



Rotary Opens Opportunities

R.Y. 20-21

R.I. Dist.
3060

R.I. President
Rtn. Holger Knaack

Charter Date
05-03-1965

Club No
15204

District Governor
Rtn. Prashant Jani



NEWS WHEEL

FORTNIGHTLY CLUB BULLETIN

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BULLETIN OF ROTARY CLUB OF UDHNA

FOR PRIVATE CIRCULATION ONLY
2020-21/12. December 15, 2020

Note : All meetings shall be virtual on zoom / Google meet till further instruction.

Next Meeting

Thursday, December 17, 2020

Program : Housie

Curator : Rtn. Paresh Shah

Forthcoming Meeting

Thursday, December 24, 2020

Subject : Annual Meeting

Subject : Election of new team.

Thursday, December 31, 2020

Program : NO MEETING.

Birthdays

Dec. 22 Rtn. Pragnesh Bandaria
24 Annet Parth Patel
27 Ann Shilpa Nirbhay Desai
28 Annet Divit Shah
30 Rtn. Santosh Pradhan

Wedding Anniversary

Dec. 15 Salma & Bilal Memon
24 Priyanka & Harshal Desai
25 Harshida & Prafull Bhatt

Obituary...



Our Rtn. Kishore Gohil lost his father **Mr. Chunnihal Nathubhai Gohil** at the age of 80, who succumbed to Covid - 19. Our prayers to GOD Almighty to rest the noble soul in peace in heaven. Family of RCU is with you Kishore ji in this difficult time.

SAFEINVEST WINS 07 AWARDS...KUDOS PRESIDENT RTN. VISHAL MERCHANT

Safe Invest – the Firm which our Club President Rtn. Vishal Merchant heads won seven prestigious awards in various categories amongst 37000 plus NJ Group partners. Achievement to be proud of; Vishal you deserve ovation.

Thought-provoking: Is it that if, one takes leadership of our Club; one loses on profession, job, business?

Answer is in the images below :





MATHE-MAGIC – A QUIZ WITH A DIFFERENCE... HOSTED BY RTN. NEERAJ CHOKSI



Thursday, December 03, 2020 saw a large turnout on the Zoom platform as it was the *business wizard, investment tycoon and a genius young man whose philanthropy is worth emulating* – **Rtn. Neeraj Choksi** whose brain-child – The MATHE-MAGIC quiz had all the attraction.

After welcoming all present and the host Rtn. Neeraj Choksi **President Rtn. Vishal** announced the greetings wishing the best to each one.

He then called upon a very senior **Rtn. Manhar Dakoria** to tell about himself under “Know Your Rotarian”. Humble and down to earth by nature; Rtn. Manhar Dakoria informed he joined Rotary in 1973 & has enjoyed Rotary & fellowship since then. He is in Textile machinery business. He conveyed his gratitude to all for the support & help extended at the time of his Bye-pass surgery which happened during the current lockdown.

After the announcement of the next regular weekly meeting; President Rtn. Vishal invited Rtn. Neeraj Choksi to conduct the Mathe-Magic quiz.

Frank & clear in his approach Rtn. Neeraj Choksi – the quiz master informed that this Quiz falls under the “RCU CUP” and before the game he announced “The Four Way Test for this Game”, which was as under :

- 1) I will play honestly.
- 2) I will not argue.
- 3) I will obey & respect the Quiz Master.
- 4) I will accept result positively.

He then gave information on the various rounds; its time and marking system.

FOLLOWING QUESTIONS WERE POSED :

A) TEASERS ROUND

- I am tall when I am young & short when I am old? Who am I?
Answer : Candle.
- What can you break without picking or touching ?
Answer : Promise

B) FUN ROUND

- Find the odd one out : Ranbeer / Rajeev / Kareena / Shashi / Karishma?
Answer : Shashi as all others are directly from Mr. Raj Kapoor family.
- Find the odd one out : DIL / PREET / DEEWANA / PARAII / APNA / AUR?
Answer : Deewana as it is not in the movie name “Dil Apna Aur Preet Paraii”.

