for various major and minor surgeries that will be scheduled later in October/November. The camp was inaugurated by Shri Gajbhiye MLA, Wadsa.

A Rakhi making workshop and mould painting on fabric activity were successfully conducted for 80 specially abled children in the age group of 6 to 15 years by Chairpersons Neeta Punyani and Karishma Paliwal. The kids thoroughly enjoyed the activities lasting almost 4 hours and not only they learned new skills and expressed their creativity, but also had fun and made new friends. They also felt very special and happy when they received their rakhis and painted fabric pieces as gifts. President Ajay, 1st Lady Pallavi, PE Jaishree Chhabrani, Members Kanchan Naidu, PP Vikram Naidu, Yogesh Paliwal, Mamta Kanga, Mona Durugkar, Amit Jeswani were also present for the workshops.

Children were given lessons in Zumba by chairperson Richa Bhattad. Children danced to the tunes of famous songs along with the chairperson. PE Jaishree Chhabrani, Yogesh Paliwal, Mini Ahuja, Swati Belkhade, Pramod Batra, were present for the same.

Psychologist Kashish Jeswani conducted the much needed Stress management sessions for the SRPF personnel.

President Ajay Uplanchiwar, Director Sangeeta Tajpuriya, Treasurer Amit Chandak, PE Jaishree Chhabrani, PP Rajiv Behal, PP Sohrab Kanga, Dinesh Naidu, Sanjay Punyani, Ketan Kothari, Farnberg Bharucha, Dr Ashok Gahane from PHCSawangi, Commandant SRPF Unit 13 Vivek Masal and the personnel of SRPF worked tirelessly for collecting the patients and providing the right infrastructure and manpower.



RCNV holds diagnostic medical camp at Wadsa

ROTARY Club of Nagpur Vision (RCNV) conducted a multi-committee and mega diagnostic medical camp at SRPF campus in Wadsa. Almost 1300 patients were benefitted from the multi-speciality camp.

The camp was inaugurated by Wadsa MLA Krishna Gajbhiye. Approximately 25 patients were identified for various major and minor surgeries that will be scheduled later in October/November.



Members of RCNV and SRPF personnel inaugurating the camp.

Government Dental College accompanied to carry out Sangeeta Tajpuriya, Treasurer Amit Chandak, PE Jaishree

Independence day celebrations

Independence Day was celebrated with great enthusiasm by all the students and staff of School of Scholars, Hudkeshwar. President Ajay was the Chief guest. He was accompanied by Director Youth, Yogesh Paliwal, first lady Pallavi and Karishma Paliwal. President Ajay hoisted the National flag and the national anthem was played. There were speeches by the principal Mrs. Arti Choubey and the chief guest. There was a feeling of Pride and patriotism in everyone's heart. The program concluded with a vote of thanks.



Rakhi making workshops

17th August 2023

2 Rakhi making workshops were conducted by Rtn Pallavi Urganlawar on 17th August '23. First was held in Association with Chitnavis Trust, Civil Lines for the Hearing-impaired children. 11 children in the age group 3 to 5 years along with their parent participated in the workshop from 12.30 to 2 pm and had fun filled learnings.



Second was held from 2.30 to 4 pm, for the underprivileged children at Valmiki Nagar Hindi Medium School, Gandhinagar, Nagpur. 55 students in the age group of 13 to 15 were benefitted by this workshop. President Ajay Uplanchiwar and Rtn Minal Mukkawar were present for the same.



Interact installation

18th August 2023



The Installation Ceremony of the new team of office bearers for the Interact Club FLAMINGOS was held at Edify School, Nagpur, on 18th August 2023, in presence of members of Rotary Club Of Nagpur Vision. The ceremony began with the lighting of the Lamp by the guests of honour and Principal, Mrs Smita Dev. Mrs. Dev extended a formal welcome to the members of RCNV and in her speech reaffirmed the need to groom students, through the platform of the Interact Club, to be refined individuals, preparing towards a better understanding of the issues of the day. Team RCNV comprised of President Rtn. Ajay Uplanchiwar, Honorary Secretary Rtn Madhumati Dhawad, Director Youth Rtn. Yogesh Paliwal, Chairperson Rtn. Vaani Chhabrani, Swati Belkhade, Pramod Batra, Karishma Paliwal and First Lady Pallavi Uplanchiwar.

The audience was enthralled by the beautiful dance performance presented by Vaikhari Raitar followed by a group song by the school choir and a powerful musical performance based on Not to give up by Preeti Sahare. Members of RCNV Pinned the members of the board of Flamingo Interact Club.

