



**Rtn. Francesco Arezzo**

RI President

**Rtn. Amandeep Singh Bunet**

District Governor, RI Dist.3060

**Rtn. Gautam Raval**

Club President

**PP Rtn. Manoj Gajiwala**

Honorary Secretary





## Mission in Motion

### Vision & Strategy Board Meeting

A Board Meeting was held on 17th November 2025 at the residence of Honorary Secretary and Past President Rtn. Manoj Gajiwala. During the meeting, the board discussed various service projects and fellowships to be undertaken in the coming months. Suggestions were also made to collaborate with other Rotary clubs on joint service initiatives to raise awareness about Cyber Crimes and Cervical Cancer.

A total of 11 board members attended the meeting.







## Rotary District 3060 Scholarship Interviews

Rotary District 3060 conducted the Scholarship Interviews on 23rd November 2025 at Surat Rotary Hall with the objective of identifying bright and deserving students from the Economically Weaker Sections who require support to continue their education. A dedicated panel of Rotarians interacted with each applicant, carefully assessing their academic performance, personal aspirations, and financial background.

The interviews provided valuable insight into the challenges faced by students and highlighted the impact Rotary's support can create. The session concluded with the panel shortlisting promising candidates who truly reflect Rotary's commitment to empowering youth through education.

We are delighted to share that donors for all 25 scholarships have already come forward, reflecting the generosity and commitment of our Rotary community. This year, around 80 students from Surat and nearby areas applied for the scholarship, of which 62 are brilliant MBBS students aspiring to build their careers in the medical field. Their dedication and determination were truly inspiring, making the interview process both meaningful and enriching for the panel.

Assistant Governor Rtn. Bankim Vashi, President Rtn. Gautam Raval, Past President Rtn. Ritu Talwar, Rtn. Daksha Khushi and Immediate Past President Rtn. Rinki Barman spared their valuable Sunday morning to volunteer as a panel in this noble cause. Kudos to their dedication and spirit of service.







## Nourish to Flourish: Project Poshan Weeks

**Venue:** Anganwadi 36 & 37

**Beneficiaries:** 60 children

Malnourishment is not just a matter of hunger – it's a silent crisis that robs children of their potential, weakens communities, and holds back progress.

At Rotary, we believe that no child should suffer due to lack of proper nutrition, and that a healthy life is the foundation of a bright future. Therefore, with the continued efforts of the women force of Rotary Surat Riverside, the Project Poshan continues its third year under the able guidance of Rtn. Emily Jacob, Rtn. Jaina Gajiwala and Rtn. Rakhi Jindal.

Kudos to the donors! Your act of benevolence brings smiles to so many faces.

**Welcome back Rtn. Amita Desai! We're delighted to have you join us again for Poshan Week. Your presence adds energy and purpose to our mission of nurturing healthier communities.**

### Week 85

Date : 6<sup>th</sup> November 2025

Food : Soy Milk & Fruit

Volunteers : Rtn. Emily Jacob

Sponsors : Hon. Sec. PP Rtn. Manoj Gajiwala & Rtn. Jaina Gajiwala







## Nourish to Flourish: Project Poshan Weeks

### Week 86

Date : 13<sup>th</sup> November 2025

Food : Soy Milk & Fruit, Choco Pie

Volunteers : Rtn. Amita Desai, PP Rtn. Ritu Talwar, Rtn. Nirupa Patel & Rtn. Emily Jacob

Sponsors : Hon. Sec. PP Rtn. Manoj Gajiwala & Rtn. Jaina Gajiwala, Rtn. Amita Desai



### Week 87

Date : 20<sup>th</sup> November 2025

Food : Soy Milk & Fruit

Volunteers : PP Rtn. Ritu Talwar, Rtn. Jaina Gajiwala and Rtn. Emily Jacob

Sponsors : Hon. Sec. PP Rtn. Manoj Gajiwala & Rtn. Jaina Gajiwala







## Nourish to Flourish: Project Poshan Weeks

### Week 88

Date : 27<sup>th</sup> November 2025

Food : Soy Milk & Fruit

Volunteers : PP Rtn. Ritu Talwar, Rtn. Amita Desai, Rtn. Jaina Gajiwala  
and Rtn. Emily Jacob

