







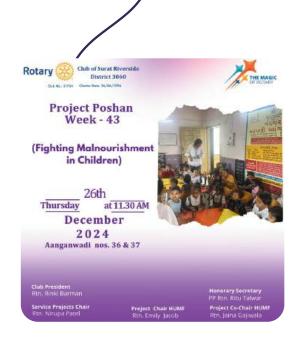






### Poshan Week 43: December 26, 2024

Poshan Week 43 was organized on 26
December 2024. The children were
provided with Soy Milk and bananas. This
project was conducted single-handedly by
our ever-so-energetic and cheerful RSRian
Project Chair Nirupa Patel and sponsored
by our philanthropic RSRian PP Rtn
Rashika Bhardwaj. Such dedication and
kindness keep our spirit soaring super high.
Kudos and gratitude to such members!









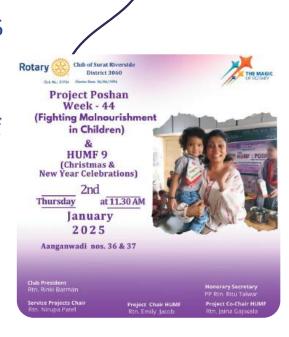






### Poshan Week 44: January 2, 2025

Poshan Week 44 heralded the new year 2025 ringing in joy, fun, laughter and love unlimited on 2 January 2025. HUMF Chair Rtn Emily Jacob gifted them a goodie bag of pencils, a sharpener, an eraser and sketch pens. She also conducted a few fun games. They were provided with their regular share of Soy Milk and bananas. PP Rashika Bhardwaj, Rtn Amita Desai, Rtn Nirupa Patel and President Rinki Barman also attended the Poshan.















## Poshan Week 45: January 9, 2025

Poshan Week 45 was held on 9 January 2025 wherein the children were provided Chikkis, Bananas and Soy Milk. Rtn Amita Desai, Rtn Nirupa Patel, PP Sec Ritu Talwar and President Rinki Barman spared their valuable time to be amongst the children of the two adopted Anganwadis and provide healthy food.









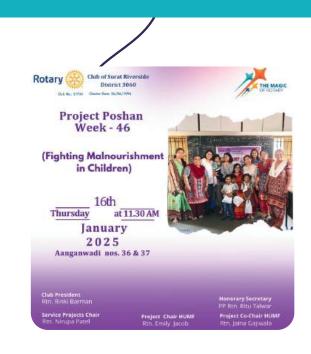






### Poshan Week 46

Poshan Week 46 coincided with the birthday of the President, Rtn Rinki
Barman and she felt blessed to be amongst the little stars on her special day.
Accompanied by HUMF Chair Rtn Emily
Jacob Soy Milk was provided to the children and as a birthday treat, they were also given Dark Fantasy Chocolate-biscuit.















### Poshan Week 47: January 23, 2025

Poshan Week 47 was held single-handedly by President Rtn Rinki Barman on 23 January 2025. The children were provided healthy Soy Milk.









### Poshan Week 48: January 30, 2025

Poshan Week 48 was held on 30 January 2025, and it became a momentous one as we had Rtn Neha Vashi from the Rotary Club of Wake Forest, North Carolina, USA accompanying us. She was overwhelmed to witness our initiative of fighting malnutrition in the two adopted Anganwadis. The day became even more special as our Charter member PP Rtn Jugal Shinglot attended the Poshan and sponsored it. The President, Rtn Rinki Barman and PP Jugal Shinglot gracefully presented Rtn Neha Vashi our club's flag thus following the Rotary Flag Exchange custom.













We also acknowledge PP Rtn Rashika Bhardwaj for gifting the kids another set of handkerchiefs. This periodical gifting of handkerchiefs has gone a long way in inculcating cleanliness in the kids. The children were given Soy Milk and Chikkis as Poshan. The other members who attended this Poshan were PP Sec Ritu Talwar and Rtn Amita Desai.









