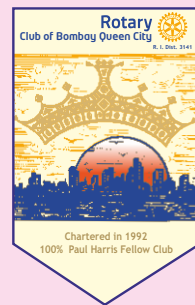


Queen City Track

Jul.-Sep. 2023

BULLETIN OF THE ROTARY CLUB OF BOMBAY QUEEN CITY



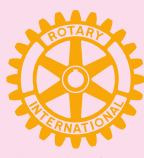
There is a quiz contest waiting for all the members

Solve and win prizes



incredible 2023-24

Rotary Club of Bombay Queen City
Chartered in 1992 • 100% Paul Harris Fellow club



R. I. Dist. 3141

Introducing...

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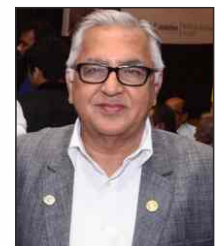
Vocational Service
RTN. SUSHIL MORE



Youth Service
RTN. ANUP GUPTA



Club Membership
RTN. MAHENDRA AGRAWAL



PNI Director
RTN. RANBEER KISHAN

President's Message

Dear Rotarian,

I hope this message finds you in good health and high spirits. As we navigate through these challenging times. Our commitment to Rotary's ideals of service above self remain unwavering .

In the past month ,our club has continued to make a positive impact on our community through our various service projects .From supporting local schools to Army school in Kashmir,organising food drives, donation medical equipments ,our dedication to make a difference is truly commendable.

I would like to extend my gratitude to all the members who have contributed their time, expertise and resources to these initiatives .Your dedication is what makes our Rotary club such a vibrant and impactful organisation.

Looking ahead,we have some exciting events and projects on the horizon. Let's continue to work together ,fostering fellowship and service in our community,

thank you for your commitment to Rotary, and let's keep making a positive impact together.

Yours in Rotary
Anupama Jalan
President RCBQC 23-24



Editor's Message

Dear Rotary friends ,

As your Bulletin Editor ,it is my privilege to keep you informed and inspired through our Rotary Club's bulletin .

In the spirit of Rotary,let's continue to make a positive impact in our community and the world, share your stories, achievements and upcoming projects with me so that we can celebrate our collective efforts.

Remember together, we can achieve great things and inspire others to do the same. Let's keep the Rotary spirit, alive and thriving .

Your's in Rotary
Mahesh Jalan
Bulletin Editor (2023-24)



A Successful DOP



The great speakers were DG Arun ji Bhargava, DGE Chetan Desai, Lt Governor Rajan Dua, DS Sandeep Kedia, AG Sandeep Reshamwala, DS Nitin Doshi, coordinator Devang Goradia .



Installation Ceremony

June 29 th the Installation of incredible President Anupama Jalan ,Rotary Club of Bombay Queen City ,District 3141.



Queen City Track

BULLETIN OF THE ROTARY CLUB OF BOMBAY QUEEN CITY



incredible
2023-24

CREATE HOPE
in the WORLD



PROJECTS - JULY

On 29 th June animal feeding- All the Ann's and members sent jaggery and home made bread to feed cows.



1st July Blood donation drive by RC KC joint hand with RCBQC at Mulund railway Station.

PROJECTS - JULY

Grain Distribution on 2nd July by Rtn. Vinodji & Ashaji Bhimrajka at GD Somani school for 150 Divyang people.

- 3 Tricycles donated by RTN Vijay Ankalkoti
- 1 wheelchair donated by Arjun ji Mudda.
- Umbrellas and Sanitary napkins (courtesy Rtn Vijay Singhal & Indian Red Cross Society) were distributed .



PROJECTS - JULY

2nd July Gadge Maharaj Dharamshala food distribution . present members with partner were 1. Anup Gupta, 2. Amita Gupta, 3. Pramod Chokhani, 4. Manjula Chokhani, 5 Mahesh Jalan, 6. Anupama Jalan A successful project.