Sponsors : Hon. Sec. PP Rtn. Manoj Gajiwala & Rtn. Jaina Gajiwala



## RSR Voices, We Hear

### A Glimpse into the Vedas...

-Compiled by Rtn. Kapil Arora

We Indians take immense pride in claiming that ours is the oldest civilisation on earth. Along with that, we even have the oldest literature with us in the form of Vedas which are still prevalent in today's world and we widely use them in our day-to-day life. However, sadly enough, we as common men know very little about them.



And so, I simply tried to highlight the basic structure and meaning of our Vedas with the help of this write-up.



## RSR Voices, We Hear

The Vedas are the eternal voice of Dharma, whose verses are the ground on which the modern Hindu society stands. Vedas are sources that guide human life toward righteousness (Satya), harmony (Rita), and spiritual liberation (Moksha). This article explores the influence of the Vedas on Hindu philosophy, society, science, and rituals, offering a glimpse into their relevance and sacred significance.

### Origin and Structure of the Vedas

The word **Veda** is derived from the Sanskrit root **Vid**, meaning '**knowledge**' or '**wisdom**', signifying their role as a divine revelation of ultimate truth.

The Vedas were originally oral transmissions, later compiled into written texts. Sage Vyas is traditionally credited with compiling them around 3000 BCE in the Kali Yuga.

The entire contents of Vedic scriptures, including all four subdivisions, are regarded as Shruti or 'what is heard', which come from divine revelation.

For many centuries, the sacred scriptures were entirely passed on and spread to Hindu believers by word of mouth. Complex mnemonic techniques, such as the Vedic chant, greatly helped in the oral transmission of the sacred scriptures, passing the Vedas on from one generation to the next. To this day, so many years later, many parts of the Vedas are still recited with particular intonations, specific syllabic accents, cadence, and rhythm that have been passed down orally since the early days of the Vedas. The sacred scriptures themselves that are contained in the Vedas are a collection of poems or hymns that were produced in archaic Sanskrit.

The Vedas are divided into FOUR:

- The Rigveda
- The Yajurveda
- The Samaveda
- The Atharvaveda

Each Veda has four subdivisions:

- The Samhitas (mantras and benedictions)
- The Aranyakas (text on rituals, ceremonies, sacrifices, and symbolic sacrifices)
- The Brahmanas (commentaries on rituals, ceremonies, and sacrifices)





## RSR Voices, We Hear

- The Upanishads (texts discussing meditation, philosophy, and spiritual knowledge).
- Some scholars add a fifth category – the Upasanas (worship).

### 1. Rigveda: The Book of Hymns

The Rigveda is the earliest and most important of the Four Vedas. It is a compilation of 1028 Vedic Sanskrit hymns (Suktas), along with 10,600 verses. All of these are arranged into 10 mandalas or books. The ten mandalas, which were created by various priestly groups of poets throughout a period of centuries, are dedicated to the different Rigvedic deities.

- These include Indra, Agni, Vishnu, Rudra, Varuna, and other early or “Vedic gods.”
- It also contains the famous Gayatri mantra and the prayer called the Purusha Shukta (the story of Primal Man).
- Gayatri Mantra is part of Rigveda.
- Many Rigvedic mantras are recited during Hindu rituals, weddings, and temple ceremonies.

### 2. Samaveda: The Veda of Chants

The Samaveda is the Veda of music, chants, and melodies. The second of the four Vedas is the Samaveda, which is comprised of 1549 stanzas. It contains chants (Sāman) sung by priests during sacred rituals, creating an atmosphere of divine vibration.