### Poshan Week 49: February 13, 2025

Poshan Week 49 was held on 13 February 2025. Soy Milk and Gud-Chikkis were served to the children. Rtn Nilisha Jariwala gifted the Aanganwadis a loudhailer for making announcements to overpower the chirpy tit-bits of the children. PP Sec Ritu Talwar and Rtn Amita Desai attended the Poshan by sparing their valuable time. Sincerest gratitude to all!













### Poshan Week 50: February 20, 2025

Inspired by the success of our most loving project, HUMF, which is now more than 10 years old and was first initiated by our dynamic Past President, Dr. Prashant Kariya; we completed the 50th Consecutive Week of Project POSHAN on 20 February 2025. Project Poshan's official inception was in January 2024 under the able leadership of another dynamic President, IPP Ankur Marfatia, and the legacy continued under the leadership of President Rinki Barman. It has been continuing as a subsidiary of HUMF.

Team HUMF is grateful to the entire RSR family and congratulates all the members of RSR for relentlessly supporting the humanitarian cause taken up by all the successive Presidents by extending their whole-hearted support.





Special thanks to all the donors, without whose encouragement and support this would not have been possible.

Indeed, teamwork is the foundation for the success of any ongoing project, and we applaud wholeheartedly the passionate team behind this success – firstly, our most enthusiastic and passionate leader, Rtn Amita Desai; the most vivacious Service Project Chair, Rtn Nirupa Patel; the most graceful HUMF Chair, Rtn Emily Jacob; the most charming Jt. Service Project Chair, Rtn Prerna Grover; the most dedicated and committed Literacy Chair, PP Rashika Bhardwaj; and the powerhouse of RSR Honorary Secretary, PP Ritu Talwar.

#### **RSR Rocks!**

















### Poshan Week 51: February 27, 2025

Poshan Week 51 was held on 27 February 2025, during which the children were provided with Soy Milk and bananas. The day being after Shiv Ratri, an enthusiastic and spiritual parent made an Ice Shivling, which was placed with full bhakti and offered flowers to celebrate Shivratri with the staff and children. This handmade Ice Shivling added value and meaning to the space. Rtn Amita Desai and PP Pres Ritu Talwar spared their valuable time to attend the Poshan.



We sincerely thank Rtn Rajat Vij and Ann Anju Vij for sponsoring the Poshan.

















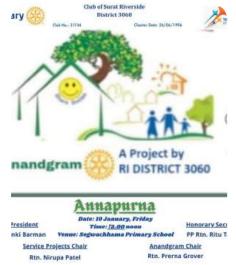


## Annapurna, an Anandgram Initiative

The ladies of RSR visited Segwachama Primary School on 10 January 2025 to conduct Annapurna. The students were offered Pao-bhaji, their all-time favorite savoury which they greatly look forward to. RSR extends its heartfelt gratitude to PP Sec Ritu Talwar and Rtn Rajan Talwar for sponsoring the Annapurna.

The ladies also had the unique opportunity of relishing a sumptuous lunch of delicious khichdi-curry, papdi-bataka-ringad nu shaak, chutney and chaas prepared in the school kitchen. It was a refreshing outing for the RSR girls with a noble cause. Thanks to all the wonderful ladies who could make it that day...





















## HUMF 10 (Maternal & Child Health)

We conducted the 10th HUMF of the RY 2024-25 on 6 February 2025 at our two adopted Aanganwadis 36 and 37, Panas Gam. Rtn Prerna Grover and Spouse Samir Grover sponsored the HUMF to share the happiness of their wedding anniversary with these children.

The kids were provided biscuit packs, wafers and Frooti and it was a treat to witness their bright and sparkling eyes, a day of respite from Soy Milk and Bananas. Rtn Prerna Grover, Rtn Nirupa Patel, Sec. PP Ritu Talwar and Pres. Rinki Barman attended the HUMF. Gratitude to these regular attendees of the HUMF and Project Poshan!









## Gift of Mobility - A Signature Project of RI District 3060



















The Rotary Clubs of Surat, in association with the Inali Foundation, successfully conducted a Battery-operated Prosthetic Hand Distribution Camp as part of the Gift of Mobility initiative, a signature project of RI District 3060 on 29 January 2025.