3rd July , at Dadar West police station , 100 raincoats distribution. Donated by RTN Arjunji Mudda. Present members were 1. Arjun ji Mudda, 2. Surendra ji Ruia, 3. Rajeev ji Jalan, 4. Mahesh Ji Jalan, 5. Anupama Jalan



PROJECTS - JULY

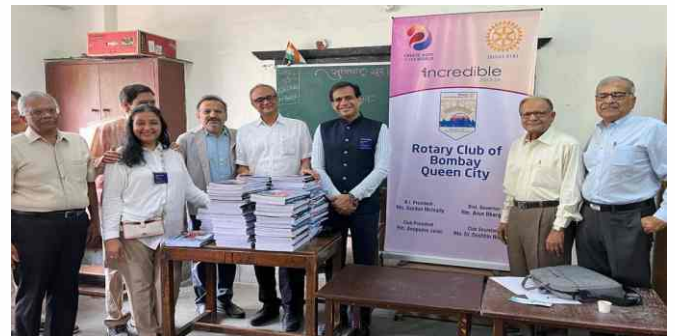
3rd July Gadge maharaj Dharamshala on the occasion of Guru Purnima kheer and food distribution for cancer patients . Sponsored by RTN Pramod ji Chokhani. present members with partner were 1. Pramod Chokhani, 2. Manjula Chokhani, 3.Mahesh Jalan, 4.Anupama Jalan, 5.Anil ji Lohia, A successful project.



6th July, Installation ceremony of Retractor Pearl Balsara of Rotary Club of Bombay Queen Town. Sponsored by RTN Sandeep ji Bajoria



12 thJuly note book distribution at Banganga Municipal School . Donated by Yogi Agarwal . Members present 12



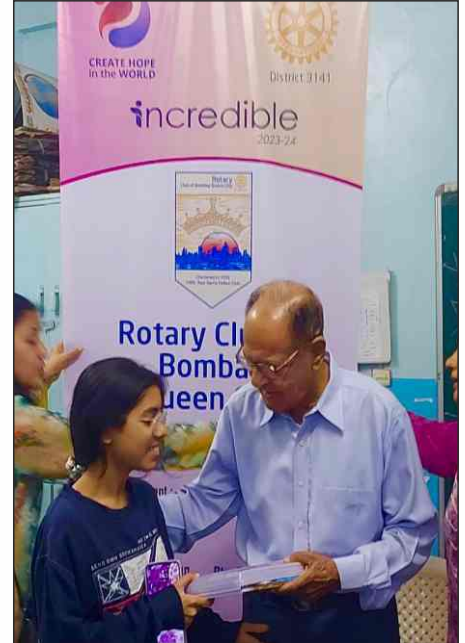
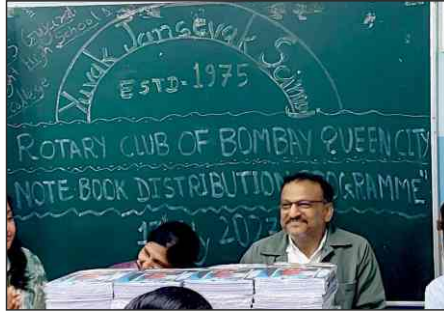
PROJECTS - JULY

12 th July Eye and Ear camp inaugurated by Medical chair Sandeep Kedia at Banganga Municipal school. The free power glasses to the staff ,sponcered by Suryansh Jalan (son of RTN Mahesh &Anupama Jalan)



PROJECTS - JULY

13th July '23, Book distribution at YJS Gujrati Night School, Tardeo, donated by Rtn. Yogi Agarwal and Namita Agarwal. 100 students benefited from the above.



13th July '23, Book, lunch box & bottle packets donated at BMC Colony, Palton Road, behind Palton Road police station, donated by Rtn. Yogi Agarwal and Namita Agarwal. 150 children got benefited.



13th July '23, Gum boots donated at BMC Colony, Palton Road, behind Palton Road police station, donated by Rtn Mahesh Jalan And Anupama Jalan. 150 children got benefited.



PROJECTS - JULY

17 th July Eye camp at Sundatta high school and Balak Vrind education society Tardeo both together .The power glasses donated by Suryansh Jalan(son of Mahesh Anupama Jalan)435 Students and staff got benefited.



PROJECTS - JULY

On 27 th July a “check -dam” donated to Amla ji Ruia for Bhuj by our Ann-Sheela Goenka, Veerbala Parasramka, Neera Pachariwal, Alka Sanghai, Anju Maroo, Pratibha Jhota and Uma Bagadia.



International Fellowship Project: PP Rtn Sharad Gupta met PDG Rtn Ajay Bhatnagar, our international partner for GG2235606, member of Rotary Club of Basel Dreiländereck, RID 1980, at Grindelwald, Switzerland.



