

NOVEMBER 2023

VISION

MONTHLY NEWSMAGAZINE OF THE ROTARY CLUB OF NAGPUR VISION

RID 3030



www.rcnv.in



THE DIWALI- WINTER FELLOWSHIP

CAREER
GUIDANCE

CYCLE
DISTRIBUTION



Presidential message

Oct 2023



Mental Health Initiatives
Rotary Action Group



Rtn. Gordon McNally
RI President 2023-24

Next year, Rotary takes a step toward supporting peacebuilding in the Middle East and North Africa region when recruitment begins for our newest peace center in partnership with Bahçeşehir University (BAU) in Istanbul.

A series of events in the coming year will recognize the new center at BAU and Rotary's work to promote peace. The 2024 Rotary International Convention in May will mark 25 years since the first Rotary Peace Centers were announced — coincidentally at the Rotary Convention in Singapore in 1999. Recruitment for the first cohort of Rotary Peace Fellows at BAU also starts in 2024, and selected candidates will begin their program in early 2025.

Since its beginning, the peace centers program has prepared more than 1,700 peace fellows working in more than 140 countries to create a more peaceful world. That is certainly worth celebrating, but Rotary Peace Fellows are more than statistics on a page. Their actions have helped Create Hope in the World and will continue to do so.

For example, Jennifer Montgomery and Gorett Komurembe — peace fellows from the program at Makerere University in Uganda — are co-founders of Magenta Girls Initiative. The international nongovernmental organization equips Ugandan girls and young women with the support and tools to overcome harmful gender norms, generational poverty, gender-based violence, trafficking, and trauma.

Ndzi Divine Njamsi, another peace fellow who studied at Makerere, has taken lessons learned about Positive Peace and is sharing them with students of his own in Cameroon. He became interested in the Rotary Positive Peace Activator training program after witnessing extremism, online hate speech, and violence in Cameroon.

Since completing the program, he has brought his lessons on peace to students at the Yaoundé International Business School and other organizations in the Central Africa country.

The world needs more people like the graduates of the program at Makerere and our other peace fellows. To that end, we can all advance peace by encouraging our local peacebuilders to learn more about Rotary and apply for this impactful fellowship. Rotary members can also mentor candidates for the fellowship. Or you can work with peace fellows who have already graduated. They probably have an initiative or two that would benefit from your help.

Our peace centers in North America, Europe, Africa, Australia, and Asia depend on financial support as well. The program at BAU was made possible thanks to a generous gift of \$15.5 million to The Rotary Foundation from the Otto and Fran Walter Foundation.

This new Rotary Peace Center will offer a one-year professional development certificate in peace and development studies for fellows focusing on peacebuilding within the Middle East and North Africa region.

Peace must be waged persistently; it is the soil where hope takes root. But as with any journey, we take one step at a time. Let's take those steps together.





Rtn. Asha Venugopal
Dist Governor RID 3030

District governor's message

"Rotary stands, though the tempest roars about – Rotary still stands. Because it is grounded on the eternal and indestructible rocks of friendliness, tolerance, and usefulness." - Paul Harris.

I have completed almost 50% my club visits and I am truly humbled by the generosity of spirit of our Rotarians. I have formed bonds with so many outstanding humanitarians and I am marveled by the fantastic selfless service that you all are doing. I want you all to know that I will never forget you and will always cherish your friendship, support, and advice. I am so proud of our District as I am seeing our members devoting their time, efforts, and money to serve the community and their commitment.

December is Disease Prevention and Treatment Month. Depression and mental illness is high on our agenda this Rotary Year. Disease results in misery, pain, and poverty for millions of people worldwide. That's why creating awareness, treating, and preventing disease is so important to us.

According to reports 'Almost 100 million people a year 'forced to choose between food and health care'...Another 800 million people are spending at least 10 percent of their household budget on health care and 3.5 billion people — accounting for more than half of the world's population — are simply forced to go without most essential services..."

We set up temporary clinics, blood donation centres, and training facilities in communities struggling with outbreaks and health care access. We design and build infrastructure that allows doctors, patients, and governments to work together. The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in your own backyard. Let's continue serving our underprivileged.

I thank you all for your commitment to our Rotary way of life: for your leadership; for your friendship; for your integrity; for your commitment to diversity and for your service to humanity.

