

JULY 2023

VISION

MONTHLY NEWSMAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

RID 3030



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Rotary 



TEAM 2023-24 TAKES CHARGE

NEW MEMBER INDUCTION

INTERACT INSTALLATIONS

WARM HEARTS DIL SE DIL TAK



Presidential message

July 2023



Rtn. Gordon McNally
RI President 2023-24

Even as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to

me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.



CREATE HOPE in the WORLD

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting "sense and worth, over all the earth." This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and Create Hope in the World.



Gordon McNally turns ethos into action

Scotland's Gordon McNally stands ready to bring his presidential priorities to fruition, including a focus on mental health. [Read more >](#)

District governor's message

Dear fellow Rotarians,

It is indeed a privilege for me to serve our District 3030 in the Rotary Year 2023-24.

I am honoured and humbled at the faith you have shown in me. This past year, our District has brought incredible service to those in need in all our communities. I thank every Rotarian of Dist. 3030 for having given me the opportunity to once again channelise our resources for the right cause.

As we see the dawn of a new Rotary year, and cross over from Imagine to Creating Hope in the World, we are shouldered with more responsibility towards our community. We must make certain that we motivate others by living the Four Way Test and being true to the Objects of Rotary International.

Society at large is struggling to overcome the challenges and the setbacks we faced because of the Pandemic. Economic crisis, unemployment, mental diseases are some of the impacts that we have had to deal with. Our RI President Gordon McNally has given us the inspirational theme "CREATE HOPE in the WORLD". We must be the



Rtn. Asha Venugopal
Dist Governor RID 3030

beacon light as our goal is to restore HOPE by putting greater emphasis on Peace. The theme for our District of this year is "ASHARIKA - A RAY OF HOPE". We must continue the good work our predecessors initiated. Along with Diversity, Equity and Inclusion and Mental Wellness, Rotary International's seven areas of focus must be our priority. In the coming year let us work together and do much more for the betterment of our community by being willing to change and being the RAY OF HOPE.

Let us have a meaningful year and enjoy what we do.

Let us CREATE HOPE in the WORLD.

Yours in Rotary,

-Asha Venugopal.

President speaks

Dear RCNV family,

It is with great humility and pride that I take over as President of this prestigious club for the year 2023-24. To ensure that my team continues

the good work done by previous teams, we have formulated a theme which says "Together We Can". This is not a fancy term coined just for the sake of it. I assure you that my team and I will leave no stone unturned in ensuring that together, we will take RCNV higher and higher.

As I occupy the hot seat for this year, I would like to ensure that I make myself available for each and every member and spouse, every new Rotarian, every board member and chairperson. This I can only do with your support and blessings, which I seek from you.

Many new projects have been planned and many new avenues have to be explored. I realise that I have a great legacy to continue and I shall do so to the best of my ability. Please feel free to contact me or any Director on the board if you feel we can do something better, or different, or even if you have any grievance we may address.

Alone, I cannot.....Together, We Can!

-Ajay Uplanchiwar



Editor's Note

SOHRAB KANGA

Dear Readers,

the advantage of having an online magazine is that we can include as many things in it as we want. There is no restriction on the number of pages, so we can really go overboard with the content and try to give you a wide variety of topics to browse and enjoy!

Of course, the focus is on the activities your club undertakes, the range of projects, the variety of meetings, the thrill of fellowships. Included are also topics of interest and Rotary projects of clubs across the world. We can only better ourselves when we compare with what others do.

We would also like to receive letters to the editor, which we will carry in our subsequent issues. So let your pen do the talking. Tell us what you like, what you do not, what else you would like to read here, and we will try and accommodate all requests. This is your magazine, and like our President says, Together We Can ...make it better!

Blood donation

1st July 2023



A Perfect start to the rotary year 2023-24...!!
A blood donation camp in association with Hegdewar blood bank was organised at Vedansha Hospital, by Director Medical Dr Sangeeta Tajpuriya. Blood was donated by enthusiastic members and friends of RCNV and the staff of Cardion Hospital. 30 pints of blood were collected. Our member Dr Nikunj Pawar's contribution in the blood donation drive is highly appreciated.