20th July, flag exchange at Jio mall with Rotary club of Chandigarh Down Town. RI District 3080

PROJECTS - JULY

20th July “**JAAN PEHCHAN HO**” all were speakers fallowship meeting held at Taj Wellington Mews. Induction of two new members Sushila Mittal and Shyam Singhania. 78 Members and Ann’s were present.



PROJECTS - JULY



PROJECTS - AUGUST

Initiative of Dr Hedgewar Hospital Aurangabad.. in Tribal Area ..

आदिवासियों में होने वाली बीमारियों और उनके कल्चर को उनके द्वार तक जाएंगे मेडिकल स्टूडेंट्स

मेडिकल यूनिवर्सिटी-डॉ. बाबा साहेब अम्बेडकर वैद्यकीय प्रतिष्ठान महाराष्ट्र के बीच होगा एमओयू

पीपुल्स संवाददाता • जबलपुर

मो.नं. 9713230229

प्रदेश में पहली बार आदिवासी समुदाय के बीच मेडिकल की पाठ्यक्रम को लेकर **पीपुल्स समाचार एक्सक्लूसिव** छात्रों के द्वार तक जाएंगे और उनके कल्चर के साथ उन्हें होने वाली बीमारियों के बारे में जानकारी लेकर अनुसंधान करेंगे। यह नवाचार मध्य प्रदेश आयुर्विज्ञान विवि जबलपुर के कुलपति प्रो. डॉ. अशोक खंडेलवाल ने किया है। संभवतः यह मेडिकल यूनिवर्सिटी का पहला एमओयू है जो कि किसी दूसरे प्रदेश के बड़े संस्थान से जनजाति समुदाय स्वास्थ्य लाभ को लेकर किया जा रहा है।



कार्य परिषद ने दी एमओयू को हरी झंडी

बताया जाता है कि डॉ. बाबा साहेब अम्बेडकर वैद्यकीय प्रतिष्ठान महाराष्ट्र के सदस्यों द्वारा लगातार पिछले कुछ दिनों से विवि के कुलपति के साथ संवाद चल रहा था। इसके बाद कुलपति प्रो. खंडेलवाल ने यह प्रस्ताव विवि के प्रशासनिक अधिकारियों से तैयार कराने के बाद कार्यपरिषद की बैठक में सदस्यों के समक्ष रखा। मेडिकल छात्र-छात्राओं के हितों

को देखते हुए सभी सदस्यों ने इस पर सहमति जताते हुए एमओयू के लिए हरी झंडी दे दी।

एमओयू से क्या होगा फायदा

विवि के कुलसचिव डॉ. पुष्पराज सिंह बघेल ने बताया एमओयू का प्रस्ताव कार्य परिषद से पास हो गया है। जिस संस्थान से एमओयू होना है उनके एक्सपर्ट लंबे समय से जनजाति समुदाय व ग्रामीण इलाकों में होने वाली बीमारियों को लेकर उनके बीच जाकर इस पर अनुसंधान कर रहे हैं। एमओयू होने से हमारे प्रदेश में भी करीब 22 ऐसे जिले हैं जो कि आदिवासी बाहुल्य है यहां पर उक्त संस्थान के एक्सपर्ट्स के साथ छात्र जाएंगे और उनकी जीवनशैली के साथ उनमें होने वाली अनुवांशिक बीमारियों में जैसे सिकिल सेल

सहित सीजन में होने वाले रोगों के बारे में जानेंगे। साथ ही हमारे यहां के छात्र महाराष्ट्र जा सकेंगे और उनके यहां के छात्र हमारे यहां पर आकर रिसर्च वर्क कर पाएंगे।

एमओयू डॉ. बाबा साहेब अम्बेडकर वैद्यकीय प्रतिष्ठान

महाराष्ट्र के बीच एमओयू होना है। इसे सैद्धांतिक रूप से कार्य परिषद से सहमति मिल गई है। एमओयू की कागजी प्रक्रिया जल्द ही पूरी कर ली जाएगी। इससे दोनों ही प्रदेशों के छात्रों को लाभ मिलेगा।



प्रो. डॉ. अशोक खंडेलवाल, कुलपति एमओयू जबलपुर।

6th Aug - Sunday-7pm Food Distribution at Gadge maharaj Dharamshala Dadar East Organised by PP Rtn. Anup Gupta



PROJECTS - AUGUST

Sunday 6th August whole month grain distribution by RTN Vinod ji Bhimrajka and family to 150 divyangs.



