



Issue 006

7th January 2026 /Vol. 30



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



Issue 006

7th January 2026 /Vol. 30

Mission in Motion

Project Vision Hope

On the occasion of World Divyang Day, a comprehensive health check-up camp was organized by Rotary Surat Riverside and Surat Paediatric Association Charitable Trust (SPACT) at Andhajan School, Udhna under Project HELP on 3rd December 2025. Students of classes 1 to 12 were screened by paediatricians and dermatologists.

The theme of World Disability Day 2025 was "Fostering disability-inclusive societies for advancing social progress", which means "Building a Divyang-inclusive society for social progress". This theme shows that development is possible only when Divyangjan is involved in all spheres of society with respect, opportunities and leadership.

Past President of Rotary Surat Riverside, Dr. Prashant Kariya said that the aim of the camp was to identify the health problems of the children in time. A total of 130 students were examined on the occasion. The test found blood loss (anaemia) in more than 50% children, while some showed obesity problems. Doctors advised them to eat nutritious food, iron-rich food and to do regular exercise.

The team of Paediatricians - Dr. Prashant Kariya, Dr. Ashwini Shah, Dr. Vijay Bavaliya, Dr. Vansang Puine conducted a detailed examination of the students. Dermatologist Dr. Unnati Parmar explained to the children simple ways to take care of the skin and hygiene.

The team of Rotary and SPACT thanked the Andhajan Society for providing an opportunity to serve these students.

A special thanks to our amazing members, PP Rtn. Jugal Shinglot, PP Rtn. Dr. Prashant Kariya, PP Rtn. Bankim Vashi, Rtn. Emily Joseph, Rtn. Amita Desai, Rtn. Tejashri Mehta, PP Rtn. Rashika Bhardwaj, Rtn. Dr. Ashwini Shah, and PP Rtn. Manoj Jain.

Let's continue spreading hope and kindness!





Issue 006

7th January 2026 /Vol. 30



लोकतंज

epaper.loktaj.com

04 Dec 2025 - Page 3

विश्व दिव्यांग दिवस पर अंधजन स्कूल में स्वास्थ्य जांच शिविर

लोकतंज स्वादादाता, सूत। विश्व दिव्यांग दिवस के अवसर पर रोटरी सुरत रिवरसाइड और सूत लीवाइंड एसोसिएशन नीचेकल ट्रस्ट (SPACT) द्वारा प्रोजेक्ट HELP के अंतर्गत उन्नत विकास अंधजन स्कूल में व्यावक स्वास्थ्य जांच शिविर अयोग्यता विकास यात्रा का 1 से 12 वर्ष के छाड़ी की वांच आन रोग विशेषज्ञ और लेपा एवं विशेषज्ञ द्वारा की गई।

2025 की अंतर्राष्ट्रीय थीम— दिव्यांग- समाजी समाज का संदर्भ

विश्व दिव्यांग दिवस 2025 को थीम Fostering disability-inclusive societies for advancing social progress थी, जिसका तहत है— समाजिक प्रगति के लिए दिव्यांग- समाजी समाज का निर्माण। यह थीम



देखता अंध एवं स्वचित के सलत उपर समर्पित। बच्चों की प्रातिकृति और संवेदनशीलता ने जीव दिवा, जिसमें बच्चों की प्रातिकृति और उनके सर्वपंहुँ ने सभी का मन घोड़ दिला। एक छात्र बच्चा की तिचारी का समान देखा है। एक छात्र कंप्यूटर शीर्ष में करियर बनाना चाहता है। एक छात्र ने अपने गायत्र से सभी का प्रभावित किया। रुक्मिनी देवी समाज विकास बच्चों को उनके दोस्तों ने संपाल और हीसला दिया—यह दृश्य बच्चों के अपसी समाज और संवेदनशीलता के हृदयमन्त्री बनाता है।