- Over 75% of Samaveda verses come directly from the Rigveda but here they are arranged for singing!
- There are two Upanishads embedded in Samaveda – Chandogya Upanishad and Kena Upanishad.
- The Samaveda is considered as the root of the Indian classical music and dance.
- Samaveda is categorised into two parts – Part I includes melodies called Gana & Part-II includes a three-verses book called Archika.
- Samaveda Samhita is not meant to be read as a text, it is like a musical score sheet that must be heard.

### 3. Yajurveda: The Veda of Rituals

Stands to mean ‘Worship Knowledge’, Yajurveda dates back to 1100-800 BCE; corresponding with Samaveda. It compiles ritual-offering mantras/chants. These chants were offered by the priest alongside a person who used to perform a ritual (in most cases yajna fire.) The key features of Yajurveda are given below:

Like the Samaveda, the Yajurveda is also divided into two major groups of text.





## RSR Voices, We Hear

- **Krishna Yajurveda (Black Yajurveda):** The first group is the 'Black' or Krishna, which refers to the unarranged collection of verses in the Yajurveda.
- **Shukla Yajurveda (White Yajurveda):** The second book is the 'White' or Shukla, which, in contrast, contains well-arranged verses.

The oldest layer of Yajurveda has 1875 verses mostly taken up from Rigveda. The Rigveda is poetry for the Gods; the Yajurveda is instructions for the priests.

### 4. Atharvaveda: The Veda of Everyday Life

Stands to mean a **tatpurusha** compound of **Atharvan**, an ancient sage, and knowledge (Atharvan + knowledge), it dates back to 1000-800 BCE. The Atharvaveda has approximately 760 hymns. This Veda was compiled last and was not, in fact, considered a Veda until the late first millennium BCE.

- **Paippalada** and the **Saunakiya** are two surviving recensions of Atharvaveda
- Called a Veda of magical formulas, it includes three primary Upanishads – Mundaka Upanishad, the Mandukya Upanishad, and the Prashna Upanishad
- It combines **prayer and magic**, showing how ancient people handled daily fears and hopes.
- Its influence lives on in **Ayurveda** (traditional Indian medicine) and folk customs.

## Conclusion

The Vedas are the living, breathing essence of Hindu thought, culture, and daily life. Yet, for many, the Vedas remain an enigma complex, vast, and seemingly beyond reach. But their wisdom is not locked away in the past; it is meant to be explored, understood, and applied in everyday life. Do not let the depth of the Vedas intimidate you. Take the first step read a hymn, listen to a recitation, explore an interpretation.

The Vedas themselves say-

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥

(Lead me from untruth to truth, lead me from darkness to light, Lead me from death to immortality)





## Did you know?

Let's learn some interesting facts...

- 🍯 Honey never spoils. Archaeologists found 3,000-year-old honey in Egyptian tombs that was still edible.
- 🧠 Your brain generates enough electricity to power a small light bulb.
- 🕸 A single strand of spider silk is five times stronger than steel of the same thickness.
- 🍌 Bananas are berries, but strawberries are not.
- 🐙 Octopuses have three hearts and can change color in less than a second.
- 🗼 The Eiffel Tower grows about 6 inches taller in summer due to heat expansion.
- 👃 The human nose can detect over 1 trillion different scents.
- 🐢 Some turtles can breathe through their rear end—an adaptation for winter survival.
- 🦋 Butterflies taste with their feet.
- 🌐 A Day on Venus is longer than a year on Venus.

## Milestone Memories

### • Another Trip Around the Sun

1<sup>st</sup> December : PP Rtn. Dr. Prashant Kariya  
2<sup>nd</sup> December : Rtn. Kinnari Nakrani  
6<sup>th</sup> December : Annet. Nitya Kariya  
9<sup>th</sup> December : Annet. Malika Arora  
9<sup>th</sup> December : Rtn. Manoj Bhatia

15<sup>th</sup> December : Ann. Mohini Desai  
24<sup>th</sup> December : Rtn. Puja Kampani  
25<sup>th</sup> December : Rtn. Charulata Vashi  
25<sup>th</sup> December : Ann. Anju Vij