15th Aug. flag hosting and biscuits distribution at Banganga Municipal school donated by Murari Agarwal.



PROJECTS - AUGUST

15th August 65 cycles were distributed to school going girls in remote area of naxal infested Gadchirdi at the hand of Maharashtra DCM Devendra Fadnavis on 15 th August 2024 . They are sponsored by Rtn Kailashji Agarwal.



Praveen Dixit, IPS
@PNDixitIPS

@Dev_Fadnavis, @SP_GADCHIROLI 65 cycles were distributed to school going girls in remote area of Naxal infested Gadchiroli at the hands of DCM @Dev_Fadnavis on 15August. The program was sponsored by Rotary Club of Bombay Queen City Foundation, Avighna Group & Mauli seva mandal,

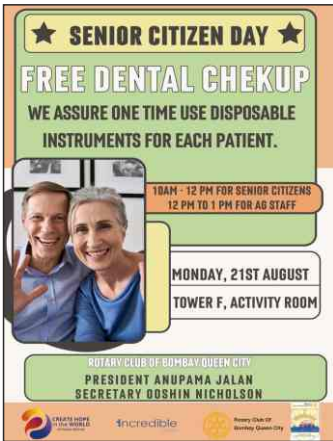


The Addiction Prevention seminar was done on 18 th August successfully ,at KC college Auditorium. 62 students got benefited . The students who attended the seminar ,we provided them E certificates also.Speakers was Neelam Gada . Interaction and question answer session was endless.The food and gift sponsored by RTN Mahesh Janan.



PROJECTS - AUGUST

To honour and give a smile on the faces RCBQC organised senior citizens dental care camp on the occasion of world senior citizen day on 21st August . 122 senior citizens availed this facility. Sponsored by RTN Mahesh Jalan.



On 15 th August the beach cleaning project done with the collaboration with the Rotract club RCBQT . 10 Rotracter were present .



PROJECTS - AUGUST

15 August celebration on 22nd by Byawishyayan project Banganga municipal school kids have performed cultural program. Fruits sweets sponsored by RTN Mahesh Jalan.



DONATED BUS TO ARMY GOODWILL SCHOOL RAGHAVAN

During the trip to Machhal we handed over a school bus to the Army Goodwill School, Raghavan which was donated by RC Mumbai Queen's City. President Anupama Jalar



PROJECTS - AUGUST

15th August 2023 evening 4 pm was a historic moment for **Machal (near LOC in Kashmir) kids**.

The kids started cheering, the mothers hugged me and started crying, when ROTARY CLUB of BOMBAY QUEEN CITY, donated and handedover the keys in the hand of the principal of a SCHOOL BUS to the Army good will school .

For me also the moment was a mesmerising moment.

Thanks to all the donors and they are-

1. Akhil Bhartiya Agarwal Samaj,
2. Suryansh Shreya Jalan
3. Amla Ji Ruia
4. Vinod ji Bhimrajka
5. Rajendra ji Agarwal
6. Dilip Ji Sanghai
7. Pawan ji Sanghai
8. Anil ji Chokhani
9. Shailesh ji Mahimtura
10. Arjun ji Mudda
11. Mihir ji Mehta
12. Veerbala Parasramka
- 13.. Sheela Goenka
14. Bhagchand ji Paharia
15. Sushil ji Agarwal
16. Sushil ji More
17. Ranbir Krishan ji
18. Ajay Agarwal
19. Nirmala Poddar
20. Shyam Makharia
21. Alok mohta
- 22 vijay Ankelkoti
- 23 Rajendra pacheriwal
24. Shreedhar ji pittie



MEETING - AUGUST

10th August an evening with Brig Ajit Shrivastav LOC and KARGIL ki 'Ankahi Kahani' It was a goosebump speaker meeting.



MEETING - AUGUST

Glimpses of 24 th spouse night at Diablo disc and restaurant.



PROJECTS -SEPTEMBER

Sunday 3rd September at GD Somani . It was very well organised . All were very happy. Thanks to RTN Vinod Bhimrajka and family. I loved that the small kids , young all age participate . Today they donated ,not only monthly grains ,but a walker , pedas ,and shirt -pant pcs also . Thanks RTN Dr. Arun gupta and mummy ji for donating bedsheets and bananas . Thanks RTN Uma Bagadia and Prateek Bagadia for donating yummy Samosas and gulabjamun . September is a happy month with happy beginning.