रोटरी और स्वास्थ्य का दोस्त ने अंधजन स्कूल का आभास जाता है कि उन्होंने इन योग्यतामुक्त विशेषज्ञों को योग्य अवसर प्रदान किया। आयोजकों ने अनुसार यह शिविर अत्येक सफल प्रेरणाप्रबल और सार्वजनिक रहा।

जल्दी ही कि विकास वांच सेवा है जब छात्रों के पुणे रक्त प्रदान किए गए। जल्द में 50वां से अधिक बच्चों में बुन को कमों (अनीमिया) पाया गया, जबकि कच्छ में मैटारों को समान देखा गया। डॉक्टरों ने दूर्ली अपार्क आयोग युक्त भावों और नियमन व्यापार की समाजी दृष्टि देखा गया। बाल रोग विशेषज्ञ डॉ. अंधवीर शह डॉ. विजय व्यावहार्या, डॉ. बालाशंकर पुरुषे छाड़ी विशेषज्ञ जांच की विस्तृत जांच की। लवचा रोग विशेषज्ञ डॉ. उमेश परमार ने बच्चों की लवचा की



Santa Clause is Coming to Town...

A Pre-Christmas fest was organised on 16 December 2025 at Rotary Hall, Jeevan Bharti School to celebrate the spirit of Christmas and bond over fellowship to welcome the festive season!

The venue was beautifully decorated, creating a cheerful and welcoming atmosphere for all Rotarians, Anns, and Annets.

The evening came alive with a variety of fun-filled games and engaging activities that sparked enthusiasm, participation, and friendly competition among members.

A delightful spread of delicious food added flavour to the celebrations, as members enjoyed joyful conversations and memorable moments together. The true spirit of Christmas—sharing, caring, and togetherness—was reflected throughout the evening.

A big shout out to our Club President Rtn. Gautam Raval and Honorary Secretary PP Rtn. Manoj Gajiwala and special thanks to Rtn. Emily Jacob to take this responsibility and arrange beautiful decor and games. Heartfelt thanks to Rtn. Dhwani Mehta and Rtn. Tejashri Mehta for arranging delicious food and homemade plum cake.





Finale of 'Every Day Science': Teachers' Training Program

President Rtn. Gautam Raval, Honorary Secretary PP Rtn. Manoj Gajiwala, PP Rtn. Rashika Bhardwaj and IPP Rtn. Rinki Barman attended the finale of Every Day Science, a Teachers' Training Program of Rotary District 3060, organised by Rotary Club of Udhna at Surat Science Centre on 26th December 2025. The event was graced by the District Governor Amardeep Singh Bunet as the Chief Guest.

The teacher participants were felicitated and the winner teachers were declared and honoured by the District Governor.

Rotary Club of Udhna also felicitated the students qualified for the Scholarship Program of their Club. The event was sponsored by NJ India Invest Pvt. Ltd.

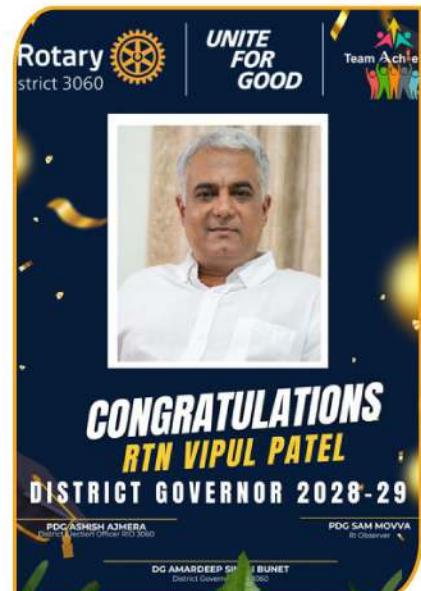


Election of District Governor 2028-29

Rotary Youth Club, Bharuch conducted the election of the District Governor, Rotary Year 2028-29 on 28th December 2025. Our club President Rtn. Gautam Raval and Honorary Secretary PP Rtn. Manoj Gajiwala casted their vote on behalf of Rotary Club of Surat Riverside.

Rotary District 3060 extends its warmest congratulations to Rtn. Vipul Patel on his election as District Governor for the Rotary Year 2028-29.