President speaks

Dear RCNV Family,
I think we can call our club the "action centre" of District 3030. Because we not only work hard but play harder. When every other organisation is winding down, we tighten our belts and take service higher. The proof of that is in your monthly magazine, which I hope all members read and enjoy. I would like to thank each and every member of my dynamic board for stepping up and delivering whatever is required. Some even going that one step further and delivering what is not expected too! All in all, RCNV has covered each and every avenue of service and is in fine health going forward. Now the only thing left is finding ways and means to ensure member attendance in meetings and projects. With all the wonderful work that we do, attendance is certainly disappointing considering our membership strength. Please come, spend some time with fellow members. We have lots in store in the coming months and we will need all the help we can get!



Editor's Note

SOHRAB KANGA

This is a test to see if members actually read our magazine. Answer the following in true or false (the maximum correct entries will receive a surprise gift!) All the answers are in this magazine itself. Please send your answers by Whatsapp on 9823031232.

1. Ajay Urganlawar is the President of RCNV for 22-23
2. December is Water and Sanitation month in Rotary.
3. The name of our magazine is "VISIONARY"
4. There was no blood donation camp in November
5. The theme of this year is "Together Forever"

Like the Presidents says....we do great work. But if members do not attend it seems like a waste of time, effort and money. The fun of Rotary is in participation. In physical presence. Because only then are the ones in charge motivated to do better!

Blood donation camp

1st November 2023



Blood

donation camp 1st November 2023



A blood donation drive was organised in association with Ace Women's Hospital in memory of late Shri Babanrao Bhojar, father of Rtn Dr Rupeshri Bhojar, on 1st November'23. 70 people donated blood. The drive was held in association with Lifeline blood bank.

LOKMAT Times of TIMES

Community News

RCNV, ACE organise blood donation camp



Members of RCNV during the blood donation camp.

Rotary Club of Nagpur Vision (RCNV) and ACE Women's Hospital organised a blood donation camp at ACE Women's Hospital in Central Avenue, marking the 15th consecutive year in memory of late Babanrao Bhojar.

The event was organised by Dr Rupeshri Bhojar and attended by RCNV vice pres-

ident Rtn Ritesh Amidwar, secretary Madhumati Dhadwad, medical director Dr Sangita Tajpuriya, Rtn Manish Agrawal, Rukmini Bhojar, Nikhil, and Ankita Bhojar.

A total of 70 units of blood were collected during the camp, which was conducted in collaboration with Lifeline Blood Bank.

Nagpur First
Page No. 4 Nov 10, 2023
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School Trip

For Saoner Deaf & Dumb school children 2nd Nov 2023



Our Heritage, Culture and Ideals are the things we live by and teach our children. The best way to teach children about culture and Heritage is by experiencing it all first hand.

On 2nd November, from 11 am to 2 PM, team Community Services of Rotary Club of Nagpur Vision lend a helping hand to the students of deaf and dumb school, Saoner towards better learning and understanding our rich Heritage and cultural values by arranging a tour to Bhavan's Sanskrutik Kendra, Koradi. 52 children along with 12 staff members participated in this trip. The children first took blessings of Devi Jagdamba Mata and then visited the Sanskrutik Kendra.

It was a well thought and planned project of team Community led by director Nitya Agrawal along with chairpersons, Swati Belkhade, Richa Chaudhary, Tanushree Vijaywargi and Priyanka Sharma. The project was designed so as to enable the specially abled students to learn and understand Ramayana and our freedom struggle with the help of paintings.

Their teachers explained everything in sign language that helped the children to understand the pictures and paintings. The school children and staff were treated to sumptuous lunch by Rotary club of Nagpur Vision. The children expressed their happiness in their own special way.

Rotarians PPGulab Mahant, Padma Mahant, Sharad Bhawe, Shalini Naidu and Richa Bhattad joined the children to encourage them. The visit was a most surreal experience.

It is said help without any reason and give without expecting anything in return. The smiles and joy and happiness this trip brought to the children was something to be seen to be believed and a precious gift for RCNVians.

RCNV's gesture for students of Saoner Deaf & Dumb School

THE community services team of Rotary Club of Nagpur Vision (RCNV) lent a helping hand to the students of Deaf and Dumb School, Saoner for better learning and understanding of India's rich cultural values and heritage with a tour to Bhavan's Sanskrutik Kendra, Koradi. Total 52 children and 12 staffers were taken to the Sanskrutik Kendra in Koradi by the club members.