In her acceptance speech, President Wedika Wadikhaye listed out the activities planned for the year which includes Nukkad Natak to spread social Awareness, environmental awareness, rakhi making, grandparents day celebrations, donation of unused stationary among many other activities RCNV President Rtn Ajay Uplanchiwar and Rtn Yogesh Paliwal inspired the students to look beyond the self and involve themselves in constructive pursuits as they learn to make a difference with their efforts. Edify CCA Incharge Mrs Farhat Haque proposed a Vote of Thanks.

After the Installation, the Rotarians along with the Interactors participated in Tree Plantation in the school premises to mark the occasion.



Senior Citizen birthday celebration

The Senior Citizen Committee celebrated Birthday of senior member of the club PP Gulab Mahant at his residence. Cake cutting and sumptuous breakfast marked his 83rd birthday.



Menstrual hygiene 19th August 2023

Director Medical, Rtn Dr Sangeeta Tajpuriya gave a talk on Menstrual hygiene Management at Hindu Mulinchi Shala on 19/8/2023 in association with The Nagpur Obstetric and Gynaecological Society and Nagpur Municipal Corporation. Dr Sangeeta explained in detail menstrual cycle, use of sanitary pads, its disadvantages, costing, chemicals used in its production and its effects on women's health.



Interact installation

23rd July 2023



Installation of interact club of Central India Public school kemptee road nagpur was held on 24th August 2023 at 1.30p.m

The ceremony began with the lighting of auspicious lamp followed by Pinning of the new board at the hands of President Ajay Uplanchiwar and Director Youth Yogesh paliwal. The board is headed by President Sana Fatima. The other members include President Elect NaitikMakde, Vice President Karan Khandekar, Secretary Antara Vyapari , Joint - Secretary Humaira Anam, Sergeant at Arms ShejalWanjari and Treasurer Arman Ali. The directors are Samir Gumgaokar, Arnav Makde, Tanish Borkar, Shreyas Mahajan and Ishtmehar Singh Dhillon. The school management and the new board has shown keen interest in having several activities in association with RCNV throughout the academic year. The whole program was very well organised by the newly installed team of the club. Post the installation ceremony President Ajay Uplanchiwar and Director youth Yogesh Paliwal shared their words of Wisdom with the students. Chairperson Rtn Swati Belkhade, First Lady Pallavi Uplanchiwar, Rtn. Ann. Karishma Paliwal were present for the installation.



Principal welcomed the guests. ideas and endless energy the school invests to nurture the youth.

RCNV installs Interact Club at CIPS-KR

Rotary Club of Nagpur Vision (RCNV) installed Interact Club of Central India Public School (CIPS), Kemptee Road, on Thursday. The ceremony began with the lighting of the lamp followed by pinning of the new board by president **Ajay Uplanchiwar** and director youth **Yogesh Paliwal**. The Interact Club board will be headed by president **Sana Fatima**.

Mahajan and Ishtmehar Singh Dhillon. The school management and the new board has shown keen interest in having several activities in association with RCNV throughout the academic year. The programme was organized by newly installed team of the club. After the installation ceremony president Uplanchiwar and



WinS

sos - hudkeshwar

24th August 2023





The Wash In Schools, WinS Committee, RCNV along with Interact School of Scholars Hudkeshwar had organised a workshop for the girls of class VIII-X on Menstrual Awareness and Hygiene on 24th August, 2023 at School of scholars, Hudkeshwar.

The workshop was conducted by Dr. Shantala Bhole, consultant Gynaecologist, Seven Star Hospital. The event was attended by Chairperson WinS Dr. Pooja Poddar, Dr. Geeta Verma and Mrs. Nitya Agrawal, Director community, Rotary Club Nagpur Vision.

During the workshop, the students were told about the science behind menstruation and were taught basic hygiene that should be maintained during periods. It helped in sensitising them on various complications arising out of lack of menstrual hygiene. The students were shown some sample menstrual items which can be conveniently and safely used during their menstrual periods. In the end, a question-answer round was also conducted. Principal of the school Mrs. Arti Choubey expressed her sincere gratitude to the speaker and the RCNV Interact Club for conducting such an useful workshop for girls. Ms. Palak Mishra was the comparer of the workshop.



Regular meeting

25th August 2023

RCNV had a very eminent speaker, CA Monica Gupta, on the 25th of Aug, 2023.