President Ajay Uplanchiwar, President Elect Jaishree Chhabrani, Hon Sec Madhumati Dhawad, Jt Sec Rashmi Shahu, Hon Treasurer Amit Chandak, VP Ritesh Amidwar, Directors - Sangeeta Tajpuriya, Yogesh Paliwal, Abhishek Ghatode, Riddhi Tahalramani, Rupam Mulak, Nitya Agarwal, Farnberg Bharucha, members namely Meghana Nene, Rutika Kunawar, Aarouni Verma, Bhupesh Shinde, Abhay Upadhay, Payal Mallelwar, Aditya and Ashwini Naniwadekar, PP Jatin Sampat, PP Vikram Naidu, First Lady Pallavi Uplanchiwar, spouses - Sonal Singhvi, Asha Joshi, and Archana Mulak were prominently present.

Congratulations Director Medical Dr. Sangeeta for the successful project !!!





Tree plantation

2nd July 2023



On 2nd of July, a beautiful Sunday Morning, 27 enthusiastic members and spouses of RCNV reached Rtn. Harshwardhan Bante's farm at a picturesque location for the Tree plantation project. 50 out of the 200 saplings of Teak were planted by the members. Thanks, due to Rtn Harshwardhan for all his support. Tree plantation was followed by breakfast. A passionate environmentalist Rtn Sharad Paliwal shed light on the correct ways for tree plantation. At the end the members took Darshan at the beautiful Siddhivinayak temple located by the side of the Zhilpi lake. Congratulations to the director community services (Non-Medical), Rtn. Nitya Agrawal, chairpersons and members for a well-organized and a successful project.



Vocational training

4th July 2023



RCNV in association with Niramay Bahu Uddeshiya Seva Sansthan Nagpur, organised cookery classes for the village girls and women at Rui on 4th of July 23.

Rt. Ann Sarita Agrawal along with Anita Agrawal conducted the cooking class, wherein the participants learned to make delicious Chinese dishes. About 15 women participated in the class.

Dr Urmila Kshirsagar, Secretary Niramay bahu uddeshiya seva Sansthan said such vocational trainings will help in empowering the village women and make them self-reliant. She expressed her gratitude to RCNV and to Rt. Ann Sarita Agrawal, Anita Agrawal and Jugalkishore Agrawal for organising the cooking classes at a short notice.





Mini fellowship

7th July 2023



The first regular meeting of the new Rotary Year started with a fun filled and very well scripted Musical Mini Fellowship- ' Hum Saath Saath Hai' !!! A house full audience of almost 90 RCVNians had a memorable evening!!! It was wonderful to see the new member's enthusiasm and participation . The participants enjoyed great bonding and bonhomie during the practises. A big thank you to musicians Pankaj and his team . Congratulations Project Director - President Elect Jaishree Chhabrani for a rocking first Mini Fellowship project . A big applause to all the Chairpersons - Shantala Bhole , Akshay Daga , Pallavi Uppanlawar , PP Nilesh Panpaliya , all the singers and actors for putting up a great show . Introduction of the Board by PE Jaishree was an added feather . A big thank you to President Ajay Uplanchiwar and Hon Sec Madhu for their support.



Interact installation

12th July 2023



The 1st Interact club for 2023-24 was installed at School of Scholars, Hudkeshwar, on 12th July 2023.

The ceremony began with lightening of the auspicious lamp and Saraswati Vandana. The entire proceedings were conducted by the incoming and outgoing teams of Interactors. The principal Mrs Arti Choubey appreciated the efforts taken by RCNV in collaborating and guiding the interactors during the year and promised conducting varied projects in the coming year too. PP Jatin Sampat outlined the benefits of joining rotary at a young age and applauded the various activities being done.