PROJECTS -SEPTEMBER

Sunday 3rd September, 7pm food distribution at Gadge Maharaj Dharamshala Dadar. Sponsored by RTN Dr Arun gupta .



On 2nd September The Inauguration by DG Arun Bhargava at the Nehru Science Centre Inter School Quiz contest, which is jointly sponsored by Rotary Club of Bombay Pier & Rotary Club of Bombay Queen City. It was an exhilarating feeling to be in the midst of so many children from all over Mumbai. Our club is associated with this project for last 20 years.



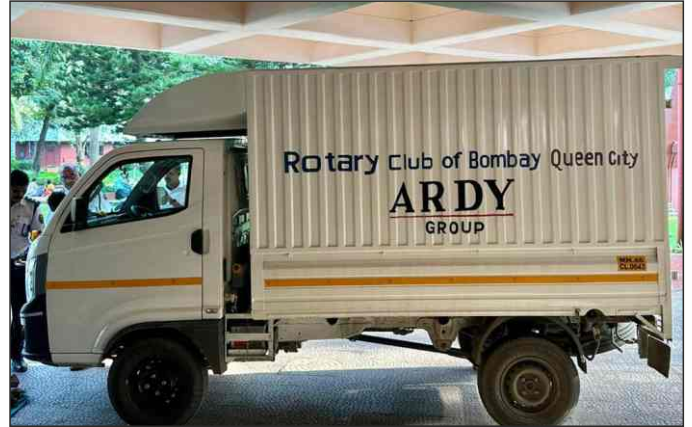
दैनिक साईट मीडिया 2R
BUNGLE MAHIN 7800-26177
एडिटर इन चार्ज

मुंबई 6 सप्टेंबर: रोटरी क्लब ऑफ बॉम्बे व्हीन सिटी और रोटरी क्लब ऑफ बॉम्बे पियर द्वारा संयुक्त रूप से प्रायोजित नेहरू साइंस सेंटर इंटर स्कूल विज्ञान प्रश्नमंजुषा द्वारा उद्घाटन हुआ।
बता दें की पूरे देश से इतने सारे बच्चों के बीच होना एक उत्साहजनक एहसास था मुंबई 100 स्कूलों ने भाग लिया वहां लगभग 400 छात्र थे हमारा क्लब पिछले 20 वर्षों से इस परियोजना से जुड़ा हुआ है।



PROJECTS -SEPTEMBER

5th September: visit to Actrec Hospital (Tata Memorial), Kharghar. Hand over a goods carrier van. Sponsored by Rtn Yogi Agarwal.



Visit to ACTREC (Tata Memorial) Hospital on September 5th, where Medical equipment was donated;
GRANT NO. CS2300102-

- a. Donation of Radio Diagnosis unit with Digital Radiology equipment.
- b. Donation of Cryostat equipment for Sugical Path Lab

GRANT NO. CS2300152

- Donation of 2 C-Arm
 - Equipment for orthopaedic surgery.
- Sponsored by Inox air products pvt.



रोटरी क्लब ऑफ
बॉम्बे क्वीन सिटी ने
टाटा मेमोरियल अस्पताल
चिकित्सा उपकरण दान किए



सलीम सय्यद
मुंबई : रोटरी क्लब ऑफ बॉम्बे क्वीन सिटी ने 5 सितंबर को ACTREC (टाटा मेमोरियल) अस्पताल खारघर को चिकित्सा उपकरण दान किए। टाटा मेमोरियल, अस्पताल खारघर को चिकित्सा उपकरण में 1, डिजिटल रेडियोलॉजी उपकरण के साथ रेडियो डायग्नोसिस यूनिट का दान, 2, सुमिकल पैथ लैब के लिए क्रायोस्टैट उपकरण का दान 3., 2 सी-आर्म का दान आर्थोपेडिक के लिए उपकरण, 4, एक माल वाहक वैन भी दान की है।

PROJECTS -SEPTEMBER

On 7th September on Janmashtami, the auspicious day at Panjrapol Madhav baugh on animal shed we fed cows and birds.



