

December 2025

Monthly Newsletter

# Rotary's Coastal Chronicles



## THE FOUR-WAY TEST

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Rtn. Francesco Arezzo  
RI President

Rtn. Dr. Priyanka Sheth  
President

Rtn. Ann Isha Shah  
Newsletter Editor

Rtn. Amardeep Singh Bunet  
Dist Governor

Rtn. Lalit Taparia  
Secretary

Rtn Ajay Shingala  
Designer



# Project Arogya Dhan Sampada

Rotary Club of Umbergaon, dedicated to promoting health and well-being among children, organised the Arogyam Dhan Sampada project twice during the month with the aim of spreading health awareness and encouraging healthy habits among school students.

The objective of the project was to educate children on various aspects of health and hygiene, promote preventive healthcare, and create awareness on physical and mental well-being.

1st Session was conducted on 4th December at Dahad Government School and 2nd session was conducted on 19th December at Vanganpada School.

Comprehensive health awareness sessions were conducted covering multiple important health topics. The following sessions were conducted:

**Eye Care:** by Rotarian Aashna Patel

**Dental Hygiene:** by Rotary Ann Dr. Nidhi Mehta

**Hand Hygiene:** by Rotary Ann Shraddha Purohit

**Mental Health Awareness:** by Rotary Ann Kinjal Jadav

**Menstrual Health Awareness:** by Rotarian Priyanka Sheth

Each session was interactive and informative, helping students understand the importance of maintaining good health and hygiene in their daily lives.

After the completion of the health sessions, the Rotary Club of Umbergaon distributed Handwash sachets and Menstrual pad packets to the students.

The Arogyam Dhan Sampada project was successfully conducted at both schools and received positive participation from students and school authorities. Through these initiatives, the Rotary Club of Umbergaon continues to contribute meaningfully towards building a healthier and more informed younger generation.



## Vanganpada school



## Dahad school



# Project Little Scientist

Rotary Club of Umbergaon believes in encouraging innovation, curiosity, and scientific thinking among students. With this vision, the club organised the Little Scientist project to appreciate and motivate young minds who participated in a science fair at Fansa School on 5th December.

The objective of the project was to recognize and encourage students for their participation in scientific activities, promote interest in science, and boost confidence among young learners.

A total of 150 students who participated in the science fair were all felicitated by the Rotary club under this project.

The felicitation served as a gesture of

appreciation for their creativity, effort, and enthusiasm in showcasing scientific models and ideas.

The Project was Initiated by Rtn. Virendra Patni and was Managed by Rtn. Vikash Navandhar. The project was successfully executed under their guidance and leadership.

This project motivated young participants to pursue learning beyond textbooks, boosted confidence and morale of student participants and strengthened Rotary's role in supporting education and youth development.

Rotary Club of Umbergaon remains committed to nurturing young talent and promoting educational excellence through such meaningful initiatives.



# Rotary Family Health Challenge

**R**otary Club of Umbergaon organised the Rotary Health Challenge to promote physical fitness, healthy habits, and overall well-being among its members. The initiative encouraged members to incorporate regular walking into their daily routine and adopt a healthier lifestyle.