This significant milestone reflects the trust reposed in him by the members of the district and stands as a testament to his steadfast commitment, exemplary leadership, and dedicated service to Rotary ideals. His journey in Rotary has been marked by vision, integrity, and a deep passion for making a meaningful difference in the community.



**Issue 006****7th January 2026 /Vol. 30**

Let's Dispose E-Waste Responsibly

Rotary Club of Surat Riverside organised a week-long E-Waste Collection Drive from 22nd to 29th December with the objective of promoting responsible disposal of electronic waste and safeguarding the environment from harmful toxins.

During the drive, electronic waste such as old mobile phones, computers, batteries, chargers, and household electronic appliances was collected for safe recycling. The initiative aimed at recovering valuable materials, reducing landfill dumping, and contributing towards a cleaner and more sustainable future for generations to come.

The collection was conducted at Hexa Geo's office, in the presence of President Rtn. Gautam Raval, PP Rtn. Rajesh Mehta and IPP Rtn. Rinki Barman.

The club extends its heartfelt gratitude to Past President Rtn. Rajesh Mehta for generously providing the space at his office for this environmental initiative.

Through the collective efforts of Rotary Club of Surat Riverside and Rotary Club of Tapi Surat, approximately 90 kilograms of e-waste was successfully collected, reflecting strong community participation and Rotary's commitment to environmental sustainability.

Several Rotarians actively supported the initiative by contributing their own e-waste. The club expresses sincere appreciation to Past Presidents - Rtn. Jugal Shinglot, Rtn. Raju Mehta, Rtns. Ajay & Rashika Bhardwaj, Rtn. Rajesh Mehta, Rtn. Rinki Barman, and President Rtn. Gautam Raval for their enthusiastic participation and commitment towards environmental responsibility.



**Issue 006****7th January 2026 /Vol. 30**

Nourish to Flourish: Project Poshan Weeks

Venue: Anganwadi 36 & 37

Beneficiaries: 60 children

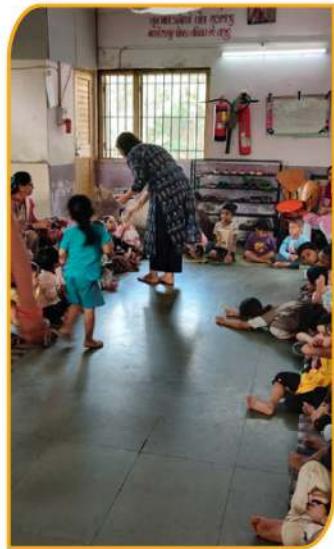
Malnourishment is not just a matter of hunger – it's a silent crisis that robs children of their potential, weakens communities, and holds back progress.

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.

Week 89

Date : 4th December 2025
Food : Soy Milk & Fruit
Volunteers : Rtn. Emily Jacob and Rtn. Jaina Gajiwala
Sponsors : Rtn. Emily Jacob





Issue 006

7th January 2026 /Vol. 30

Nourish to Flourish: Project Poshan Weeks

Week 90

Date : 11th December 2025
Food : Soy Milk & Fruit
Volunteers : PP Rtn. Ritu Talwar, Rtn. Emily Jacob and IPP Rtn. Rinki Barman
Sponsors : Rtn. Emily Jacob



Week 91

Date : 18th December 2025
Food : Soy Milk & Fruit, Munch
Volunteers : President Gautam, PP Rtn. Jugal Singlot, Rtn. Amita Desai, Rtn. Daksha Khushi, Rtn. Neena Sinha, Spouse Vishal Sinha, Rtn. Jaina Gajiwala and Rtn. Emily Jacob
Sponsors : PP Rtn. Jugal & Ann Falguni Shinglot (Poshan); Rtn. Daksha Khushi (Munch) and Rtn. Neena & Spouse Vishal Sinha (Toys)





Nourish to Flourish: Project Poshan Weeks

Week 92

Date : 25th December 2025
Food : Soy Milk, Fruit, Chocolate Muffin
Volunteers : Rtn. Jaina Gajiwala and Rtn. Nirupa Patel
Sponsors : Rtn. Emily Jacob



Did you know?