C) LANGUAGE ROUND :

- Unscramble the Word :
CEHDREPI Answer : DECIPHER
LCEESRU Answer : RECLUSE
ONAARRTI Answer : ROTARIAN

D) MATHS ROUND :

- What is 40% of 40% of 40% of 40% of 1600?
Answer : 40.96
- How is 1920 written in Roman integers? Explain.
Answer : M C M X X (M – thousand / CM – Nine hundred / X X – twenty)

E) MULTIPLE CHOICE ROUND :

- In which of the series mean , median & mode is the same ?
a) 1,2,3,4,5 b) 1,2,2,3,4 c) 1,3,3,3,5 d) 2,3,4,4,6
Answer : 1,3,3,3,5
Mean is total/5 = 15/5 = 3
Median is the centre number = 3
Mode is the highest repetition which is again = 3

F) CODE ROUND :

- Code for ZZZZ = ABCD; then what is the code for ABCD?
Answer : ZZZZ is ABCD (Next, add 1, add 2, add 3) so Code of ABCD is BDFH
- Code for RENT = QFMT; then what is the code for SALT?
Answer : RENT is QFMT (one back, one forward) so code of SALT is RBKU.

It was a unique Quiz; enjoyed & appreciated by all present. The final score for this Quiz :

| | |
|---------------------|---------------------|
| SACHIN SAMURAI | : No Score |
| KOHLI'S KINGS | : 20 |
| ROHIT RENEGADE | : 15 |
| DHONI'S DHURENDHARS | : 25 Winners |

President Rtn. Vishal invited a veteran & a meticulous **Rotarian Nayan Bharatiya** to propose vote of thanks which he did in his style.

Meeting was then adjourn for online fellowship.

RCU CUP FINAL TALLY :

| | |
|----------------------------|------------|
| Kohl's Kings | 170 |
| Sachin's Samurais | 130 |
| Rohit's Renegades | 90 |
| Dhoni's Dhurnadhars | 70 |

ORAL & BREAST CANCER : OVERVIEW...by Oncologist DR. JAYESH SHAH

Thursday, December 10, 2020 we had at our regular weekly meeting on the virtual platform a expert, rather a authority, a medical practitioner Oncologist **Dr. Jayesh Shah** of Anand Hspital, Surat.

President Rtn. Vishal Merchant called the meeting to order and welcomed all with a special mention of our guest speaker. After the birthdays & wedding anniversary greetings; he invited Hon. sec. **Rtn. Chetan Jariwala** for the Secretarial announcement.

President than invited a senior Rotarian **Nayan Bharatiya** for a self introduction under “Know Your Rotarian” wherein he narrated his Rotary journey and his involvement in Rotary conference hosted by our Club but had left due to certain pressing business & social commitment but the love for community service and fellowship dragged him back. He also informed of all the Institutions, Trusts and various business associations he is attached with. He walks life of a true Rotarian with Service the only motto.

Program committee chair **Rtn. Dr. Manish Patel** introduced the guest speaker Dr. Jayesh Shah as a learned, well travelled and a simple medical professional who is easily approachable.

Dr. Jayesh Shah introduced the subject of Oral cancer first giving very basic information of the myths, the source and reasons. The most common is “Head & Neck” cancer; 50% patients in OPD are having this type. Talking of sites of oral cancer; he said, most common is Lips, Tongue, Buccal Mucosa (Cheek inner lining), Jaw bones, Tonsils, floor of mouth etc. He added that Chemotherapy has no major role in oral cancers. He also discussed about Green tea polyphenols, Green / yellow / orange vegetables, Vitamin A rich food, Black tea which would help against such cancers. While on the topic of “Female Cancers”; he broadly divided into Breast Cancer (28%) & Cervix Cancer (22%) where he added that 20 per 100,000 females develop cervical cancer in India and 74000 deaths per year occur due to the said cancer in India. He also showed images of various types breast cancer. Talking of Risk Factors of Breast Cancer Dr. Jayesh informed it can occur any time after 20 yrs. of age; strong Hereditary factors; no breast feeding; Nulliparity; obesity. He showed how a breast self exam can be done; he suggested that female of Age 28 to 39 yrs. should have clinical breast exam every 3 yrs. while Age after 40 yrs. it should be done every year. He further suggested that after 40 yrs age female should have Mamography done every year. It was a very informative and educative AV presentation.

