



Rotary Surat Riverside

R.I. District 3060

Charter Date: 26/06/1996

Club No. 31734

RIVERSIDE
RIPPLES



Rotary

Club Newsletter



Website: www.rotarysuratriverside.org



Installation Ceremony Report

Date: 6 July 2024

Venue: Banquet Hall, Girnar Restaurant, Adajan

The Installation Ceremony for President Rinki Barman and Secretary Ritu Talwar of Rotary Surat Riverside (RSR) was held on 6 July 2024 at the elegant Banquet Hall of Girnar Restaurant. This event marked the 29th Installation Ceremony of RSR and was celebrated with great pomp and grandeur in the esteemed presence of Chief Guest G.R. Sivakumar, Installing Officer PP Siddharth Shah, other distinguished dignitaries, fellow Rotarians from neighboring clubs, and the RSR family members.



Ceremony Highlights:

- **Opening:** The event began with Rtn. Daksha Khushi called the meeting to order, followed by the recitation of the Four-Way Test of Rotary by Rtn. Bobby Patel.
- **Invocation:** Past President Rtn. Sanjay Pandya invoked divine blessings by chanting Shlokas, providing insight into their significance.
- **Spiritual Note:** The spiritual ambiance was enhanced by a captivating prayer dance performed by Annet Shree.
- **Welcome Speech:** Outgoing President Ankur Marfatia delivered a heartfelt welcome speech to the esteemed gathering.
- **Introductions:** Past President Mr. Bankim Vashi introduced the Chief Guest, while Rtn. Sushma Jain introduced the Installing Officer.
- **Secretarial Report:** Outgoing Secretary Rtn. Kapil Arora presented the Secretarial Report, reflecting on the achievements of the past year under the Sarthi Team.
- **Farewell Speech:** President Ankur Marfatia gave a farewell speech, vowing continued support as Immediate Past President (IPP).

Installation of New Leadership

- **New President:** The baton was passed to President Rinki Barman, who was introduced by PP Rashika Bharadwaj.
- **New Secretary:** PP Siddharth Shah, the Installing Officer, formally installed Secretary Ritu Talwar and the new team, "The Magic of Rotary."
- **Words of Wisdom:** PP Siddharth Shah shared his valuable insights with the new team and the audience.
- **Acceptance Speech:** President Rinki Barman concluded with her resolutions and acceptance speech, pledging to uphold and exceed the benchmarks set by the outgoing Team Sarthi.



The ceremony was a memorable occasion, setting a promising tone for the year ahead under the new leadership of Rtn.Rinki Barman.

Tree Plantation Drive Report

Date: 14 July 2024

Location: Bhavani Mata Temple, Vansva Village, Hazira

In keeping with our cherished tradition, we organized our annual Tree Plantation Drive on the first Sunday following the Installation Ceremony. This year's drive took place at the Bhavani Mata Temple, a location chosen to enhance the temple complex and benefit the local community with the added shade and fruits from the newly planted trees.

Details of the Drive:

Types of Plants Planted: Coconut, drumstick, guava, papaya, and gulmohar saplings.

Purpose: To provide shade and fruit-bearing benefits to the local residents.



Blood Donation and Free Eye Checkup Camp Report

Date: 10 July 2024

Organized By: Rotary Club of Udhna, RC Surat Riverside, RC Surat Seaface, RC Surat, RC Surat West, RC Surat Tapi

In Association With: NJ India

On 10 July 2024, a highly successful Blood Donation and Free Eye Checkup Camp was organized with the collaborative efforts of multiple Rotary Clubs and NJ India. The event was a grand success, demonstrating our collective commitment to community service.



Event Highlights:

- Blood Donation: A total of 224 units of blood were collected, showcasing a commendable spirit of generosity and humanitarianism.
- Eye Checkup: 133 patients received free eye checkups, benefiting from essential medical care.

Acknowledgements:

- Mr. Niraj Choksi: Heartfelt gratitude to Mr. Niraj Choksi, CEO of NJ India, for providing the venue and extending warm hospitality.
- DG Tushar Shah and First Lady Nehal Shah: Their presence, along with the Rotarians and NJ India staff, added to the success of the event.

Special Mentions:

- Active Involvement: IPP Ankur Marfatia played a crucial role in organizing the camps, being an integral part of NJ India.
- Blood Donors from RSR: Rtn Kishan Desai, PP Bankim Vashi, Rtn Daksha Khushi, PP Ritu Talwar, Rtn Kapil Arora, Annet Krish Arora, Spouse Mrinal Kampani, PP Manoj Gajiwala, PP Rajesh Mehta, IPP Ankur Marfatia, and PP Anand Acharya.
- Supportive RSRIans at the Camp: PP Siddharrtha Shah, Rtn Alpaa Shahh, PP Manoj Jain, Rtn Sushma Jain, Rtn Manoj Bhatia, Rtn Rajan Talwar, Ann Falguni Arora, and President Rinki Barman.
- The camp was a significant milestone in our efforts towards humanitarian service. Kudos to everyone involved in this first mega move towards serving humanity!