Post installation, Members of RCNV led by President Ajay Uplanchiwar, President Elect Jaishree Chhabrani PP Jatin Sampat along with Director Youth Yogesh Paliwal Director Community service, Nitya Agrawal Hon Secretary Madhumati Dhawad Hon Treasurer Amit Chandak, Chairperson Neeta Punyani and Rotarians Sanjay Punyani, Karishma Paliwal along with the interactors and staff of SOS did Tree Plantation in the school premises.



Installation

team 2023-24

16th July 2023

N OF PRESIDENT



The Board of Rotary club of Nagpur vision 2023-24 with Rtn Ajay Uplanchiwar as the President was installed in a grand ceremony at Hotel Centre Point ,Nagpur on 16th July 2023.

The Chief guest for the event was District Governor Elect 2023-24 Rtn Rajinder Khurana. Other dignitaries who graced the occasion included Assistant Governor Rtn Dr Manohar Muddeshwar, Past District Governors Rtn. Dr Satish Sule , Rtn. Vishwas Sahasrabhojane, Rtn. Dr K S Rajan, Rtn Raje Sangramsingh Bhonsale, District Officials, Past presidents of the club, Presidents and Hon. secretaries of sister clubs and representatives of various partner organisations. Outgoing President Dr Shivani Sule presented her annual report and gave the Rolling Trophies to the deserving club directors and chairpersons, before handing over the baton to the incoming President Rtn Ajay Uplanchiwar. The other board members include President Elect Jaishree Chhabrani , Vice President Ritesh Amidwar, Hon. Club Secretary Dr. Madhumati Dhawad, Hon. Treasurer Amit Chandak , Joint Secretary Dr Rashmi Shahu , Sgt. At Arms Abhishek Ghatode , Director- Admin & Finance Farnberg Bharucha, Director Medical – Dr. Sangita Tajpuriya , Director- Vocation Riddhi Tahalramani , Director- Non-Medical Nitya Agrawal, Director- Youth - Yogesh Paliwal , Director -TRF & International Rupam Mulak, Director Public Image Manjiv Sharma and IPP Dr Shivani Sule. 22 new members were inducted on the occasion.

In his acceptance speech President Ajay Uplanchiwar said the primary focus for the year will be Membership Development and Retention, Public Image and The Rotary Foundation along with the Flagship projects of the club. He stressed the need to follow the Motto of Rotary - Service above Self unitedly – Together we can, which is also the theme for the year 2023-24.

In his address DG Elect Rajinder Khurana emphasised 4 areas on which Rotary was working to create lasting change in communities and ourselves. To increase the impact of Rotary, to expand its reach, to enhance participant engagement and increase its ability to adapt. Rotary is keen to have more Lady members and Youngsters in its fold. In order to achieve the set goals Rotary has to be more Data driven. The Club projects should be designed to reach the desired beneficiaries and project reporting to be more specific on a digital platform. He congratulated the outgoing president Dr Shivani Sule for the exemplary work done in her tenure. The Formal vote of thanks was extended by Hon. Club Secretary, Dr Madhumati Dhawad

The installation was followed by the Fellowship and Dinner. It was surely an evening to remember with the camaraderie amongst the members, old and new and other guests on full display, signifying the overall zest and enthusiasm with which RCNV conducts its affairs.







Vocational training

19th July 2023



RCNV in association with Niramay Bahu Uddeshiya Seva Sanstha Nagpur organised Cookery classes for Women at Niramay Centre, Renuka Apartment, Rui Village, Wardha Road Nagpur.

Rt Ann Sarita Agrawal, Rt Ann Sadhana Paliwal and Anita Agrawal conducted Cookery class at the centre. About 16 village women participated in the class. They were taught and demo given for Burger making and later participants prepared themselves.

The vocational training was possible due to the efforts of President, Secretary and Director and the entire staff of Niramay sansthan. Dr Urmila Kshirsagar extended thanks to entire team of RCNV for their support.



Interact installation

21st July 2023



Interact club installation of Tejswini Vidya Mandir High School, Morning Star ☆ was held on 21st July 2023.