MEETINGS -SEPTEMBER

Installation of the President of the Rotract Club of KC BQC at KC College auditorium on 14 th September



“Pishu Chellaram Mamorial lecture “
Speaker : Murari Agarwal
Topic : INDIA @2035

On 14th September , Rotary Club of Bombay Harbour is cordially invited to co-host the meeting. Murari Agarwal delivered a dynamic speech.The award presented to RTN MurariAgarwal by our honorary member Mr. AnanthRaman



OUR CLUB

our club is eligible for the Diamond TRF Club (and that is club commitment of \$ 1 lac 25000 thousand to \$ 2,49000 thousand to TRF)

Individual Recognitions -

1. New AKS member

Pavan Kumar & Nayantara Jain for moving from AKS to AKS Chair Circle - Total contribution exceeding Half a Million Dollars till date !

2. Individuals contributing \$ 5000 or more this year :

Mr. Pavan Kumar Jain & Mrs. Nayantara Jain :\$ 1lac 20,376

3.And Rtn. Kailashji Agarwal : \$ 30,000

4.Rtn. Alok ji Mohattas contribution \$ 5000

Our club will be recognised by district in the August presence of the chief guest TRF trustee chair PRID RTN Barry Rassin. On TRF seminar



Hello, The Rotaract Club of Bombay Queens Town is happy to announce their **first International Letter Head Exchange** with the Rotaract Club of Singapore, RID 3310. Our IPP, Rtr. Paarth Endlaw attended their 11th installation, today .



District 3141
Rotaract

BLIOM BEYOND INFINITY

ROTARY CLUB OF BOMBAY QUEEN CITY

ROTARACT CLUB OF BOMBAY QUEENS TOWN

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rcbqt.official@gmail.com Club

Secretary
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ROTARACT CLUB OF BOMBAY QUEENS TOWN

Date: 9th September, 2023

To,
The President,
Rotaract club of Singapore
RID3310

Greetings, from Rotaract Club of Bombay Queens Town RID 3141. We express our keen interest for a letter head exchange as . It is our sincere hope to collaborate with you and your esteemed Club members on diverse projects and shared goals that hold significance for both our communities and society at large.

As with every Rotaract Club across the globe, our dedication to achieving greatness for society and improving the world we live in remains unwavering. This presents an exceptional opportunity for both our organizations to witness something even more remarkable.

We would be genuinely delighted and honored to engage in joint projects, and partake in youth exchange programs with your Club. By participating in these meaningful activities, we can foster fellowship, forge a stronger bond, and uphold the enduring Rotary principle of "SERVICE ABOVE SELF."

Regards,

Rtr. Pearl Bulsara
President 2023-24

Rtr. Shreya Bavishi
Jt. Secretary & Zonal Co-ordinator

The Rotaract Club of Bombay Queens Town

PROJECTS -SEPTEMBER

Rtn. Ravi Harlalka and Rtn. Alok Mohta's visit to Ganeshpuri on Saturday 23rd September for reviewing Wash project under Global Grant # GG201612. This project is now completed



Sanitation Toilet



Sanitation Toilet Inside View



Soak Pit



Farm Pond



Water level of Farm Pond



Water pump with Beneficiary

PROJECTS -SEPTEMBER

Ravi Harlalka And Alok Mohta's visit to Ganeshpuri project on 23 rd September,for reviewing ongoing project of Eye care centre under Global Grant #GG2351567. The Ophthalmic Surgical Microscope has been received, Modular OT work is in progress. Even the generator has been received. Phaco machine has been despatched. We aim to inaugurate the project in Navratri.



Laminar Flow System Modular OT



Laminar Flow System Outside Modular OT



Modular OT work in progress



Ophthalmic Surgical Microscope received at Prasad Chikitsa



Optometrist Chamber



Patient's Ward

SPOUSE MEET

Glimpses of Spouse meet on Sunday 24 th September at Film Division. We showed our members a film CID due to Devanand 100 year of birth ceremony.



SPOUSE MEET

Glimpses of Spouse meet on Sunday 24 th September at Film Division. We showed our members a film CID due to Devanand 100 year of birth ceremony.



PROJECTS -SEPTEMBER

Heart surgery has been done of two girls from Kashmir . All the way coming to Bombay for girl child , from the remote area of Kashmir is commendable. When we met one was not well but other was very happy. She told now she can breath very well. It's so satisfying seeing smile on parents and kids faces. One girl's surgery sponsored by a friend Bharat and Savita Jalan and 2nd one sponsored by RTN Mahesh Anupama Jalan.