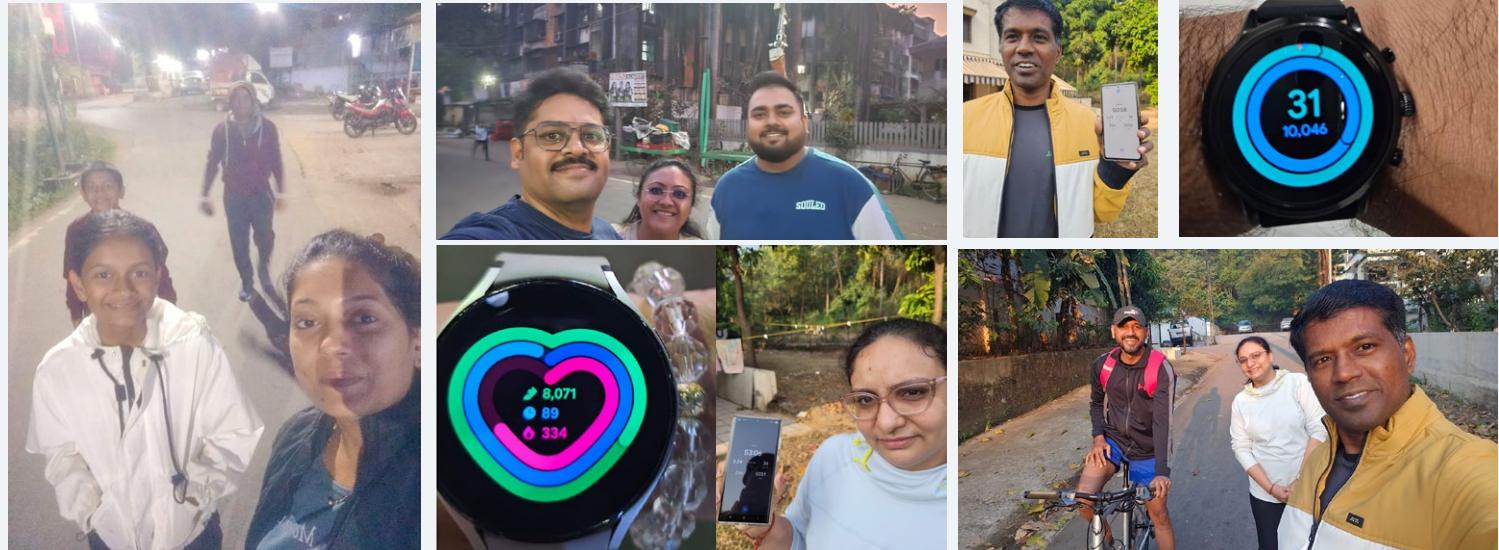
The Duration of the project was from 1st December to 31st December. The Target Group was all Rotarians, Rotary Anns and Rotary Annets.

Under this challenge, all participating members were encouraged to Walk 5,000 steps per day, Track daily steps using any mobile app or fitness device and Share daily step-tracking screenshots as proof of participation.

To motivate consistent participation, three achievement levels were defined:  
31 Days Challenge  
25 Days Challenge  
21 Days Challenge

This project encouraged regular physical activity among Rotary members, promoted awareness about the importance of daily exercise and fostered a culture of health, discipline, and mutual motivation and enhanced camaraderie and active participation within the club.

The Rotary Health Challenge was successfully conducted and witnessed enthusiastic participation from members. The initiative demonstrated Rotary Club of Umbergaon's commitment to the well-being of its members.





# Charter Night

Rotary Club of Umbergaon successfully organised its Charter Day Celebration at Vivant Agro Tourism, Bordi on 5th December. The event was planned to celebrate the foundation of the club, strengthen fellowship among members, and create joyful memories through entertainment and bonding activities.

The objectives of the Event were to enhance fellowship and bonding among Rotary members, to bring together foundation members and newly inducted members, to provide a platform for relaxation, enjoyment and recreation.

The celebration began with a warm welcome followed by a series of fun-filled activities. Members enthusiastically participated in games, fun activities, and a pool party, creating a lively and cheerful atmosphere.

A delightful hi-tea was arranged along with a live Maggie counter, which was enjoyed by all in the beginning. This was followed by live music, which set the perfect mood for celebration.

The presence of foundation members

along with newly inducted members added special significance to the occasion, showcasing the unity and growth of the club.

A delicious dinner was served to all attendees. Members enjoyed dancing, singing, and actively participated in various games. The live band performance kept the energy high throughout the event, and everyone thoroughly enjoyed the evening.

Around 105+ Rotary members attended the event, making it a grand and memorable celebration. Members from all age groups participated with enthusiasm and joy.

It strengthened fellowship and bonding among club members and enhanced unity between senior and new members. The Charter Day Celebration organised by the Rotary Club of Umbergaon was a grand success. The well-planned activities, entertainment, delicious food, and vibrant participation made the event memorable for all members. It was a day full of Vibrancy and Rotary Cheer. The celebration truly reflected the spirit of Rotary—friendship, unity and joy.







As part of the Charter Day celebrations, Rotary Club of Umbergaon organised a Zumba Fitness Session for its members in the morning. The session aimed at promoting physical fitness, healthy living, and active participation among members in an energetic and enjoyable way.

The objectives of the project were to promote health and fitness among Rotary members, to encourage an active and healthy lifestyle, to begin Charter Day celebrations on a positive and energetic note.