### • Celebrating Togetherness

2<sup>nd</sup> December : Rtn. Rinki Barman  
3<sup>rd</sup> December : Rtn. Nilisha Jariwala  
9<sup>th</sup> December : PP Rtn. Anand Acharya  
10<sup>th</sup> December : Rtn. Rajat Vij  
11<sup>th</sup> December : Rtn. Gautam Raval  
13<sup>th</sup> December : Rtn. Neena Sinha

14<sup>th</sup> December : Rtn. Dr. Nehal Patel  
16<sup>th</sup> December : PP Rtn. Dr. Niyati Desai  
17<sup>th</sup> December : PP Rtn. Raju Mehta  
22<sup>nd</sup> December : Rtn. Dr. Mansi Shah  
25<sup>th</sup> December : Rtn. Bobby Patel







## Events in the Spotlight, December 2025

We're gearing up for impactful Service Projects, joyful Fellowship moments, and our ongoing Regular Poshan initiatives.

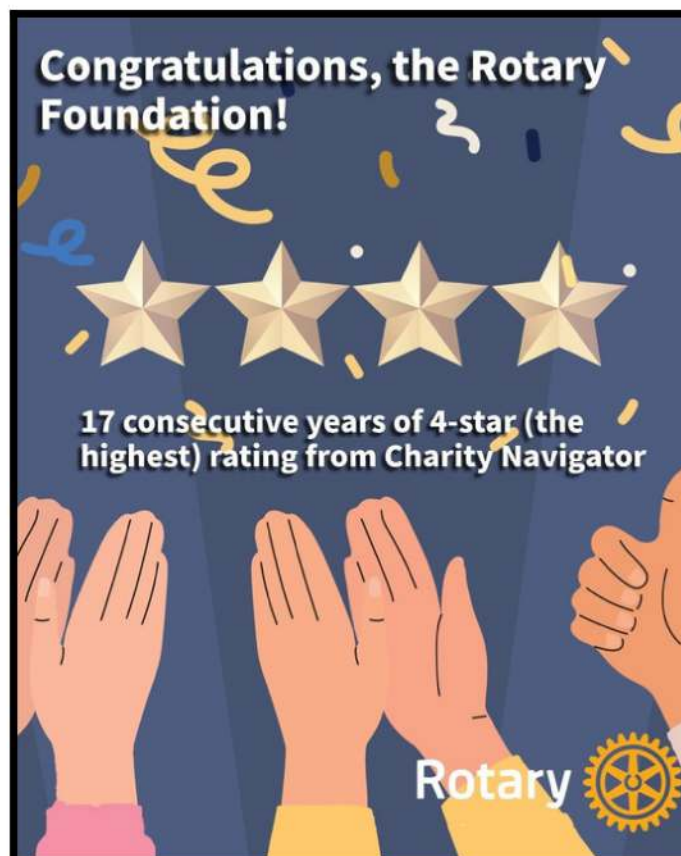
🔧 Service Projects: From health awareness to community upliftment—meaningful action is on the way!

🍷 Fellowship: Fun, bonding, and Rotary warmth as we come together to celebrate togetherness.

🍏 Regular Poshan: Continuing our mission to nourish children and support healthier futures.

Stay tuned... big impact and bigger smiles coming soon! ✨💙

## Glorious Glimpses







## Thoughts in Transit

### The Chaos Within the Calm - A Reflection on the Silent Struggles of Today's Students

From the outside, life often appears calm—classrooms filled with laughter, colleges buzzing with energy, and young faces bright with dreams. Yet beneath this seemingly peaceful surface, an unsettling truth is emerging: **many young students today are battling storms no one can see.**

In recent times, we are witnessing an alarming rise in student suicides. These are children and young adults who, despite appearing fine, carry immense pressure—academic expectations, social comparisons, financial stress, family responsibilities, and an overwhelming fear of failure. For many, the chaos inside becomes too heavy to express, too complicated to define, and too painful to share.