Kaka as he is fondly called because of his caring nature and binding the entire Club as a Family; it was **PP. Rtn. Prakash Patel** who proposed vote of thanks. Meeting was then adjourn for online fellowship.

Know Your Rotarian - Rtn. Praveen Kakkar

Born & brought up in Hisar, Haryana & settled in Surat since 1991. A B. Tech in Textiles with Post Graduation in Marketing Management; he has worked in various senior positions in multiple Textile companies between 1986 and 2005.



In 2005 he set up his own company which is into manufacturing & trading of yarns. Married to Bharti, a M.Sc. in Chemistry & is working as a senior teacher at Tapti Valley International School.

Couple is blessed with two lovely daughters – Purva who is a Digital Marketing professional & Punya who works in Financial Services.

His life mantra is to stay fit, healthy & be a good human being. He holds deep passion for sports and music.

LIFE IS A JOURNEY, NOT A RACE...Rtn. Praveen Kakkar

Life is a journey to enjoy, not to compete with others. Make sure to do better today than you did yesterday. You must live your life with passion and don't think much what others are doing as their life is their own business and your life is your own.

A journey has to have some destination, but it is the journey that matters the most. For example, everyone wants to reach on the top of the mountain, but all the happiness and excitement you get while you are climbing it.

In today's lifestyle, it seems our life is moving so fast as if it is the race we have to finish. We are always thinking so much for the future and forget to live in the present. You don't have to rush through life. No doubt, action is very important, but sometimes too much action is bad than no action at all.

We are always in the habit of thinking, talking and doing something but there has to be some time for stillness to get peace. Sometimes we make things worse with our lot of actions and can hurt others.

Life is not always getting ready for work, rushing around, constantly reading and working too hard, but also taking a break to be still to think peacefully about your action plans.

Don't think much about what you have to do or what you have done already. Just be in the present and enjoy your life with less movement, less rushing and with more peace. It's actually very simple, you have to give little time to yourself every day, be at peace, and take a break to think when you are moving too fast.

Stop comparing yourself and your life with others. We always see others, what they have or what they do and we want to get the same. Always remember, all good things come to those who work for it and make great efforts for what they want to happen.

Don't compare your achievements, failures, and experiences with others because we all are on different journeys. All are destined to reach where we want; it's just a matter of some time. You are the master of your own life and decide the journey of your life the way you want to live.

Don't rush on the things in your long and endless to-do list; rather you should concentrate on doing selective things with more sincerity, passion and enjoying the process of doing every work. When you are so focused on the future, you stop appreciating and enjoying the things you are doing in the present.

So, start living more in the moment and celebrate your achievements, small or big. We always say I wish I would have appreciated and enjoyed more in the past, in school or college. Time gone is gone; it never comes back. So don't forget to live your present.

We sometimes strive so hard to achieve our goals faster than others, and it becomes completely unhealthy and unrealistic too.

We should always work based on our own capabilities and our past experiences. You must know your strengths and weaknesses before you take up doing any new assignment.

Be always patient, stay positive and work hard with a proper action plan. Nothing happens overnight, everything takes time, and you must enjoy the journey in completing the process of reaching your destination. As we are running through life so fast that we forget not only where we have been but also where we are going.

Take out time to enjoy small moments of your life journey. By living your life one day at a time, you live all the days of your life. Don't take things for granted; nothing is permanent. Don't compare, as we all are different and each of us is special.

Don't wait for Saturday, summer vacations or festival holidays to enjoy your life. Every day is special and beautiful. So, make it count, add life to your days and live happily!