Let's learn some interesting facts about our body...

💪 Bones & Muscles: The Body's Built-In Engineering

Your body is an incredible machine—and bones and muscles are its powerhouse team! Let's explore some wow-worthy facts 🐾

⚖️ Light but Mighty Skeleton

ⓘ If you weigh 150 pounds, your skeleton weighs only about 21 pounds!

That's less than a school bag—but it holds you up every day! 🦴

🔩 Stronger Than Steel!

🔩 Bone is 5x stronger than steel of the same width 💪

⚠️ But be careful—bones are brittle and can break on impact.

👣 Your Feet Are Engineering Wonders

👟 25% of all your bones are in your feet!

Each foot has 26 bones, helping you:

- ⭐ Walk
- ⭐ Balance
- ⭐ Dance
- ⭐ Pretty impressive for something that fits inside a shoe!



Did you know?

Meet the Super Bone

The femur (thigh bone) is the strongest bone in your body

It can support 30x your body weight—stronger than steel ounce for ounce!

Biggest & Tiniest Bones

Longest bone: Femur – about 18 inches long

Shortest bone: Stapes (in the ear) – smaller than a grain of rice!

Bones That Stay Young

Your skeleton rebuilds itself every 10 years

That means you're literally growing a new skeleton over time!

Muscles: The Movers & Shakers

One Step = 200 Muscles!

Taking just one step uses up to 200 muscles Walking isn't simple—it's a full-body performance

The Biggest Muscle

The gluteus maximus is the largest muscle in your body

It helps you:

- Stand tall
- Run fast
- Jump high

600+ Muscles Working Non-Stop

Your body has over 600 muscles, and many work all day and night

Even blinking and breathing are muscle-powered!

Blink and You'll Miss It!

The fastest muscles control blinking

They work in less than 0.01 seconds

You blink 11,500+ times a day!

The Strongest Muscle (By Force)

The masseter (jaw muscle) is the strongest

It can bite down with 200 pounds of force

Your body is a living engineering masterpiece—working silently, powerfully, and brilliantly every single day!



RSR Voices, We Hear

Nourishing Communities: A Rotary Perspective on Nutrition and Service by Director Community Services, Rtn Emily Jacob

Editor: A big hello to you Rtn. Emily Jacob, Director Community Services. From the time you have taken on the baton you have been unstoppable. You are carrying the legacy of Rotary Surat Riverside with full vigour and dedication. I would like to ask you a few questions today.

Firstly; how do you define your role in addressing community nutrition and hunger?

Emily: As the Director Community Services, I see my role as both strategic and catalytic. It involves identifying critical nutritional gaps within the community—particularly among children and women—and addressing them through well-planned, sustainable interventions. I strive to bring together Rotarians, donors, healthcare professionals, and community stakeholders, harnessing collective resources, expertise, and goodwill to ensure measurable outcomes and long-term community impact.

Editor: Amazing! Well, why do you believe nutrition and food security should be a priority area for Rotary clubs today?

Emily: Nutrition and food security form the very foundation of a healthy and productive society. By prioritising these areas, Rotary shifts the focus from reactive healthcare to proactive prevention. Adequate nutrition reduces disease prevalence, enhances immunity, and strengthens maternal and child health, thereby easing long-term healthcare burdens and significantly improving overall quality of life.

Editor: 'Overall quality of life' really sounds interesting.

What is Poshan Week, and why is it significant for the communities you serve?

Emily: Poshan Week is one of our flagship initiatives dedicated to early childhood nutrition. Through this program, we distribute soy milk and a banana every Thursday to 60 children under the age of five at Anganwadi 36 & 37 at Panas Gam, in Surat. A child who is hungry, weak, or malnourished cannot grow, learn, or realise their potential. By strengthening children at this foundational stage, we invest not just in individual lives but in the future resilience of the entire community.