### The Invisible Weight They Carry

Today's students are growing up in a world that demands constant performance. Marks, rankings, competitions, entrance exams—every milestone seems to come with higher stakes. Social media adds another layer of stress, creating a 24/7 cycle of comparison that slowly chips away at self-worth.

What remains invisible to many of us is the loneliness students feel when they cannot speak about their struggles. They fear judgement, disappointment, or being misunderstood. And so, they stay silent—even when their minds are drowning in noise.

### Why this Matters

Every student lost is not just a statistic—it is a dream unfulfilled, a voice unheard, and a reminder that we, as a society, have more to do. Their pain calls for deeper compassion, closer listening, and stronger support systems. It urges schools, parents, and communities to create safe spaces where young people feel valued for who they are, not just for what they achieve.

### What we Must do

- **Normalize conversations about mental health.** Children must feel that it is okay to talk about stress, anxiety, and fear.
- **Reduce the pressure of unrealistic expectations.** Success has many paths—not just academic excellence.



## Thoughts in Transit

- **Identify early signs of distress.** Withdrawal, irritability, hopelessness, declining performance—these signals matter.
- **Seek professional help without hesitation.** Therapy and counselling should be seen as strength, not stigma.
- **Be present. Truly present.** Sometimes, what a child needs most is someone who listens without judgement.

### A Call for Compassion

In the quiet corridors of schools and the familiar routines of daily life, let us remember: someone's calm face may be hiding chaos within. Let us be kinder, gentler, and more attentive to the emotions of the young minds around us.

Because the calm we see may not be the calm they feel.

And a little compassion today could save a life tomorrow.







## Meet the Speakers of Sang-e-Marmar, the 56th District Conference

Rotary District 3060

**MEET OUR SPEAKER**  
A VOICE THAT INSPIRES.

**ASHISH VIDYARTHI**

- National Award actor
- Dynamic storyteller
- Purpose-driven speaker

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair

Rotary District 3060

**MEET OUR SPEAKER**  
GRACE THAT INSPIRES GLOBALLY

**SHWETA SHARDA**

- Miss Universe India 2023
- Actor & model
- Global stage performer

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair

Rotary District 3060

**SANG - E - MARMAR**  
56th Rotary District Conference  
Jaypee Palace & Convention Centre, Agra  
30 Jan - 1 Feb 2026

**MEET OUR SPEAKER**  
DEPTH, INTENSITY, AND WISDOM.

**ASHUTOSH RANA**

- Versatile film actor
- Powerful screen presence
- Acclaimed author-thinker

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair

Rotary District 3060

**SANG - E - MARMAR**  
56th Rotary District Conference  
Jaypee Palace & Convention Centre, Agra  
30 Jan - 1 Feb 2026

**MEET OUR SPEAKER**  
WORDS THAT MOVE PEOPLE.

**ANURAAG MUSKAAN**

- Renowned motivational speaker
- Heart-centric storyteller
- Consulting Editor to Zee News

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair

Rotary District 3060

**SANG - E - MARMAR**  
56th Rotary District Conference  
Jaypee Palace & Convention Centre, Agra  
30 Jan - 1 Feb 2026

**MEET OUR SPEAKER**  
MIND, MYSTERY, AND MASTERY.

**SUSHIL JAISWAL**

- Guinness World Record
- India's Got Talent winner
- Elite mentalist-magician

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair

Rotary District 3060

**SANG - E - MARMAR**  
56th Rotary District Conference  
Jaypee Palace & Convention Centre, Agra  
30 Jan - 1 Feb 2026

**MEET OUR SPEAKER**  
SCIENCE, CLARITY, AND COMPASSION.

**DR. SWETA ADATIA**

- Multi Gold Medalist Neurologist
- TEDx Speaker
- Digital Medical Educator
- Brain Coach

AMARDEEP SINGH & KAMALJIT BUNET  
District Governor

ANISH & METAL PARISH  
District Conference Chair