A CA and Angel Investor based out of Mumbai, Monica has been assisting new and mid-sized companies set up robust business practices with strong foundations for more than a decade

She is Regional Partner with Venture Catalysts since the last three years and a Venture Partner with WeFounderCircle (WFC). She has angel invested in over 18 startups so far and is currently mentoring 9 of the startups Above all this, she is a Rotarian and has been closely involved with many social projects in and around Mumbai.

The topic was "Startup ecosystems, yesterday, today and tomorrow". She spoke at length about start-up growth in India. How investor's portfolios have moved from gold to real estate to mutual funds and now to angel investing.

She also informed the forty member strong gathering, of the government support mechanisms for the same. Outlining the various methods of angel investing at different stages of a start-up, she threw light upon how to mitigate the risks in this, what she called, a high risk, high return form of investments.

A number of questions were asked when the floor was opened to the audience, indicative of the interest that was kindled by her presentation. With a wish and a roadmap to India's becoming a Five trillion economy soon, she ended her piece.

She was earlier introduced by a young CA and member, Garima Gupta. The vote of thanks was very well worded and was proposed by Rotary Ann. Pallavi Somani to the delight of the audience that included PDG Vishwas, PP Gulab apart from President Ajay, Hon. Sec. Madhumati and VP Ritesh, among others.

Earlier on, 3 new members were inducted to the club. The meeting was adjourned after singing the National Anthem.



Rakhi making workshop

26th August 2023

On Saturday the 26th of August, from 12 to 2 p.m., Rt. Ann Sadhana Paliwal conducted a Rakhimaking workshop at village Koradi. It was a joint project with National Council of Women in India, NCWI in their premises at Koradi. Around 40 ladies and kids participated where about 12 varieties of Rakhis were taught. Soon, the participants who were from the rural background will make their products available in local markets. The project was well appreciated and supported by the NCWI members and the villagers.



Ganapati making workshop

26th August 2023

With the Bappa slated to arrive soon, our Rotarian Pallavi Uppanlawar took a workshop on Ganapati making for specially abled children on 26th August'23, from 3 to 5 pm. It was held in association with NGO, Abhiviyakti Foundation, at Jagat Apartment, Ravi Nagar, Nagpur. 14 specially abled children and young adults, in the age group of 7 to 18 years participated in the workshop and got trained in the art of making Ganapati Bappa.





Take Rotary
home



Take Rotary home

26th August 2023

The second Take Rotary Home for the year 2023-24 was held in the beautiful home of Rtn Harish and Amruta Thakur, on 26th August. Theme was friendship. About 35 Rotarians and Spouses attended. The hosts Harish & Amruta really took great care of the guests. The guests were made to introduce their spouses and an interactive game on friendship was played which increased the bonding between the members. PDG Vishwas Sir gave valuable information on Rotary.

Director Manjiv Sharma and Chairpersons Sakshi Sharma and Karishma Paliwal conducted the event.



War Hero
comes calling

27th August 2023



Regular meeting

27th August 2023

On 27th August RCNV organized Keynote address of Retd Maj Gen Ian Cardozo on Unleashing Maximum Efficiency for the Corporate world in association with Vidarbha Management Association and Centre for Ladakh Jammu & Kashmir Studies at Chitnavis Centre. Secretary of VMA presided over the meeting while Rtn CA Sagar Mitkary introduced the Speaker and relevance of his talk to the corporate world. General Spoke about giving the importance and taking care of our human resources if we want them to excel in their work and get the maximum output from them. General further laid importance of taking timely decisions based on whatever information one has at that time and said that not taking decisions often led to huge losses since once we take decision we can do course correction based on further inputs and achieve our objectives. General gave a corporate mantra of Do what you love, i.e. Concentrate on Core competencies. Love what you do, i.e. once you have taken a task/ objective stick to it till it is finished; Don't Fear of outcome i.e. do not worry about if your efforts will yield desired results, keep working efficiently and you will get the success ; and finally Never Give up i.e. Not to stop till you achieve your corporate objectives and keep pushing yourself to the maximum.

General also mentioned that do not wait for the best when good is available. By waiting for best you waste time and the world is too fast today to leave you behind. So Corporate world should remember that Good is better than Best.

After the Keynote address, the session was moderated for Question and Answers by Rotarian and President Elect Jaishree Chhabrani. She asked interesting anecdotes from various books of General and it was very well received by the audience. One of the most important question on women and their role played for the men in uniform was answered in details by General. It simply proved that India is on the cusp of realizing and appreciating the pivotal role of women in the armed forces, both in the uniform and as a support system to the men in uniform.