This noble initiative aimed to empower individuals with upper limb disabilities by providing them with battery-operated prosthetic hands, free of cost.

The hands were easy to fit and remove, allowing beneficiaries to perform everyday tasks independently. A team of trained professionals and volunteers assisted in the fitting process and provided necessary guidance on usage

The joy and gratitude on the faces of the recipients were heartwarming. Many beneficiaries, who had faced challenges in performing basic daily activities, expressed their happiness at regaining functional independence.

This event would not have been possible without the dedication and support of RC Surat Round Town, RC Surat, RC Surat Tapi, RC Udhna, RC Surat West, RC Surat East, RC Surat Diamond City, RC Kadodara, RC Kamrej, RC Sachin, RC Surat Hazirabay, RC Surat Metro, RC Surat Seaface and our vibrant club RC Surat Riverside.









A special thanks to Inali Foundation for their invaluable partnership and commitment to making this initiative a reality as 30 individuals benefitted from this camp.

Together, we can change lives—one hand at a time!

PP Rtn Raju Mehta sponsored this project on behalf of our club, RSR. Sincerest gratitude to him.

#### Kai Po Che

Makar Sankrānti also referred to as Uttarāyana, Makara, or simply Sankrānti, is a mid-winter harvest festival in India and Nepal. This occasion marks the sun's transition from the zodiac of Sagittarius to Capricorn. As this transition coincides with the sun's movement from south to north, the festival is dedicated to the solar deity, Surya, and is observed to mark a new beginning.

The members of RSR celebrated Makar Sankranti a little in advance on 7 January 2025 at Jeevan Bharti Rotary Hall. All the members present were seen dressed in denim and a white shirt/top and they accessorized themselves with hats, cool shades and wigs to give it a perfect kite-flying look. The hosts PP Rtn Rashika Bhardwaj and Ann Falguni Arora conducted fun-loving games that made the ambiance super cool and fun-filled.









The food counter served all the delicacies enjoyed during this festive time, from Undhiyu to Gujarati Dal to Kadhi to Gur Chikki and a few more.

A heartfelt gratitude to Rtn Dhwani Mehta and Rtn Manoj Gajiwala, Events Chairs, for arranging such delicious food. A big shout out to PP Rashika and Ann Falguni for engaging all the members in such amazing games and also presenting interesting gifts. Thank you to Rtn Nirupa Patel, Rtn Emily Jacob, Ann Vaishali Kariya, Annet Nitya Kariya, PP Sec. Ritu Talwar and Pres. Rinki Barman for lighting up the space with the beautiful decor. Thank you to PP Jugal Shinglot for proposing the vote of thanks. Sincerest gratitude to Rtn Tejashri and Rtn Jaina Gajiwala for working behind the screen as usual. President Rinki Barman and Rtn Pranab Barman sponsored this fellowship. PP Rtn Rashika Bhardwaj sponsored gifts presented for the various games conducted. Heartfelt gratitude to them!













## RSR Cricket for Cause: Lucky Draw

This year the RSR Cricket for Cause was scheduled on 23 February 2025 on the occasion of International Rotary Day. 5 teams were formed for the tournament and 9 generous RSRians chose to be the Team Owners – Team Rising Strikers owned by Rtn Tejashri Mehta and Rtn Alpaa Shahh; Team Patiala Royals owned by Sec.

PP Ritu Talwar and Rtn Prerna Grover; Team Krisp Banger owned by Ann Rincku Bhatia and PP Rajesh Mehta; Team Master Blasters owned by PP Bankim Vashi and PP Manoj Jain and Team Bobby Bindas by Rtn Bobby Patel.

The selection of players of the teams was done by following the lucky draw system, after groups based on capabilities were made in advance to have a fair distribution of players, on 5 February 2025 at Rtn Manojj Bhatia and Ann Rincku Bhatia's residence.







One player from each pre-designed groups were picked by the team owners and added to the respective teams. Each team got 7 players to fight the RSR Box Cricket Trophy on 23 February.