The Zumba session was conducted by a professional Zumba trainer, who guided the members through energetic and rhythmic workout routines. The session witnessed active participation from many Rotary members, who enthusiastically joined and enjoyed the workout.

After the Zumba session, a healthy breakfast was arranged for all participants. Members enjoyed nutritious food while interacting with each other, further strengthening fellowship and bonding.

It was a refreshing and energetic start to Charter Day celebrations and strengthened bonding through shared wellness activity.

The Zumba Fitness Session organised by Rotary Club of Umbergaon was a successful and refreshing initiative. With professional guidance, enthusiastic participation, and a healthy breakfast, the session perfectly aligned with Rotary's focus on health, wellness, and fellowship.





# Project: HUMF

**R**otary Club of Umbergaon, with a strong commitment towards maternal and child health, organised the HUMF project on 16th December at Ahirwas Anganwadi to support high-risk pregnant and lactating mothers from economically and nutritionally vulnerable backgrounds.

The objective of the HUMF project was to provide nutritional support and care to malnourished, high-risk pregnant and lactating mothers and to help improve their overall health and well-being.

A total of 13 high-risk pregnant and lactating mothers benefited from the project. All beneficiaries were identified as malnourished, with body weight below 42 kg, and were categorised as high-risk cases.

Under the HUMF project, the Rotary Club of Umbergaon provided essential nutritional support to the identified beneficiaries. The initiative was carried out in coordination with Anganwadi staff to ensure that the support reached the most deserving mothers.

This project supported maternal health during pregnancy and lactation and helped reduce health risks for both mothers and infants.

The HUMF project was successfully implemented and made a positive difference in the lives of vulnerable pregnant and lactating mothers. Through such initiatives, the Rotary Club of Umbergaon continues its dedication towards building healthier families and a stronger community.





# Project: ROH

Rotary Club of Umbergaon has always been committed to community welfare, especially in the areas of health and child nutrition. Keeping this vision in mind, the club organised a humanitarian project titled ROH (Ray of Hope) on 16th December at Rotary Anganwadi to support undernourished children and improve their nutritional well-being.

The main objective of the project was to provide nutritional support to malnourished children and help improve their health status by distributing essential ration kits.

A total of 52 children were benefited from this project:

42 moderately malnourished children  
10 severely malnourished children  
These children were identified with the help of Anganwadi staff and local health workers.

During the project, ration kits containing essential food items were distributed to all 52 identified children.

This project brought hope and relief to families of vulnerable children, truly reflecting the spirit of Ray of Hope. The Rotary Club of Umbergaon continues to work towards creating a healthier and stronger community through such compassionate initiatives.





# Annual sports day celebration at vanganpada School

With the aim of encouraging sports participation and recognising students' efforts, Rotary Club of Umbergaon extended its support to an interschool sports event organised at Vanganpada School, Vevji.

The event witnessed an active participation from 11 schools. The Club sponsored trophies for the winners of the various sports events and distributed consolation prizes in the form of notebooks to all participating students. A total of 57 dozen notebooks were distributed during the event, ensuring that every participant received

encouragement and appreciation. A total of 676 students benefited from this project.

The initiative boosted students' morale and encouraged greater participation in sports activities.

The project successfully achieved its objectives by promoting sports culture and motivating young students through recognition and rewards. Rotary Club of Umbergaon once again demonstrated its commitment towards youth development and community service by supporting this meaningful interschool sports event.





# Yoga session at beach

In today's fast-paced lifestyle, stress and health related issues are increasing rapidly. Considering this in mind, Rotary Club of Umbergaon organised a Yoga and Meditation Session at Umbergaon Beach, providing members an opportunity to begin their day with positivity and mindfulness in a natural and refreshing environment.