General was then felicitated by three presidents of RCNV, VMA and CLJKS viz Rtn Ajay Uplanchiwar, Shabbir Zhakerya & Retd Judge Meera Khadakar. Moderator Rtn CA Sagar Mitkary was felicitated by Mrs Priscilla Cordozo and then the Vote of Thanks was given by Secretary VMA.

All the audience present requested for repeat of such joint events in the future too. The program ended with National Anthem.



Rotary around District 3030



1300 cycles were distributed at the workplace of DG Asha Venugopal as part of the dream Udaan project .



DG Asha Venugopal was the first in India to become a member of the prestigious Arch Klumph Society.



For the installation of Rotary club of Sinnar, Asst. Governor & Chief Guest Mahesh Salve arrived by running 30km.



RC of Amravati Ambika provided free surgeries, hospitalisation & medication to needy patients.



RC Nagpur Downtown inaugurated the Rotary Pathology Laboratory & also did medical checkup of members.



RC Nagpur Southeast organised a blood donation camp in association with Sanjuba Group of Schools.

EVERY ROTARIAN, EVERY YEAR

Did you know that donors who gave a gift between \$100 - \$249 contributed over \$25 million to the Foundation last year? When every Rotarian gives every year, it makes Doing Good in the World possible through life-changing, sustainable projects.

\$126 million given to the Annual Fund
1,403 Global Grants awarded
31% of Rotarians supported the Annual Fund



Rotary projects around the globe

BELIZE



Since 2014, members of the Rotary Club of Seminole Lake, focus on the welfare of children: constructing school playgrounds and providing educational assistance, clothing, and medical screenings.

USA



Rotary clubs of New Smyrna Beach and Edgewater introduced a tide pool exhibit in the Marine Discovery Center in New Smyrna Beach. experiencing marine life at close quarters is an experience.

CANADA



To ease the isolation of the town's elderly,, the Cornwall Sunrise club teamed up with the Rotary Club of Cornwall and city government to introduce Seniors on Wheels tours on three-wheeled cycle rickshaws.

INDIA



In Vizag, Rotarians launched a plastics recycling & employment project. They collect plastic bottles from drop-off locations & beaches & process them into small chips that are sold to recyclers.

Health

Dental and Oral Health is an essential part of your overall health and well-being. Poor Oral hygiene can lead to dental cavities and gum diseases, and has also been linked to heart disease, cancer, and diabetes.

Maintaining healthy teeth and gums is a lifelong commitment. The earlier you learn proper oral hygiene habits- such as brushing, flossing, and limiting your sugar intake- the easier it will be to avoid costly dental procedures and long -term health issues.

Facts about dental and oral health

- Dental cavities and gum disease are very common. According to the World Health Organization.
- Between 60 and 90 percent of school children have atleast one dental cavity.
- Nearly 100 percent of adults have atleast one cavity.
- Between 15 and 20 percent of adults ages 35 to 44 have severe gum disease.
- About 30 percent of people around the world ages 65 to 74 don't have any natural teeth left.
- In most countries, out of every 100,000 people , there are between 1 and 10 cases of oral cancer.

There are many steps you can take to keep your teeth healthy. For example, Dental and oral disease can be greatly reduced by:

Brushing your teeth with fluoride tooth paste at least twice a day.

Flossing your teeth at least once a day.

Decreasing your intake of sugar

Eating a diet high in fruits and vegetables.

Avoiding tobacco products.

Drinking fluoridated water

Seeking Professional Dental care.



**Dr. Vaani
Chhabrani**

Education

As a career counsellor and someone who is running an institute catering to children pursuing higher education, I regularly have the opportunity to witness many underprivileged students as well. They are those whose parents have had a less fortunate life due to lack of education and other personal circumstances. But it is extremely heartening to see that these parents are ready to bend over backwards and spend more than they possibly can, only to make sure that the children can get out of this vicious cycle of illiteracy unemployment and poverty. In today's India, a lot of things have changed for the better but according to me the most important change is in the perception of the masses towards education. Even illiterate people have understood that the surest way towards success and a better life is through the traditional method of good education leading to better employment thereby culminating in a comfortable life. Stories of farmers selling a part of their land or a mother selling her jewellery so that their child can pursue the career of her dreams has been inspirational on many levels. Better still, more often than not, these children not only repay their loans after they start earning, they repay their parents faith and confidence and allow them to believe that there is light at the end of the tunnel after all. Opportunities are definitely galore and surely the deserving candidates get their choice of career in today's India. It is really heartwarming to see that basic education is also resulting in people understanding their rights and performing their role in building the society and the country in a more meaningful way. Literacy is the stepping stone towards a successful society and shall be the foremost criteria if our country has to be a developed and prosperous nation in the near future. As Rotarians, we too have the responsibility too not only open schools and donate towards its running expenses, but also create awareness amongst the under privileged masses about the importance of basic education and literacy and exhort these people to strive towards a better life through respectable and lucrative careers for themselves and their children.