Editor: That's quite an investment!

So, which target groups did you focus on during Poshan Week, and why?

Emily: Our primary focus has been children below the age of five—arguably the most vulnerable and underserved segment of society. This early developmental stage is critical, and timely nutritional intervention during these formative years yields lifelong physical, cognitive, and emotional benefits.

Editor: Okay!

Could you share a success story or impact moment from your Poshan Week initiatives?

Emily: At the inception of the project, several children were identified as anaemic and malnourished, categorised within the red and yellow health zones. Through consistent nutritional supplementation, monitoring, and care, nearly 90% of these children have now transitioned out of these risk zones. This transformation stands as a powerful testament to the effectiveness of sustained, focused intervention.

**Issue 006****7th January 2026 /Vol. 30**

RSR Voices, We Hear

Editor: Quite an achievement it is!

Well, how do such initiatives contribute to long-term behavioural change in families?

Emily: Beyond providing nutrition, we place strong emphasis on parental education—particularly for mothers—regarding balanced diets and nutritional awareness. By promoting the use of local, seasonal, and affordable food options, we empower families to make informed choices, fostering sustainable behavioural change that extends well beyond the duration of the project.

Editor: Superb! What role does Rotary club play in supporting HUMF initiatives?

Emily: Our club plays a proactive and committed role in supporting HUMF initiatives by mobilising financial resources, food supplies, and nutrition kits. Rotarians, Anns, and Spouses participate wholeheartedly in program activities. We also maintain a strong focus on accountability by tracking progress, documenting outcomes, and sharing impact stories at both club and district platforms.

Editor: We for sure are doing an excellent job.

A million-dollar question now, what motivates you personally to work in the area of nutrition and hunger alleviation?

Emily: As an educator, I have witnessed firsthand the transformative impact of good nutrition on a child's academic performance, attendance, and self-confidence. Equally, a nutritionally informed mother has the power to safeguard the health and future of her entire family. This intersection of education, empowerment, and well-being deeply motivates my commitment to this cause.

Editor: A worthy commitment that is!

Lastly, how has serving as a Director Community Services shaped your understanding of community needs?

Emily: Rotary's guiding principle, "Service Above Self," has always resonated with me. Serving as a Service Chair has further deepened my empathy, sense of responsibility, and purpose. It has provided invaluable insight into grassroots realities and reaffirmed my belief in the power of collective action to bring about meaningful and lasting change.

Editor: You for sure have brought about meaningful and lasting changes in the last six months. I congratulate you and your team for performing amazingly well and for taking forward the legacy built by our infamous stalwarts. Best wishes for the upcoming six months! And a big thank you for sparing your valuable time. Merry Christmas and a Happy New Year!

Emily: Thank you dear! Same to you...



RSR Voices, We Hear

Editor: So, friends, in a nutshell, in addressing nutrition and hunger, Rotary does more than provide food—we restore dignity, nurture potential, and lay the groundwork for a healthier, more equitable society. Initiatives like Poshan Week reaffirm our belief that sustainable change begins with consistent action, informed communities, and compassionate leadership. As Rotarians, when we come together with purpose and perseverance, we do not merely serve the present—we shape the future, one nourished child and one empowered family at a time.





RSR Voices, We Hear

Numerology Insight for 2026 – Universal Year **1** (Sun Energy)

1234 2026 = 2 + 0 + 2 + 6 = 10 = **1**

A powerful Year Number 1, ruled by the Sun, the king of all planets ☀️



◆ Year of New Beginnings

Perfect time to start something new – business, career path, relationship goals or personal mission 🚀

◆ Leadership & Independence

Number 1 inspires confidence, courage, authority and self-reliance 🤴

Step into your power and take charge of your life.