The whole process was carried with utmost precision under the able guidance of PP Raju Mehta, Rtn Kishan Desai and Rtn Tejashri Mehta in the presence of the team owners and the President and Hon. Secretary. Everybody enjoyed the master minded process of selection followed by a platter of varieties of snacks items and aromatic coffee and tea by the hosts, the Bhatias. We thank them from the bottom of our hearts for lending their space to conduct the selection process.

















## Club Assembly and Alfor Everyone

The 3rd Club Assembly with the Assistant Governor was held on 18 February 2025 at Provyz Lifespaces Pvt. Ltd., Vesu. The President, Rtn Rinki Barman gave a presentation on the projects and events conducted from October'24 to January'25. AG Ankur Patel then gave his valuable feedback which came as a real booster to continue with renewed spirit. A big shout out to Rtn Amita Desai as her timely updates of our activities was highly appreciated. Moreover, the active posts and stories on social media were highly commended. All in all, it was a fruitful Club Assembly that we had.

















The Club Assembly was followed by a Speaker Meet on the topic AI For Everyone, to help turn 10 hours of work into 10 minutes, presented by our youngest member on board Public Image Chair, Rtn Kishan Desai. He shared his expertise how to use AI powered tools to automate repetitive tasks, how to also save time and increase efficiency with AI and practical strategies to implement AI instantly. Though he gave us basic insights, it still opened a bigger and easier world to us. It gives us tremendous pleasure that we have such resources in our club. We can now confidently use basic AI to simplify our tasks.

Heartfelt gratitude to Rtn Kishan Desai for taking this session and also sincerest gratitude to all the members, who attended the two sessions, for sparing their valuable time.

## <u>Dhamal Gali</u>

To celebrate the International Rotary Day held on 23 February, 9 Rotary Clubs of Surat came together to organise RI District 3060's signature event Dhamal Gali at the Udhna Magdalla Road from Prime Shoppers to Y-Junction. This year the prime motive of Dhamal Gali was to Say No to Drugs. A variety of sessions were organised like – Zumba, Yoga, Self-defence session, Fun and Traditional games, CPR Demonstration, and Say No to Drugs campaign by Surat Police.

















The event was attended by our honourable District Governor Tushar Shah and the First Lady Nehal Shah along with PDG Santosh Pradhan. All the presidents, secretaries and the members of the respective clubs participated with great enthusiasm. This was a unique opportunity to bond with fellow Rotarians across the clubs and also with non-Rotarians.

All in all, it was a grand event where around 200 people assembled to take the benefits of all the activities conducted on a pleasant Sunday morning. We extend our heartfelt gratitude to the CP of Surat, Shri Anupam Singh Gehlot for cooperating in every way possible and making this event a success,



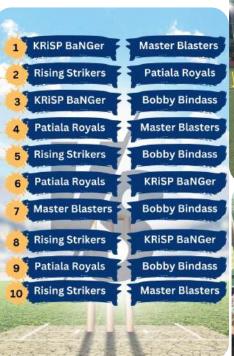




## Cricket for Cause – A Grand Success!

The highly anticipated RSR Cricket for Cause was held on 23 February 2025 on the occasion of International Rotary Day. 5 enthusiastic teams were formed for the tournament and 9 generous RSRians chose to be the Team Owners – Team Rising Strikers owned by Rtn Tejashri Mehta and Rtn Alpaa Shahh; Team Patiala Royals owned by Sec. PP Ritu Talwar and Rtn Prerna Grover; Team Krisp Banger owned by Ann Rincku Bhatia and PP Rajesh Mehta; Team Master Blasters owned by PP Bankim Vashi and PP Manoj Jain and Team Bobby Bindas by Rtn Bobby Patel. The event was a true celebration of sportsmanship and community spirit.















It was an incredible tournament in every sense. A huge congratulations to the champions, Master Blasters for their well-earned victory and to the runners-up, Patiala Royals for putting up a fantastic fight. Hats off to the outstanding performers who truly shined on the field.

Beyond the scores, what stood out the most was the amazing spirit, sportsmanship, and camaraderie among all teams. A big thank you to all for bringing energy, dedication, and passion to the game. Whether one won, lost, or had standout moments, each one of them contributed to making this tournament a memorable one.