The ceremony began with the lighting of auspicious lamp. The members from RCNV were welcomed by beautiful bouquets of paper flowers made by the students. The outgoing president gave her report of projects undertaken during the year. The incoming president of interact has shown keen interest in having several activities in association with RCNV throughout the academic year. The students paid a beautiful tribute to the Indian army in the form of a skit. The program was very well organised with the help of teachers in charge and Director Ritu Katariya. President Ajay Uplanchiwar applauded the efforts of children and promised support from RCNV for the activities undertaken in the interact. Along with the President, Hon Secretary Madhumati Dhawad , President elect Jayashree Chhabrani, Director youth Yogesh Paliwal, Chairpersons Rt. Anns Aditi Raje and Neeta Punyani were present. Other members from RCNV present were Rtn Bhawani Singh Bhonsale, Rtn. Wagish Katariya, Rtn. Dhawal Jain ,Rtn Sanjay Punyani and Rt. Ann Asha Joshi.





Regular meeting

21st July 2023



Rendezvous with MasterChef Vishnu Manohar and Millet recipe Competition

RCNV organized a very interesting Rendezvous with MasterChef Vishnu Manohar, moderated by Rtn. Meghana Nene and a fun filled recipe Competition for its members on 21st July 2023 at Chitnavis Centre. More than 18 mouth-watering, healthy food delicacies high on nutrition were presented by participants.

The session began with educative Q & A round with Vishnu ji on Millets and its benefits. Vishnu Manoharji, a celebrated chef from Nagpur, has put Nagpur on the world map with his culinary skills. He regaled the audience with his humorous poetry on one's obsession with food. RCNV awarded the Vocational Award to Mr Vishnu Manohar for his great contribution to the food industry.

The recipe Competition was Judged by renowned Nutritionist Pradnya Bagalkote who Enlightened the listeners about balancing the diet with the right nutrition by adding varieties of millets in daily cooking that too using simple recipes. The most enthusiastic and only male participant was PDG Rtn Dr Satish Sule, and the youngest participant was Teenager Miloni Sampat. Prizes were won by Rtn Garima Gupta for Millet bhel and Rt. Ann Rupal Kataria for delicious Millet Phirni.

Rtn Pramod Batra introduced the MasterChef while Rtn Aarti Kalode introduced Nutritionist and Judge Mrs Pradnya Bagalkote and Rt. Ann Vani Chhabrani proposed a vote of thanks. The meeting was attended by more than 70 members and guests.



Warm Hearts dil se dil tak

22nd July 2023



A perfect start to our Flagship project Warm Hearts (Dil Se Dil Tak) on Saturday, 22nd July 2023. The event started by lightening of Lamp followed by Saraswati Puja. Team RCNV were given a warm welcome by the Principal and Staff members of the school. Despite heavy rains students and RCNVnians turned out in large numbers.

Umbrellas and Ponchos (Raincoats) were distributed to the needy students of Tilak Vidyalaya , Dhantoli. PP Rajiv Behal briefed about the project and the need to extend it and include distribution of raincoats n umbrellas under project Warm hearts. President Ajay promised support to 25 under privileged school children by adopting them for a year..

Umbrellas n Raincoats were donated by Director Nitya Agrawal in memory of her beloved Mother, Late Mrs Maya Devi Agrawal.

RCNV further donated 30 Pots with plants which were donated by our very own Rtn Priyanka and Rakesh Awachat. School Principal and staff members expressed their gratitude for the gesture.

The Umbrellas and raincoats were procured by Chairperson Rtn. Mufazzal Fidvi.

PP Rajiv Behal, President Ajay, Vice President Ritesh Amidwar, Hon. Secretary Madhumati Dhawad, Director Nitya Agrawal, Pallavi Uplanchiwar, Chairpersons Yuvraaj Pandharipande, Rakhi Amidwar , Tanushree Vijaywargi , Pooja Poddar , Payal Mallelwar , Swati Belkhade , Priyanka Sharma , Dr. Geeta Verma, Ritesh Amidwar and Praveena Durugkar were present on the occasion.