The community services project was planned by director Nitya Agrawal along with chairpersons Swati Belkhade, Richa Chaudhary, Tanushree Vijaywargi and Priyanka Sharma. It was designed to enable the specially-abled students learn and understand "Ramayana" and our freedom struggle with the help of paintings.

Teachers accompanying the children explained everything in sign language that helped the students understand the beautiful pictures



Tiny tots of Deaf & Dumb School, Saoner, at the Bhavan's Sanskrutik Kendra.

and artistic paintings. Rotarians Gulab Mahant, Padma Mahant, Sharad Bhawe, Shalini Naidu and Richa Bhattad joined the children

and encouraged them. It was followed by a luncheon for the entire team, making it a surreal experience for the children.



Career counselling @ SOS School 3-8 November 2023

Career Counseling Camp Inspires Students and Parents in Nagpur

From the 3rd to 8th November 2023, the Rotary Club of Nagpur Vision organized a groundbreaking Career Counseling Camp in association with the School of Scholars, Wanadongri. The camp aimed to provide guidance and inspiration to over 50 students of 10th-standard, helping them make informed decisions about their future paths.

The event was spearheaded by Director Youth, Mr. Yogesh Paliwal. With a passion for assisting young minds, Mr. Paliwal saw the need for such a camp in Nagpur and worked tirelessly to make it a reality.

Rotarian Mr. Rahul Arya, conducted the counseling sessions. With his expertise and over 15 years of industry knowledge, Mr. Arya counseled each student on a one-to-one basis, discussing their interests, strengths, and aspirations. He provided insights into various career options, shedding light on potential job prospects and the required educational qualifications.

The impact of the camp was profound, not only on the students but also on their parents. It encouraged them to explore their passions and consider fields they had previously not thought of. The personalized counseling approach boosted their self-confidence and clarity regarding their future goals.

In conclusion, the Career Counseling Camp organized by the Rotary Club of Nagpur Vision, in collaboration with the School of Scholars, Wanadongri, was a resounding success. The Rotary Club of Nagpur Vision and the School of Scholars deserve commendation for their efforts in organizing such an impactful event.



Vocational visit

4th November 2023



Vocational Visit

to XSIO

4th November 2023



On 4th Nov, 42 Rotarians attended the first vocational visit of the year 2023-24 at XSIO Logistics Park located 18 kms from Nagpur.

The members met at Airport South Metro Station and the early birds were rewarded with a chocolate hamper!! All the cars were handed over a bag of snacks, water bottle and cold drink for their journey on the way.

XSIO is a Grade "A" Integrated state of the art logistics park spread across 3 million sqft in Nagpur, Maharashtra. It has a beautiful zen garden in between where the members interacted with the founder and learnt his journey. Later they visited a couple of warehouses to experience the facility.

Congratulations Director Vocation Riddhi Tahalramani and chairperson Garima Gupta for this well planned and executed vocational visit.



Diwali Donation



Diwali Donation at slums

7th November 2023

This Diwali RCNV, gave reasons to rejoice and play their favourite sports to the children from slums of Rahate Nagar, Toli. These slum schools are managed by Kushal Dhak, a renowned social worker who with the help of NGO's is running schools for the children from underprivileged background. The primary objective is to bring the children from slums to the main stream of the society. Moreover, to get the street children out of the swamp of the greater sins as begging, stealing and addiction. Team Community led by Director Nitya Agarwal, President Ajay Uplanchiwar and the chairpersons Swati Belkhade, Tanushree Vijaywargi, Rakhi Amidwar visited the slums and donated sports goods and other essential items on 7th of November 23. Sports goods like Basket Balls, Nets, Cricket Kits, Carrom Boards, Board Games, 25 Pairs of Shoes, 25 Pairs of Cricket Dress, Pairs of Sports Wear, Badminton Racquets + shuttlecocks, Table Tennis Racquets, Disc and Ring Games, Hockey Sticks, Tennis Balls, and Caps were generously donated by RCNV members to be distributed to the needy. Other items collected included Stationery, Clothes, Soft toys and Toys.