30th September at Gadge Maharaj Dharamshala lunch for cancer patients. Sponsor by Amla ji Ruia.



30th September at Gadge Maharaj Dharamshala dinner for cancer patients. & dinner at St George Gadge maharaj Dharamshala at Vt station Sponsor by Amla ji Ruia.



RTN Uma Bagaria appoint a physically disabled girl as school supervisor. A big kudos for her brave and courageous act.



Quiz contest for the members. There are 2 prizes for fastest fingers 1st, for all correct answers. Please send your answers in **9821022753 or 9323690847**

1. The bus in Kashmir was donated in which place and to which school?
2. The award which Murari Agarwall received was handed over by whom and what was the name of the award? which other RC co-hosted it?
3. Since how many years RCBQC is sponsoring the science quiz contest and which was the other RC who co-sponsored?
4. Give 4 Charter members name?

Management With Ease

Living a life full of work pressures and deadlines in the present world of busy lifestyles and challenging relationships can be very stressful for many people at times. What should one do to remain free from stress and at the same time keep one's efficiency at the highest? Whenever one starts a new task, it is important to take care of a few important things, e.g. if I am a project leader in my office, I need to analyse, apart from the various tasks of my work, many other aspects.

The first and most important aspect is time planning, which means I know exactly how I will complete all the different aspects of the project successfully. I have to do this within the time frame, I have at hand. A very important aspect of time planning is how I keep my thoughts as less as possible. This is because the more the thoughts that I have in my mind, the more time it will take me to finish any task. It is commonly experienced that by practicing simple techniques like meditation to silence the mind, work efficiency can be increased. That means more work will get done in less time. A simple method of relaxing the mind is stopping my work after every hour and performing a thought traffic control of the mind. Traffic control means creating few positive thoughts of different types of qualities like peace, love and happiness or even characteristics like success, victory and faith. You can do this for a minute and then continue working. This will keep you focused and charged mentally for the next one hour. This is a principle of the mind and its connection with the body. The more peaceful the non-physical mind, the more efficient the physical body will be in performing actions correctly.

Whenever we are very busy, we need to take a break for a minute or two and talk to ourselves and give ourselves a few positive thoughts. In this way, the negative thoughts will be replaced and reduced in your mind. We need a concentrated mind and intellect to perform actions in a positive manner, e.g. if at a certain point of time, the requirement of your mind is peace, say to yourself - My real nature is peace and I am originally a peaceful being or energy. Also, look at everyone around you and create the simple thoughts - The energy of my peace is spreading to everyone around me and giving peace to them. In a similar manner, if you are stressed because of a relationship, talk to yourself - I am a sweet natured soul and I have to give love to everyone, even if I am not receiving the same from others. You could also think - I am radiating love to my home or my office and changing its atmosphere to a one filled with good wishes and good feelings.

This can be done for one minute every hour. As explained earlier, depending on what you need, create the relevant thoughts. Remember, these thoughts will make your workplace and your home as per what you think and feel. Also, before that happens, your own mind will become just like what you think. Your thoughts will influence your feelings and attitudes accordingly. Relationships will become successful and people will start.

Very often, apart from creating the right type of thoughts, which help in proper time management, what is required is a good balance. I need to check myself whether my time given to different actions is being distributed properly. These actions could be your work, your hobbies, your personal life, your health, your relationships and all other areas of your life. Very often we define success wrongly for ourselves and run after it with the wrong beliefs acquired over a long time. As a result, our time sometimes gets utilized in the wrong way. So, I need to check aspects like which relationships of mine are the most important ones. I need to also check how much importance do I give to my work and to what extent I give it time. Also, is the balance between my personal and professional life okay? I analyse all this, keeping in mind the correct definition of success, which is not only material success, but a content mind and heart. Contentment is inner success and more important than material success. Once I understand my priorities correctly, my time starts flowing in the right direction, in the right manner.

I need to also check what I may gain or lose in every action of mine in the form of my internal mind's treasures like peace, love and joy. Suppose I am running after my work ambitions in the search of success, but am I neglecting my relationships, my health or my peace of mind in the process? Also, some relationships may be giving me temporary happiness but are they taking me away from my relationship with God? After all, if my relationship with God is strong, all my other relationships will be successful. The answers to all these and many such similar questions lead me to a good time distribution in my life, also called time management.