Most importantly, through this tournament, we also came together for a great cause, making a meaningful impact beyond the field, as this event was held in support of our permanent project, the Physiotherapy Centre, aligning with our vision of providing better care for patients visiting the Centre. That's something we are all extremely proud of!

A special thanks to PP Raju Mehta for his exceptional efforts in organizing this event. We also extend our gratitude to Rtn Kishan Desai and Rtn Puja Kampani for their invaluable assistance in ensuring everything ran smoothly alongside PP Raju Mehta.









#### Values we embrace on Makar Sankranti

Gratitude: A time to express thanks for the bountiful harvest and blessings in our lives.

Renewal: Just as the sun begins its journey to bring light, let us renew our spirits with hope and determination.

Togetherness: Sharing love, and sweets like til and gur (sesame and jaggery) with friends and family, strengthening bonds and spreading joy.

Growth: Just as crops grow in the fields, may you grow in knowledge, wisdom, and love.

Makar Sankranti wishes forwarded by Rtn Manoj Bhatia









# Narayani Ganesh's tips on Finding Joy in Little Things

You've made a list of all that you want — all of which you plan to experience and enjoy when you are finally done with your 9-5 job or your business; after your children have grown up and when you have a comfortable bank balance. Nothing wrong with that; it's just that there has to be another way —to get what you want, and also enjoy it before it's too late.

There's this story of a business magnate who strove all his life to make those millions. Finally, in his 70s, he lay on a beach at leisure, watching the sunset. He noticed a young man lazing nearby, a cap worn at a rakish angle.

"Young man," the elder admonished him. "You should be working hard right now, like I did all those years so that you can enjoy the sunset at leisure, without worrying about affording to do so."



















The young man smiled and replied, "But I am doing that right now, Sir! I am enjoying the sunset just as much as you are, without first having to make a fortune!"

This simplistic story says it all —you don't have to postpone joy to the very end, to be grasped after you've ticked off all the boxes. You can enjoy little things, as and when, without having to wait for that one big thing. With our sights set on bigger goals, we tend to overlook or ignore the small things that can give pockets of happiness. Often, small, joy-giving things cost little or nothing; hence, they are brushed aside as we labour toward bigger, shinier, expensive goals. Whereas short, happy bites go to make the whole far sweeter.

Forwarded by PP Rtn Divyang Parikh









### From the Editor's Desk

## Highlights of Union Budget 2025-26





- Credit Guarantee for MSME startups to rise from 10 Crores to 20 Crores
- Getting ready for the AI Age
- 1 lac Crores for Urban Challenge Fund
- 20000 Crores allocated for the Maritime industry
- 20000 Crores allocated for small reactors
- Medical seats will increase by 75000 in the next 5 years
- 20000 Crores allocated for R & D promotion
- The FDI limit in the Insurance sector has been increased from 74% to 100%
- LED panel custom duty increases from 10% to 20%







#### Fiscal Deficit revised estimates for

## FY 24-25 to 4.8% of GDP and 4.4% for FY 25-26

- Revised Total Expenditure will be rupee 47.16 Lac Crores
- 36 life-saving drugs fully exempted from basic custom duty
- Revised estimate for Capex for FY 24-25 at rupee 10.18 Lac Crores
- For Sr. Citizens TDS limit has been increased from Rs.50000 to Rs.1 Lac
- On Rent TDS limit has been increased from rupee 2.4 Lac to 6 Lac p.a.
- TDS on LRS, limit has been increased from 7 Lac to 10 Lac
- High TDS applies on non-Pan transactions
- No income Tax up to Rs.12 Lac income under the new Tax regime
- Standard deduction kept at Rs.75000 no changes
- Once the income is higher than 12 Lac, rates are as follows
  - 0 4 Lac: Nil
  - Above 4 Lac-8 Lac: 5%
  - Above 8 Lac-12 Lac: 10%
  - Above 12 Lac-16 Lac: 15%
  - Above 16 Lac-20 Lac: 20%
  - Above 20 Lac-24 Lac: 25%
  - 24 Lac and above: 30%

Forwarded by Rtn Puja Kampani









### International Rotary Day