Biscuit Factory Visit

with SOS Atrey Layout

7th November 2023



RCNV collaborated a visit of Interact School of Scholars Atrey Layout to the Sunder biscuits Factory on 7th November '23. 40 students from SOS Atrey layout along with teachers in-charge, DeepmalaMourya and Manasi Gulkari and members of RCNV, Karishma Paliwal, Shruti Ghatode, Sgt At-Arms Abhishek and Director Youth Yogesh Paliwal participated in the industrial visit. This visit was mainly focused on understanding the technology and equipment used in the process of manufacturing of biscuits. It was a very informative, interesting and a successful visit. Students enjoyed and collected valuable information and were rewarded with delicious freshly baked biscuits. The members thanked the officials of Sunder Biscuits for a very fruitful visit.

Take Rotary

home 8th November 2023

The Fourth Take Rotary Home, TRH, for the year 2023-24 was held in the beautiful farmhouse of Rtn Abhijit and Meghana Deshmukh on 8th of Nov 23. Theme was SanjhaChulha, which is basically community building with dress code as party dress with ethnic touch. About 64 Rotarians and Spouses attended. The hosts Abhijit & Meghana Deshmukh really took great care of the guests with amazing live Barbeque. The guests were made to introduce their spouses with dhamakedar songs to increase bonding between the members. PP Jatin Sampat gave valuable information on Rotary. President Ajay addressed the gathering. Also present was IPP Shivani Sule.

Director Manjiv Sharma and Chairpersons Meghana Nene, Co-Chair Vaani Chhabrani and Garima Gupta conducted the event.



Regular meeting

17th November 2023



A Talk on Micro greens was organised by the programs committee on 17th Nov, 23.

The program started with the President welcoming everyone. A half-minute silence was observed.

Rt. Ajay Uplanchiwar read the four-way test. Rt. Ritesh Amidwar read Rotary Info. President Ajay greeted members on their birthdays and anniversaries.

After that, the Young Entrepreneur Sharvari Bidaye of Shar's Microgreens, spoke about Microgreens in details and highlighted the What, How and Why of the subject.

She explained the process of growing, Nutritional value and ease of use of the Microgreens.

She also addressed numerous queries regarding the subject and had a fresh lot of Microgreens for tasting.

The talk was very informative for all members who attended.

Ms. Sharwari Bidaye was introduced by Rtn. Ritika Singhvi. Hon Secretary Madhumati presented Sharwari with a memento and Vote of thanks was proposed by Rt. Smita Khare Bhargava.

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Rotaract installation

17th November 2023

Installation of Rotaract Club of Nagpur Vision - SAMSARA

The Rotaract Club of Nagpur Vision, successfully conducted their installation ceremony SAMSARA - Rebirth Of CreativeVision. Rotractors Mohit Multani and Nidhi Jogani were installed as President and Secretary respectively for the year 2023-24. Other directors of the board also took oath during the installation ceremony.

The Rotaract club of Nagpur Vision is comprised of former members of various institute based clubs. The ceremony was conducted in Mimosa Hall - Chitnavis Centre, Nagpur on 17th Nov 2023.

The event was graced by the Guest of Honor - Rtn. Ajay Uplanchiwar (President, Rotary club of Nagpur Vision), Rtn. Yogesh Paliwal (Director Youth, Rotary club of Nagpur Vision), Rtn. Mamta Jaiswal (President, Rotary club of Nagpur Elite)

Members of Rotaract club of stepping stones, Rotaract club of JDCOEM and Rotaract Club of PCE were present for the installation.

The team expressed their gratitude to the parent Rotary Club, RCNV, for all the support in all their endeavours.





Diwali fellowship

26th November 2023



Diwali fellowship

26th November 2023



Winter fellowship was organised on 26th Nov, 23 at Officer Club Lawns.
President Ajay, Vice-President Rtn. Ritesh and Treasurer Rtn. Amit Chandak welcomed the members.
Program started with Samai and Aarti Thali decoration competition, Followed by Fataka show which was sponsored by Rtn. Sohel Amin.
Rtn. Sonal Singhvi welcomed the gathering with Diwali wishes. Stand-up comedian Suraj Tiwari from Mumbai entertained the gathering. It was followed by Musical evening presented by Sachin and Surbhi Dhomne. The singers combined it with a musical Housie which was a unique experience for the members and guests.
Numerous surprise Gifts were given away and elements like Flash mob (by fellow Rotarians) was presented.
15 lucky members won silver coins in the Lucky Draw sponsored by Londhe Jewellers.
Prizes like early bird, best dressed couple, etc. were also presented.
About 160 members enjoyed the camaraderie during the Winter fellowship organised by the Programs committee, anchored by Rtn. Sonal Singhvi, decor by Rtn. Smita Bhargava and overall guidance support and direction by Director Ritesh Amidwar, President Ajay Uplanchiwar and Hon. Secretary Madhumati Dhawad.