Interact installation

23rd July 2023



The installation ceremony of RCNV Interact at Deaf and dumb school was held on 23rd July at the school in Saoner. The ceremony was attended by President Ajay Uplanchiwar, PP Jatin Sampat, secretary Dr Madhumati Dhawad, First Lady Pallavi Uplanchiwar, Treasurer Amit Chandak, Director Youth Yogesh Paliwal, Chairperson Neeta Punyani and other members of the club including Asha Joshi, Sanjay Punyani, Karishma Paliwal and Rotakid Miloni Sampat.

The incoming President of RCNV Interact, Bhavika Bobade conveyed that she would ensure that her team would work diligently and carry forward the good work done by the previous team and plan new projects too. President RCNV, Ajay Uplanchiwar appreciated the students for rising above adversity and create a mark for themselves. He further congratulated the team 2022-23 and appreciated the projects undertaken like Tree Plantation, Cleanliness drive in school, Ganesh Idol making, celebrations of different festivals, Menstrual hygiene workshop and more. Director Yogesh praised and applauded the efforts of all the teachers and promised support to the Projects which students wished to undertake in future. The Scholarship of Rs. 25000/- from project Smiling Faces was also distributed to the needy children of the school.

The Director, Durga Chede, informed that the E-Learning kits donated by RCNV has become an indispensable tool in the teaching and learning process for the children and expressed gratitude for the same.



Vocational training

24th July 2023



On 24 July 2023, a Rakhi Making Workshop was organized by the Rotary Club of Nagpur Vision at Shaskiya Mulinche Bal Gruh, Nagpur. The workshop aimed to teach the art and craft of making rakhis to around 15 underprivileged girls. The workshop also provided an opportunity for the girls to earn some income by selling their handmade rakhis. The workshop was conducted by Rtn. Neeta Punyani and Rtn. Karishma Paliwal. They demonstrated various techniques and materials for making beautiful and creative rakhis.

The girls participated enthusiastically and showed keen interest in learning the skill. They also expressed their gratitude and appreciation to the Rotary Club for organizing such a useful and enjoyable workshop.

The workshop was a success and achieved its objectives of empowering and engaging the girls. The Rotary Club plans to conduct more such workshops in the future to help the girls develop their talents and livelihoods.



Vocational training

27th July 2023



RCNV in association with SVK Shikshan Sanstha, organised a Rakhi making workshop for the members of SVK sanstha. SVK Shikshan Sanstha is a NGO which looks after the intellectually challenged persons and works towards making them self-reliant by skill development. Around 15 persons in the age group of 22 to 30 years participated in the workshop. Rtn Pallavi Uppanlawar conducted the workshop from 12 noon to 2 pm and demonstrated new and contemporary styles of Rakhi making. Gayatri Vatasalya, Director of SVK sanstha, President Rtn Ajay Uplanchiwar and Rtn MinalMukkawar were present for the workshop.



Interact installation

28th July 2023



Installation of PHOENIX interact club of SOS Atrey Layout was held on 28th July 2023 at 11:30 a.m.

The ceremony began with the lightening of auspicious lamp followed by the welcome speech of the principal, Dr Shilpa Newaskar. Pinning of the new board was done at the hands of President Ajay Uplanchiwar and Hon. Secretary Rtn. Madhumati Dhawad. The incoming President, Phoenix interact Club, Sanskriti, in her acceptance speech said that they would work for a greener Nagpur by participating in Tree plantations. Among other projects the president and her team showed interest in organising a cyclathon and a Mock Parliament in association with RCNV. President Ajay Uplanchiwar and Director Youth ,Yogesh Paliwal congratulated the team and welcomed the young leaders to the world of rotary. The 4 Way Test board was also installed in the School premises by Director Farnberg Bharucha. The other members present from RCNV included President elect Jayashree Chhabrani, PP Vikram Naidu, Chairpersons Neeta Punyani, Vaani Chhabrani, Meghna Nene, First Lady Pallavi Uplanchiwar, Sanjay Punyani and Karishma Paliwal.