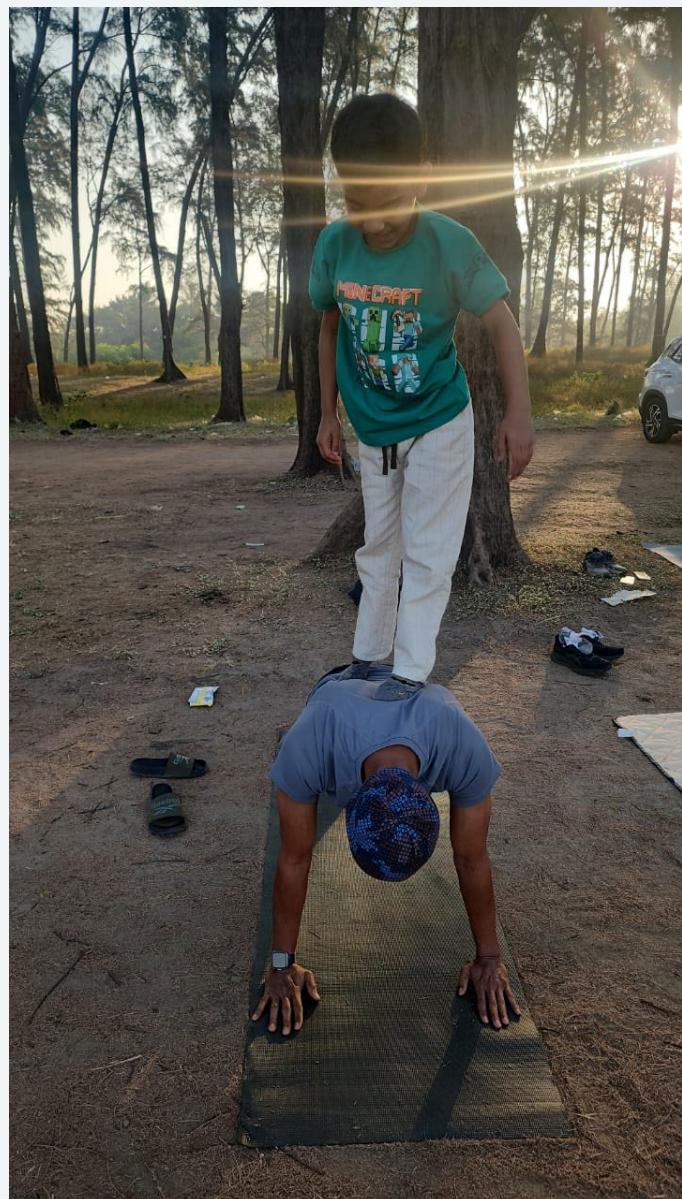
The session was conducted under the guidance of a professional Yoga trainer. Various Yoga asanas, Breathing Techniques and Meditation Practices were practiced during the session. The serene surroundings of Umbergaon Beach added to the effectiveness of the program and enhanced members' experience.

The main objective of this project was to promote physical fitness and mental well-being and to encourage a healthy and disciplined lifestyle.

The session received an enthusiastic response with many members joining and expressing positive feedback and appreciating the initiative taken by the Club.

The project successfully fulfilled its objectives by promoting wellness and mindfulness among the community.

Under the leadership of Rtn. Soniya Devar, Rotary Club of Umbergaon once again demonstrated its commitment towards community health and well-being through this impactful initiative.







## Sad Demise



**Mrs. Kanakamani Paudurai Nadar**  
(Mother of Rtn Arul nadar)



## Birthday Celebrations

08th Dec 2025	Rtn. Divas Kanath
12th Dec 2025	Rtn. Girish Rao
15th Dec 2025	Rtn. Jitendra Barna
17th Dec 2025	Rtn. Ghanshyam Padhiar
30th Dec 2025	Rtn. Mayur Gandhi

## Anniversary Celebrations

02nd Dec 2025	Rtn. Shyam Purohit
03rd Dec 2025	Rtn. Shyam Vajan
06th Dec 2025	Rtn. Ravi Purohit
09th Dec 2025	Rtn. Aashana Patel
10th Dec 2025	Rtn. Bhavin Foria
14th Dec 2025	Rtn. Ajay Shingala
15th Dec 2025	Rtn. Manthan Gandhi
25th Dec 2025	Rtn. Daulat Dhanesha
26th Dec 2025	Rtn. Dilip Sohoni
29th Dec 2025	Rtn. Ahmed Sajjad



## ROTARY'S VISION STATEMENT



## Rotary's 7 Areas of Focus



PEACEBUILDING AND  
CONFLICT PREVENTION



DISEASE PREVENTION  
AND TREATMENT



WATER, SANITATION,  
AND HYGIENE



MATERNAL AND  
CHILD HEALTH



BASIC EDUCATION  
AND LITERACY



COMMUNITY ECONOMIC  
DEVELOPMENT



ENVIRONMENT