RCNV hosts Diwali Milan prog, 160 take part

Rotary Club of Nagpur Vision (RCNV) organized its Diwali Milan programme at Officer's Club Lawn, Civil Lines, on Sunday. Around 160 members took part in the Diwali Milan programme where a winter fellowship event was also organized by the programmes committee. Various cultural programmes along with comic show was organized too. At the outset, president **Ajay Uplanchiwar**, Ritesh Amidwar and **Amit Chandak** welcomed the members, PDGs and past presidents of the club. Programme started with samai and aarti thali decoration competition, followed by



comedian **Suraj Tiwari** from Mumbai entertained the gathering which was followed by musical evening presented by well-known singers **Sachin** and **Surbhi Dhomne**. A flash mob by fellow Rotarians was

also presented. The event was anchored by **Sonal Singhvi** while **Smita Bhargava** looked after the decor, under the overall guidance of president **Uplanchiwar** and secretary **Dr Madhumati Dhawad**.



Senior Citizen birthday

26th November 2023



Birthday of Senior member Rtn. Pratap Chandarana was celebrated during the Winter Fellowship on 26th November by the Senior citizen committee. Fellow senior members and other members joined in the celebrations by cutting cake and other festivities.

Project udaan

30th November 2023



Project udaan

30th November 2023



Rtn. Gordon McLenally
President
Rotary International



**CREATE HOPE
in the WORLD**



UDAAN
1175 Bicycles Donation Project



Rotary
District 3030



Rtn. Asha Venugopal
District Governor
Rotary International



Thursday 30th November 2023 

Kusumtai Wankhede Hall, Nagpur
9:30am to 12:30pm

Guest of Honor
Smt. Kundatati Vijaykar
Ex. Mayor, Nagpur City

Chief Guest
Shri Ravindra Thakare, I.A.S
Additional Tribal Commissioner

Guest of Honor
Rotarian Asha Venugopal,
District Governor-RI District 3030

RC Bhandara
RC Nagpur Blackgold
RC Nagpur Downtown
RC Nagpur Fort
RC Nagpur
RC Nagpur Vision
RC Nagpur Green City
RC Nagpur Horizon
RC Nagpur Ishanya

Host : Rotary Nagpur Enclave

RC Nagpur Metro
RC Nagpur Mihantown
RC Nagpur Central
RC Nagpur Elite
RC Nagpur North
RC Nagpur South
RC Nagpur South East
RC Nagpur West

Rtn. Virendra Patrikar
District Secretary- Service Projects

Rtn. PDG Shabbir Shakir
District Enclave Advisor

Rtn. Ajay Kapoor
Enclave chair

Rtn. Kamlesh Ch...
Enclave Secretar...

Rotary District 3030's impactful initiative, Project Udaan, aims to enhance access to education by organizing a bicycle donation drive for students in Government and Zilla Parishad Schools. Under the leadership of DG Asha Venugopal, bicycles were made available to Rotary clubs at a highly subsidized rate of Rs. 2000, ensuring affordability. The commendable commitment of RCNV reflects in their pledge to donate 70 bicycles, with generous contributions from members like Karan Agrawal, Priyesh Vijaywargi, Amit Jeswani, Agrawal Commercials, Swati Belkhade, Rajiv Behal, Farnberg, Tanushree Vijaywargi, Ravleen Singh Khurana, and Nitya Agrawal.

This benevolent gesture aims to address transportation challenges, ultimately reducing school dropout rates. The chosen beneficiaries include children from Mahatma Jyotiba Phule School in Suraburdi, Tilak Vidyalaya in Dhantoli, Nanda Village, Deaf and dumb school Shankar nagar and students of Chitnavis Centre.

The culmination of this noble endeavour took place on 30th November at Kusumtai Wankhede Hall. The Bicycle Distribution Program, was graced by DG Rtn. Asha Venugopal and other district officials. This event marks a significant step towards fostering education and empowerment within the community.



Rotary around District 3030



RC Chalisingaon distributed cycles to children from underprivileged sections with the help of AG Ravindra Shirode and donation from Swagat Sevalaya.



RC Amravati Indrapuri conducted a free Orthopaedic, Neuropathy and Bone Density camp for 105 beneficiaries and provided access to medical care.