Regular meeting

28th July 2023



President Ajay called the meeting to order and welcomed everyone present. A half-minute silence was observed. Rt. Ann Vinita Saraf read the four-way test. Rt. Ann Mamta read Rotary Info. President Ajay greeted members on their birthdays and anniversaries. President Ajay inducted three new members Mrs. Sonali Waghmare, Mr. Ashutosh Jha, Mr. Yash Londe. After that, the Young quiz master, Sharvari Bidaye, took the stage to conduct a captivating quiz. She formed four teams with the help of Chairperson Ritika Singhvi. Throughout the quiz, Sharvari maintained a positive and encouraging demeanor, fostering a comfortable environment for all participants. The questions were well-researched, covering a wide array of topics. Quiz master Sharvari's enthusiasm and excellent hosting skills made the meeting a memorable experience for all attendees. Rtn Pinaki, President-Elect Jaishree, and Rtn Akshay were the winners and Rtn Ritesh Somani, Rt Ann Sonal, and Rtn Rajesh Umekar were the runners-up. Director Ritesh and Chairperson Ritika worked hard to execute this program. Rtn. Rishi Saraf proposed the vote of thanks. The meeting ended with the national anthem.



Take Rotary home

29th July 2023



What is take rotary home

Take Rotary Home is one of the most successful programs of Rotary. It is aimed at fostering friendships within the club, forming lifelong bonds, understanding fellow Rotarians and their vocations and strengthening relationships. A cross section of Rotary couples is selected according to the host home size. These couples are from among new and old Rotarians. They introduce each other, know about their likes and dislikes, taste a variety of cuisines (pot-luck system), get some Rotary information (provided by a Past President), play some games and generally have a relaxed evening at a fellow Rotarian's home. TRH helps new Rotarians understand Rotary, the culture that drives it and at the same time old Rotarians meet the new ones and help ease them into the system. TRH has been known to work wonders as far as strengthening the club system goes and is hugely credited with forming lifelong bonds between Rotarians.

The first Take Rotary Home during the tenure of Pres Ajay Uplanchiwar was held in the beautiful home of Rtn Vrushali and Prashant Bongirwar, on July 29th. The theme was Aqua. About 40 Rotarians and Spouses attended. The Dress code was Blue and even the menu was Aquatic themed. The hosts Vrushali and Prashant went the extra mile and decorated their home with Blue lights and flowers. The guests were made to introduce their spouses and some fun-filled games were played which increased the bonding between the members. PP Vikram Naidu gave information on Rotary. Director Manjiv Sharma and Chairpersons Meghana Nene, Shalini Naidu and Shruti Ghatode worked hard to make sure this event was a grand success.



Birthday celebrations

Whenever you meet senior citizens, they always come to you with a big smile. They hug you and make you feel welcome and accepted in their homes. It is surely an amazing experience to see the love and joy in their eyes whenever one makes them feel special.... The senior citizen committee took the initiative and started this gesture of showing love, gratitude and respect by having surprise birthday celebration at their home.



Interact installation

31st July 2023



Installation of charter interact club, Elite of School of Scholars, Wanadongri was held on 31st July 2023 at 11:30 a.m. in the school premises. The ceremony began with the lightening of auspicious lamp followed by the welcome speech of the Senior principal, Dr Kavita Nagarajan. In her address to the children she briefed about the significance of Interact club. Pinning of the new board was done at the hands of President Ajay Uplanchiwar and Hon. Secretary Rtn. Madhumati Dhawad. In her acceptance speech the incoming President, Elite Interact Club, Archi Singh, said that they understand the responsibility entrusted on her and her team and would abide by the motto of Rotary — service above self. Under the guidance of parent club, RCNV, the team would target projects like access to education for all, care for the environment and help in contributing to the society at large, One selfless act at a time. Director Youth, Yogesh Paliwal applauded the children for their discipline and attention to detail. President Ajay Uplanchiwar congratulated the team and explained the roles and responsibilities of the board. Tree plantation was also done in the school premises on the occasion of installation of interact. The other members present from RCNV included, Past President Vikram Naidu, Chairpersons Swati Belkhade, Sudha Agrawal and Karishma Paliwal.