**Priyanka
Daga**

Recipes

HEALTHY MILLET CAKE

INGREDIENTS

Single cup Ragi flour Single cup Wheat flour 1 ½ cup Jaggery powder 1 teaspoon Baking soda
2 tablespoon Cocoa powder 1 teaspoon Vanilla essence 1 tablespoon oil/butter
A cup of Nut milk
5 tablespoons of chocolate spread.

PROCEDURE:

Take wheat and ragi flour in equal amount. Put jaggery powder, cocoa powder, vanilla essence, Baking powder, oil and chocolate spread . Add nut milk to adjust the consistency and beat well to make a thick and fluffy paste. Fix butter paper and grease and dust it. Drop the batter into the mold. Preheat the oven at 175 degree and place the pan inside. Bake for 35-40 minutes. Cake must be cooled at room temperature before slicing it.



**Neeta
Punyani**

HEALTHY PUMPKIN SOUP

Replace your regular soup with this very healthy yet very tasty Pumpkin Soup.

Ingredients-

Pumpkin, Tomatoes, Garlic Cloves, Green Chillies, Pink Himalayan Salt, Black Pepper Powder, Oregano, Pumpkin Seeds. .

Method- Pressure Cook, Blend in mixer, strain , boil, add salt , pepper, Oregano, pumpkin seeds from top & enjoy.



**Richa
Chaudhary**

PARSI LAGAN NU CUSTARD

INGREDIENTS

6 cups milk or 3 cups heavy cream. 1 slice bread. 3 eggs. 1 cup sugar. 2 tsp vanilla essence or 1 tsp rose essence. 3 tsp charoli nuts garnish (or garnished with almonds and pistachios).

METHOD

Boil the milk on slow heat till two-thirds is left. Let it cool. Avoid this step if using heavy cream.

Mix in a blender the cold milk or cream, sugar, eggs, bread slice and essence.

Put in baking dish and mix charoli nuts and/or almonds & pistachios.

Bake at 350 degrees for 40 to 50 minutes.

The top layer should be golden brown.

Cut into rectangles and serve at room temperature. This custard can be made ahead and refrigerated for a week.



**Mamta
Kanga**

RCNV welcomes you!

NEW MEMBER INDUCTIONS



Parag Parekh
9923129956



Deepak Chottai
9849463536



Hemant Jindal
9822239011



Asutosh Jha
93728 04870



Sonali Waghmare
9923899961



Dr. Anju Kadu
9623998063



Rohi Kathal
9096442666

LETTERS to the editor

Hi Sohrab,

The July issue of the Rotary magazine is an excellent read. The cover page is very attractive and the articles are informative and engaging. The magazine provides a great insight into the work that RCNV is doing. It is inspiring to read about the positive impact that Rotary is having on communities.

Keep up the good work!

Rtn. Neeta Punyani

Dear Sohrab

I liked the magazine very much.

The layout is more reader friendly as compared to last year's. I am fond of text, I concede; so more pictures makes it look like an album to me(due respect to that thought, though).

I will do my bit to urge writers in our community to contribute to this.

Do continue the same.

Rtn. Meghana Nene

Rotary themes over the years

The tradition of crafting a theme is credited to 1949-50 RI President Percy C. Hodgson, who outlined a list of four objectives for his term in office. Among them were the better application of the principles of vocational service and dedication to world understanding and peace through international service programs.

Though Hodgson's 83-word proclamation ran substantially longer than today's shorter, punchier themes, Rotarians' desire to celebrate and support their president's annual program of service has remained the same. Other early themes include Rotary Is Hope in Action (Joaquin Serratosa Cibils, 1953-54), Kindle the Spark Within (Nitish C. Laharry, 1962-63), and Good Will Begins with You (Ernst G. Breitholtz, 1971-72).

In the decades that followed, RI presidents introduced theme logos, lapel pins, ties, and scarves. A few themes from years past:

