



# Rotary Surat Riverside

R.I. District 3060

Charter Date: 26/06/1996

Club No. 31734

RIVERSIDE  
RIPPLES



## Rotary August Newsletter



Website: [www.rotarysuratriverside.org](http://www.rotarysuratriverside.org)



## DANG GIVING PROJECT 2024: RC SURAT RIVERSIDE

Every year, RC Surat Riverside undertakes the "Dang Giving" project to support schools in various locations within the district. This year, we reached out to a Primary School in Sawardakasad, near Mahal, to enhance the educational experience for the children there.

### What We Donated:

**Smart TV:** To modernize teaching methods.

**Notebooks:** To support their studies.

**Sports Equipment:** For recreational activities.

**Medicines:** Including Multivitamins, Vitamin B12 & Folic Acid, and Deworm Suspension.

**Beneficiaries:** 40 students

**Total Cost:** ₹60,000

**Members Involved:** 35

### Special Thanks:

**PP Siddharrtha Shahh:** For arranging the visit.

**PP Dr. Prashant Kariya:** For coordinating the medicines.

**PP Raju Mehta:** For securing the sports equipment.

**All Donors and Volunteers:** For your generous contributions and time.

Your efforts and support have made a significant difference in the lives of these children. Thank you for making this project a success!





## FRIENDSHIP DAY CELEBRATION: A PERFECT BLEND OF FUN AND SERVICE

This Friendship Day weekend was a delightful mix of rain, joy, and social service for RC Surat Riverside at the picturesque Lushgreen Dapper Dang. It was a wonderful occasion to spend time with like-minded individuals who are not only partners in fun but also in making a positive impact through Rotary's social causes.

The event beautifully captured the essence of Rotary: fostering friendships while working together towards meaningful community service. The rain added a refreshing touch to the festivities, making the experience even more memorable.

Thank you to everyone who joined in to celebrate friendship and contribute to our shared goals. It's moments like these that truly embody the spirit of Rotary!



## Project Poshan Week: 25th to 28th

**Day 1: 8th August**

**Event:** Soymilk & Bananas Distribution

**Organizers:** President Rinki, Hon. Sec. Ritu, Rtn. Emely, Rtn. Prerna

**Special Thanks:** Hon. Sec. Ritu Talwar for sponsoring today's 'Poshan' initiative. 🙌



### Day 2: 15th August

**Event:** Independence day with the Aanganwadi Kids

**Organizers:** President Rinki, Hon.Sec.PP Ritu, Rtn. Emely, Rtn. Prerna, Rtn Amita

**Special Thanks:** Rtn Nirupa Patel for sponsoring the gifts 🙌

We organised Project Poshan 26 on the occasion of Independence day with the Aanganwadi Kids.

Chikkis & bananas were given to all the kids & Soymilk was served to the malnourished .

Gifts were given to 6 children for the Dress-up as a Patriot activity. Gratitude to Rtn Nirupa Patel for sponsoring the gifts and President Rinki Barman, Hon Sec PP Ritu Talwar, Rtn Emily Jacob, Rtn Amita Desai and Rtn Prerna Grover for sparing their valuable time.



### Day 3: 22nd August

**Event:** Continued Soymilk & Bananas Distribution

**Organizers:** President Rinki, Hon. Sec. Ritu, Rtn. Emely, Rtn. Prerna

**Special Thanks:** PP Rashika Bhardwaj and Rtn Prerna spared their valuable time to conduct this service project. 🙌



**22nd August**

**Event:** Annapurna under the Anandgram Project

**Location:** Segwachama Primary School

**Beneficiaries:** 61 students

**Lunch Sponsor:** Secretary PP Ritu Talwar & Rtn. Rajan Talwar (Pau Bhaji)

**Additional Sponsors:**

Coffee Mugs by Rtn. Nirupa Patel

Chocolates by Ann. Vaishali Kariya

**Rotarians Present:** Rtn. Rajan, Rtn. Nirupa, Ann. Vaishali, Sec. PP Ritu, Pres. Rinki

The students eagerly anticipated the visit from Rotary members, especially enjoying the delicious food provided. Your presence and contributions truly touched their hearts.



**Day 4: 29th August**

**Event:** Continued Soymilk & Bananas Distribution

**Organizers:** President Rinki, Hon. Sec. Ritu, Rtn. Emely, Rtn. Purna

**Special Thanks:** Heartfelt gratitude to Ann Anju Vij for sponsoring today's POSHAN-WEEK 28th.

Your dedication and generosity in the fight against malnutrition are deeply appreciated. Thank you for making Project Poshan Week a success!





## FROM THE EDITOR'S DESK:

### 9 THINGS YOU CAN QUIT TODAY FOR A MORE PEACEFUL TOMORROW

Here are nine things you can quit today, along with actionable steps to help you achieve a more peaceful and fulfilling life:

#### Trying to Please Everyone:

1. **Impact:** Leads to burnout.
2. **Action:** Set clear boundaries and honor them.

#### Fearing Change:

1. **Impact:** Hinders growth.
2. **Action:** Embrace change with curiosity; ask questions and explore new possibilities.

#### Living in the Past:

1. **Impact:** Prevents you from enjoying the present.
2. **Action:** Practice mindfulness and surround yourself with forward-thinking individuals.

#### Overthinking:

1. **Impact:** Paralyzes progress.
2. **Action:** Focus on progress over perfection. Plan tasks the day before to streamline your day.

#### Being Afraid to Be Different:

1. **Impact:** Stifles your uniqueness.
2. **Action:** Embrace your individuality and connect with other unique people.

#### Beating Yourself Up Over Mistakes:

1. **Impact:** Undermines self-esteem.
2. **Action:** View mistakes as lessons and ask yourself: Will this matter in three years?

#### Sacrificing Your Happiness for Others:

1. **Impact:** Leads to resentment and burnout.
2. **Action:** Learn to say no politely and firmly. Your happiness enhances your ability to help others.



### Thinking You're Not Good Enough:

1. **Impact:** Erodes self-confidence.
2. **Action:** Celebrate daily wins and remember: It's you vs. you, not you vs. others.

### Thinking You Have No Purpose:

1. **Impact:** Leads to feelings of aimlessness.
2. **Action:** Experiment with new hobbies and understand that finding your purpose is a lifelong journey.

### Remember:

Quitting toxic habits isn't easy and requires time and commitment. Start today, and each step you take will make tomorrow a little brighter.

## PROJECT OUTLINE: BLOOD DETECTION MONTHLY SERVICE

1. **Objective:** To screen and record the blood groups of 200 students at Kavishri Ushnas Primary School No. 318.
2. **Beneficiaries:** 200 primary students
3. **Location:** Kavishri Ushnas Primary School No. 318
4. **Frequency:** Monthly

### Considerations:

- **Consent:** Ensured that consent forms were signed by parents or guardians for the blood testing.
- **Confidentiality:** We Maintain strict confidentiality of students' personal and medical information.
- **Health and Safety:** We Followed all health and safety protocols to ensure the well-being of both students and staff.





**Date: 22/08/2024**

**Venue: @Talwars**

It was an indent and productive meeting where the important Points discussed were :

1. Nation Builder's Award
2. OCV
3. Donations
4. Adopted Village
5. MSPs
6. President-Elect
7. Rotaract Club
8. Joint Speaker Meet
9. Annual Fee
10. International youth exchange
11. Blood Detection Camp

The team is looking forward to work constructively and effectively on the above with the support of our dear Rsrians .

## UPCOMING EVENTS

- **Free Multidisciplinary Camp (Joint Project) - 8th September**
- **Nation Builder Award Ceremony - 10th September**
- **Back to School Fellowship - 23rd September**
- **Project Poshan & Promotion of Reading - 5th, 12th,19th,26th September**



## BIRTHDAY OF THE MONTH



- 4th Sept - Ann. Alpa Vaidya
- 8th Sept - Annet. Abhinav Viradiya
- 9th Sept - Rtn. Jatin Vaidya
- 9th Sept - Ann. Pinky Jariwala
- 10th Sept - PP Rtn. Bankim Vashi
- 10th Sept - Ann. Purvi Dalal
- 11th Sept - Ann. Tejal Shukla
- 18th Sept - Ann. Avani Zanzarukia
- 20th Sept - Annet. Parish Dalal
- 20th Sept - Annet. Vivaan Singh
- 20th Sept - Annet. Aariyan Singh
- 24th Sept - PP Rtn. Dr. Ajay Bhardwaj
- 24th Sept - Rtn Kapil Arora
- 25th Sept - Rtn. Rajan Talwar
- 26th Sept - Spouse. Sanat Desai



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## RIVERSIDE RIPPLES



## ODYSSEY OF SERVICE

## A ROTARY CELEBRATION

Rotary  
Dist 3060



# NAMASTE!

## 26 SEPTEMBER

### 7:00 PM

MARIGOLD,  
AVADH UTOPIA,  
OPP. AIRPORT,  
DUMAS ROAD, SURAT

Registration Fee  
1200/- (Up to 10 Sep 24)  
1500/- (11 Sep 24 to Spot)

ROTARY DISTRICT 3060  
SOUTH MAHARASHTA  
Bank A/c No.: 209712922110  
IFSC: ESFB0007013  
Equitas Small Finance Bank,  
Varachha, Surat



**RID 3060 WARMLY WELCOMES**  
**RIPE Mário César Martins De Camargo**  
&  
**His Wife Denise De Camargo**

DG Tushar Shah  
Event Convener

PDG Ruchir Jani  
Event Chair

Event Secretary  
PP Ketan Joshi

Registration Chair  
PP Manish Poddar

The  
Rotary  
Foundation



Rotary  
District 3060



# Congratulations

## TEAM 3060

R.Y.2024-25

## August

2024

TOTAL GIVING

# \$122824.00

## 100% GIVING CLUBS

34

1



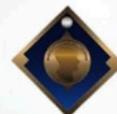
MAJOR  
GIFTS

33



PHF

3



MAJOR  
DONOR

5



PHS

1955



EVERY  
ROTARIAN  
EVERY  
YEAR

TUSHAR SHAH  
DISTRICT GOVERNOR

PDG PRASHANT JANI  
DRFC