◆ Fresh Ideas & Innovation

Excellent year for start-ups, branding, naming, creative ventures and visibility ✨

◆ Focus on Self-Growth

Personal identity, self-worth and clarity of direction get highlighted 🔍

◆ Action-Oriented Year

Success comes to those who take bold decisions and initiate action 💪

◆ Ego vs. Confidence Balance

Use Sun energy wisely – stay confident yet humble 🙏

◆ Plant the Seeds

Whatever you begin in 2026 will shape the next 9-year cycle 🌱

★ Affirmation for 2026:

"I confidently begin anew and shine in my true purpose."



From

PROFESSIONAL NUMEROLOGIST

RTN. ALPAA SHAHH



**Issue 006****7th January 2026 /Vol. 30**

Milestone Memories

• Another Trip Around the Sun

4th January : Ann. Rinkal Lineswala
5th January : Spouse Dr. Saumitra Shah
7th January : Spouse Kamlesh Bachkaniwala
10th January : Spouse Jacob George

15th January : Charter PP Rtn. Jayesh Dhamanwala
16th January : IPP Rtn. Rinki Barman
18th January : Rtn. Manish Dalal
28th January : Rtn. Mukund Kosambia

• Celebrating Togetherness

20th January : PP Rtn. Arvind Kumar
20th January : Rtn. Kapil Arora
23rd January : PP Rtn. Bankim Vashi
24th January : PP Rtn. Rajesh Mehta
24th January : PP Rtn. Siddharrtha Shahh

26th January : PP Rtn. Manoj Jain
28th January : Rtn. Jaina Gajiwala
29th January : Charter PP Rtn. Jayesh Dhamanwala
30th January : Rtn. Dr. Aditya Lad

Events in the Spotlight, January 2026

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

💐 Heartiest Congratulations to Rtn. Mukund & Ann Tejal . Kosambia for their daughter's Wedding💐

Warmest congratulations to you and your family on the joyous occasion of your daughter, Shivani's wedding.

🌟 Wishing the newlyweds a lifetime of joy and cherished moments as they begin this wonderful journey together. ❤️🌟



Glorious Glimpses

★ Heartiest Congratulations Past President Rtn. Jugal Shinglot ★

Heartiest congratulations to Past President Rtn. Jugal Shinglot on being proudly featured in the 2026 Calendar of Rotary Community Corps **Apang Round Town, Dondaicha**. This recognition is a true reflection of your dedication, leadership, and invaluable contribution to Rotary service. Wishing you continued success and many more such well-deserved honours. 

The inauguration of the calendar was graciously done at the hands of Honourable Sarkar Saheb Rawal and Mr. Ashok Bagul on 22nd December 2025.



Thoughts in Transit

🎉 New Year, New Promises 🎉

A New Year marks a fresh beginning—a chance to pause, reflect, and start again with renewed hope. It invites us to look back at the lessons of the past year while turning our hearts toward the possibilities ahead. With every new calendar page comes the quiet promise of growth, change, and better choices.

The promises we make at the start of the year are more than resolutions; they are commitments to ourselves. Whether it is to be healthier, kinder, more disciplined, or more grateful, these promises reflect our desire to become better versions of who we are. While not every promise may be perfectly kept, each sincere effort moves us forward.

The New Year reminds us that change does not require perfection—only intention and consistency. By honouring our promises one step at a time, we transform hope into action and dreams into reality. ★★★

Wish you a Happy, Blessed and Prosperous New Year!!!

IPP Rtn. Rinki Barman
Editor
Rotary Surat Riverside



**Issue 006****7th January 2026 /Vol. 30**

In Tribute

With deep reverence, we pay tribute to Mrs. Pushpa Kishorkant Vadgama, mother of Rtn. Dr. Parul Vadgama, who was a cherished mother and the unwavering pillar of the family, whose life was a beautiful embodiment of love, values, and compassion.

She departed from this world on 24th December 2025, leaving behind a legacy of kindness, grace, and selfless devotion.

District News

Heartiest Congratulations to PDG Pinky Patel

Rotary District 3060 proudly congratulates PDG Pinky Patel on her selection to represent RID 3060 at the Council on Legislation (COL) for the term 2026-28.

We are confident that she will represent RID 3060 with distinction, integrity, and wisdom, making our district proud on the international platform.