Warm Regards,
Awakening With Brahma Kumaris

- received by RTN Girish Agarwal

JULY BIRTHDAY & ANNIVERSARY



01-Jul
Narendra Bansal



01-Jul
Sheela Gupta



03-Jul
Rajeev Jalan



05-Jul
Rajiv Adukia



08-Jul
Prakash Makhija



15-Jul
Anjana Goel



16-Jul
Sheela Goenka



17-Jul
Leena Vaidya



18-Jul
Vijay Ankalkoti



20-Jul
Yogesh Gupta



20-Jul
Mamta Paharia



04-Jul
Kailash - Hansa Agarwal



AUGUST BIRTHDAY & ANNIVERSARY



01-Aug
Priyanka Agrawal



05-Aug
Ooshhin Nicholson



05-Aug
Kiran Agrawal



06-Aug
Aruna Todi



06-Aug
Rachna Singhal



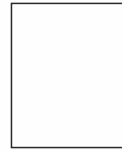
07-Aug
Kusum More



07-Aug
Mihir Mehta



07-Aug
Prathiba Jhota



11-Aug
Afza Khan



15-Aug
Alka Sanghai



15-Aug
Manju Pacheriwala



15-Aug
Neena Vaidya



15-Aug
Premlata Arya



16-Aug
Ashok Gupta



25-Aug
Kailash Agarwal



25-Aug
Seema Mudda



25-Aug
Supriya Nandgaonkar



28-Aug
Anju Gupta



10-Aug
Arun - Renu Gupta



AUGUST ANNIVERSARY

SEPTEMBER ANNIVERSARY



02-Sep
Ralphy - Yael Jhirad



SEPTEMBER BIRTHDAY



02-Sep
Dr. Arunkumar Gupta



08-Sep
Mahendra Agrawal



09-Sep
Shanaz Mahimtura



10-Sep
Rakesh Jain



11-Sep
Anil Keddia



13-Sep
Harsha Shah



15-Sep
Asha Poddar



18-Sep
Shridhar Pittie



19-Sep
Anup Gupta



19-Sep
Uma Bagaria



22-Sep
Anjali Berlia



22-Sep
Sushil Agrawal



23-Sep
Vinay Khandelwal



25-Sep
Ashish Jhamb



25-Sep
Kavita Todi



26-Sep
Rajkumar Agarwal



27-Sep
Anil Goenka



27-Sep
Rashmi Ankalkoti



28-Sep
Alpana Aggarwal



30-Sep
Ajay Goyal

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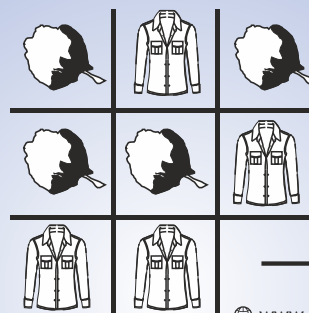
**Asha Agarwal &
Rtn. Pravin Agarwal**

*With Best Compliments from
Adv. Sukhesh Shah*

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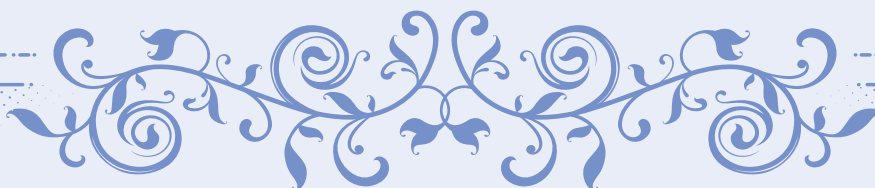
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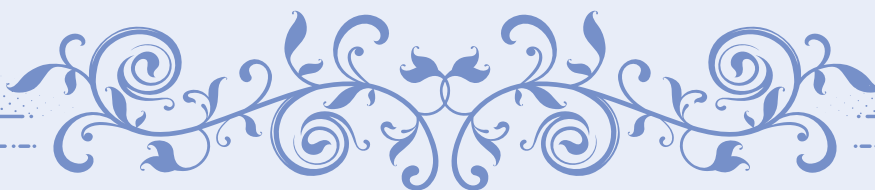


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