RC Akola North distributed clothes, footwear, stationery and utensils to underprivileged people of the tribal village Dharud near Akot.



RC Chalisingaon conducted a seminar on reduction of plastic waste. Disposal of wet and dry plastic garbage was explained to those who attended.



RC Chandrapur distributed school education material to 30 students at Sewada Mulinche Vasti Gruh Chandrapur.



RC Shegaon celebrated Diwali festival with people from Adivasi areas by giving them clothes, utensils, sweets and essential items.

Rotary international news

1.4 million

WE CONNECT PEOPLE

1.4 million members worldwide

47 million

WE TRANSFORM COMMUNITIES

Approximately 47 million volunteer hours each year

\$333 million

WE FUND SUSTAINABLE PROJECTS

\$333 million awarded for global service initiatives in 2020-21

Rotary projects around the globe



PERU

Much of the milk produced in Peru never leaves the farm: It's consumed directly by farming families, fed to calves, and used to make artisanal cheeses. The Rotary E-Club of Fusión Latina Distrito 4465 teamed up with the nonprofit CEDEPAS Norte to help subsistence farmers in the country's northern highlands. Last year the club delivered stainless steel presses and molds to open two cheese production facilities. A global grant of more than \$50,000 helped pay for the equipment, training, management, and marketing. "So far there are 21 new employees and 63 families served, and 25 pregnant cows were gifted" through the Peruvian government program Agroideas, says Club President Fernando Barrera, who lives in Trujillo.



ITALY

A rising number of young people with eating disorders prompted the Rotaract Club of Terre Cremasche and the nonprofit Consultorio Insieme Crema to conduct workshops for people ages 20 to 35. Beginning in April, the series covered three topics: body image, mindful eating, and wellness and sustainable dining. The sessions were developed in collaboration with counseling centers and psychologists. "The aim is to guide participants in critically examining their eating habits and the emotional and historical significance of meals," says club member Emma Prévot. The club funded much of the program with a gala cocktail reception in the town of Crema's civic museum, housed in a 15th century convent.



PHILIPPINES

With two club leaders being registered nutritionist dietitians, the Rotary Club of Lucena University District takes healthy eating seriously. The club paired with the Quezon chapter of the Nutritionist-Dietitians' Association of the Philippines to offer lessons at a jail on how diet can prevent disease, the importance of exercise, sleep, and drinking enough water, and other topics. Club President Joey Kathlyn Samonte and Past President Bella Castro also explained a food chart on optimal portion sizes for various food groups. And aspiring chefs tested their skills in a cooking contest using the organic vegetables grown at the jail. Club member Jasper Panganiban lauds the pair's devotion. "These types of projects to encourage healthy lifestyles and diets in the community are close to their hearts," Panganiban says.

Recipe corner



Mohanthal

Preparation Time - 30 min.

Ingredients for besan mixture: 3 cup besan ¼ cup ghee ¼ cup milk for roasting: 1 cup ghee ½ cup milk. Other ingredients: 1½ cup sugar ½ cup water pinch saffron food colour ½ cup khova / mawa ¼ tsp cardamom powder silver vark for garnishing dry fruits chopped

Instructions: firstly, in a large bowl take 3 cup besan, ¼ cup ghee and ¼ cup milk. Crumble and mix until the besan turns moist. Keep rubbing, until the besan turns grainy texture. Now sieve the besan using a large holes sieve. The besan turns grainy texture. Keep aside. How to roast besan: in a large kadai heat 1 cup ghee and add besan mixture. Keep roasting the besan on low flame. After roasting for 20 minutes, the besan turns golden brown and ghee releases from sides. Now add ½ cup milk and mix continuously. The mixture turns frothy forming a more grainy texture. Keep cooking the besan until the milk is absorbed completely. Transfer to a bowl and keep aside. How to make sugar syrup: in a large kadai add 1½ cup sugar and ½ cup water. Boil until 1 string consistency of sugar syrup is attained. Add pinch saffron food colour and mix well. Adding colour enhances the colour of burfi. Further, add ½ cup khova and mix well. Mix until the khova is well combined in sugar syrup. Now add roasted besan mixture into the sugar syrup. Mix well making sure the besan is well combined. Continue to cook until the mixture starts to separate the pan. Also, add ¼ tsp cardamom powder and mix well. Transfer the mixture into the tray lined with baking paper. Tap and level up forming an even top. Rest for some time, once the burfi has set completely, decorate with almonds and silver vark. Cut into square pieces and it is ready to serve.