Rotary around District 3030



Rotary Club of Deolali conducts Monthly Medical Checkups at Old Age home for the past 5 years



Rotary Club of Jalgaon distributed Drawing Books, Compass boxes and Crayons to a local school.



Rotary Club of Nashik Airport distributed Weighing machines and charts to school students.



Rotary Club of Jalgaon Gold City distributed high TB protein nutrition diet kits to TB patients.



Rotary Club of Nagpur North conducted Eye and Dental check-ups at Sindhi Hindi School, Pachpaoli.



Rotary Club of Nasik Road distributed notebooks and stationery to schools.



Today, over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children.

We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

Rotary’s Four Roles in Promoting Peace

Rotary and its members are:

- ◆ **Practitioners:** Our work fighting disease, providing clean water and sanitation, improving the health of mothers and children, supporting education, and growing local economies directly builds the optimal conditions for peaceful societies.
- ◆ **Educators:** Our Rotary Peace Centers have trained more than 1,600 peace fellows to become effective catalysts for peace through careers in government, education, and international organizations.
- ◆ **Mediators:** Our members have negotiated humanitarian ceasefires in areas of conflict to allow polio vaccinators to reach children who are at risk.
- ◆ **Advocates:** Our members have an integral role as respected, impartial participants during peace processes and in post-conflict reconstruction. We focus on creating communities and convening groups that are connected, inclusive, and resilient.



Australia Rotary clubs raise awareness and funds to prevent domestic violence and support its victims.



A university president and Rotary club fight Boko Haram to educate refugees in Nigeria.



Young people from Rio de Janeiro’s infamous favelas find an outlet for their energy – and a chance at Olympic gold – through Rotary.



Rotary Youth Exchange student learns appreciation of another culture and the key to global citizenship, progress, and peace.



Health tips



Shweta Ojha
Dietician



The monsoon season has arrived. Season changes from extreme hot to pleasant with the refreshing rains, but it also invites a lot of health issues like cold, flu, food poisoning, diarrhoea and other health risks.

Having a strong immunity is the only way to combat them. This we can achieve if we eat right and strike the balance between nutrition and immunity.

Tips to stay healthy

1. Drink boiled water and stay hydrated as heat kills the viruses and bacteria in it.
2. Keep yourself warm –by having soups, tea, coffee, tulsi / haldi / ginger /any herb infused tea and other hot beverages. They help in keeping cough, cold and throat issues at bay.
3. Incorporate Immunity boosting foods that can fight viruses and bacteria. eg.-
 - * Garlic–has antibiotic, anti-fungal, anti-viral properties. You can take 1-2 crushed garlic water and add in your daily cooking.
 - * Ginger–is an antioxidant, antibiotic, anti-microbial and anti-inflammatory agent. You can take Ginger tea, ginger juice with honey.
 - * Turmeric – contains curcumin which has anti-inflammatory, antioxidant and anti-bacterial properties. You can take haldi water, haldi milk and add in your daily cooking.
4. Include nuts, seeds and dry fruits – like almonds, walnuts, dates, pumpkin and sunflower seeds etc. They are rich in vitamins and minerals like Vitamin E, iron, zinc etc. which helps to strengthen your immunity.

Foods to avoid

1. Avoid raw uncooked food.
 2. Avoid seafood – as monsoon is the breeding season for fish and other sea animals.
 3. Avoid outside food – as source of water used to prepare food is unknown and if food not covered then viruses and bacteria from air are likely to settle in it.
 4. Avoid fried food –as fried food makes your tummy bloated. Humidity tends to slow down your metabolism, hence affecting your nutrition and immunity.
- Always remember, your nutrition and immunity depend on the food you eat. Therefore, you should be conscious of what you are feeding in.



RCNV
welcomes you!



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