Sarita Agrawal

WELLNESS & HEALTH

1 Wellness Tips for a Healthy Lifestyle

1. Start your day with a glass of water.

Your body goes quite a few hours without hydration as you sleep. Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health and give you an energy boost.

2. Begin with something positive.

Wake up and do something that inspires you like journaling, walking in nature, or other hobbies. Whether it's productive or relaxing, beginning your morning on the right foot can cultivate a positive mindset and set the tone for the entire day.

3. Get plenty of sleep.

Sleep is just as important as eating healthy and exercising. From improving your productivity and concentration to helping support your overall health, getting the recommended hours of sleep per night can have a major impact on your wellbeing.

4. Get some fresh air.

Whether you get outside for some exercise or to read a book in the sunshine, you should take at least 30 minutes a day to get some vitamin D.

5. Get moving throughout the day.

Try the stairs instead of the elevator, take short walks around your office or ride a bike instead of driving. Vigorous exercise is essential but moving throughout the day will keep you energized, as well as benefit your mind and body.

6. Track your steps.

Tracking your steps will help you see how much you've actually moved throughout the day and may even encourage you to challenge yourself to reach a certain amount of steps every day.

7. Give your eyes a rest.

Eyes become easily strained when you're constantly focused on your computer screen. Reduce the risk of tired eyes by looking away from your computer for at least 20 seconds in 20-minute intervals.

8. Eat real food.

Real food is whole, single-ingredient foods that are unprocessed and free of additives. Incorporating these foods into your day can help improve your health, manage your weight and give you energy.

9. Get some alone time.

Spending time alone can be extremely beneficial for your mental health. Get to know yourself, figure out what you want and start living your most purposeful life.

Know Your new members



Name: Roshni Tolani

DOB: 15/08/1980

Profession: Educator

Hobbies: Photography, Gardening, Art and Craft

Spouse: Late Khrmchand Tolani

Children: Devanshu Tolani (21 years)

What Motivated you to join Rotary - Respectability of Rotary as an institution. Friendship with lovely people from varied professional fields. Support social causes addressed by Rotary, sometimes get an opportunity to visit iconic, important places or meet and interact with interesting personalities, not possible casually.



Name: Monika Yadav

Dob: 13/06/85

Profession: Business

Hobbies: Traveling

Spouse= Ajay Yadav

Children=Aanya/14 yearsAahaan Yadav/3 years



Name: Dr Rashmi Sachin Jirapure

DOB: 03/04/1978

Profession: Dermatologist

Hobbies: singing, reading

Spouse: Sachin Jirapure

Hobbies: Exploring new places

Children:Saarth/16yrs

What motivated to join rotary: best platform for social services and social interaction



NAME: Rajesh Umekar

DOB: 13 MAY

Profession:ARCHITECT / INTERIOR DESIGNER / PLANNER

Hobbies: TRAVELING/ OUTDOOR SPORTS/ TREKKING/ MUSIC

Spouse: Bharti Umekar

Hobbies: READING/MUSIC /TRAVEL

Children: Yash-18

What Motivated you to join Rotary Social Service to The Society, Best Platform For New Connects to Rotarians With Education, Tours, Knowledge, Travel, Enjoyment.



Name: Vrushali Bongirwar

DOB: 17/08/1974

Profession: Business

Hobbies: Meditation

Spouse: Prashant Bongirwar

Hobbies: Reading , Music

Children: Vedant (25) & Rugved (17)

What motivated you to join rotary?Looking to make a positive impact & engage in meaningful volunteer work.



DESTINY



Maha-RERA Registration No.
P50500045564

3 BHK Luxurious Flat

at

Hazaripahad - Friends Colony

STARTING FROM **62 L***

ONLY 2 MINS FROM FUTALA LAKE



Maha-RERA Registration No.
P50500048974

2 BHK Luxurious Flat

at

Shankarpur - Beltarodi Rd

STARTING FROM **38 L***

ONLY 2 MINS FROM DMART



WITH BEST COMPLIMENTS FROM



**PRASHANT
BONGIRWAR**



**VRUSHALI
BONGIRWAR**



**VISHAL
GANDHEWAR**



**VEDANT
BONGIRWAR**



**METROCITY
GROUP**

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📍 GROUND FLOOR, 11-A, KHARE TOWN, DHARAMPETH, NAGPUR

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