Bollywood Night Extravaganza

A Night to Remember: Bollywood Night

We are excited to share the highlights of our recent Bollywood Night event, which proved to be an unforgettable celebration brimming with spectacular performances and vibrant energy!

Everyone a Star Performer

Bollywood Night truly shone through the participation of every individual present. Each attendee brought their unique flair to the stage, whether through singing, dancing, or acting. Every participant became a star performer, contributing to the lively and spirited atmosphere of the evening.

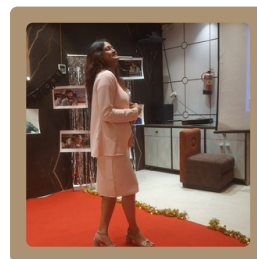
A Perfectly Embraced Bollywood Theme

The Bollywood theme was embraced with great enthusiasm. The effort put into costumes, acts, and dance routines was evident, with everyone giving their best to deliver outstanding performances. The colorful and glamorous Bollywood vibe was captured perfectly, turning the night into a true celebration of Indian cinema and culture.

Unforgettable Memories

Bollywood Night was more than just an event; it was a celebration of our collective spirit and enthusiasm. The camaraderie and teamwork displayed were truly inspiring, making it a night filled with laughter, joy, and lasting memories.

We extend our heartfelt thanks to everyone who participated and contributed to the success of Bollywood Night. Your dedication and enthusiasm made it an evening to remember. Let's continue to channel the same energy and passion into all our future events.





From the Editor's Desk

In this month's Newsletter, we delve into a pressing issue that affects many professionals today: achieving a harmonious balance between work and personal life. Our research underscores that this balance is not a one-time fix but a continuous cycle that requires ongoing reflexivity and intentional redefinition of roles.



Understanding the Cycle

To effectively navigate this balance, consider the following five-step cycle:

Pause and Denormalize Take a moment to step back and assess what is causing stress or dissatisfaction in your life. Reflect on how these factors affect your work and personal life.

Pay Attention to Your Emotions Examine how your current situation affects your emotional state. Are you feeling energized and fulfilled, or are you experiencing resentment and sadness?

Reprioritize Use your increased awareness to adjust your priorities. Reflect on what sacrifices you are willing to make and whether your current priorities are truly necessary.

Consider Your Alternatives Before implementing solutions, think about how different aspects of your work and life could better align with your priorities. Improving work-life balance often requires experimentation and time.

Implement Changes Finally, take action based on your reflections. Whether through public changes (such as negotiating for flexible work arrangements) or private changes (such as setting personal boundaries), ensure that the adjustments are sustainable.

A Continuous Journey

The steps outlined above are not a one-time fix but part of a continuous cycle of reflection and adjustment. It's easy to revert to old habits, especially in cultures that glorify long work hours. To make meaningful, lasting changes, consistently revisit these steps—pausing, reflecting on emotions, reprioritizing, evaluating alternatives, and implementing adjustments throughout both personal and professional spheres.

We hope this article provides valuable insights to help you achieve a more balanced and fulfilling life.

Warm regards,
Rtn. Puja Kampani
Editor

Continued Celebration of Maternal & Child Health Theme Month

As part of our ongoing celebration of Maternal & Child Health Theme Month, we are excited to share the recent activities that brought smiles and support to our community.

Sanitary Napkin Distribution and Hygiene Counseling

On our mission to support adolescent health, we distributed sanitary napkins to 33 teenage girls from the Aanganwadi at Panjava Sheri. These sanitary napkins are intended to last for six months, ensuring these young women have access to essential menstrual hygiene products.

In addition to the distribution, the girls received valuable counseling on menstrual hygiene from Past President Ritu. This educational component is crucial for empowering these young women with the knowledge they need to manage their health confidently.



A Sweet Treat for the Kids

In a heartwarming gesture, chocolate milk and bananas were sponsored and distributed to the children of the Aanganwadi by today's birthday girl, Emely. Her thoughtful contribution added a special touch to the day, bringing joy and sweetness to the tiny faces of the Aanganwadi kids. Thank you, Emely! ❤️

Special Thanks

We would also like to extend our heartfelt appreciation to Rtn. Prerna and Annet Sanskriti Barman for their presence and support during the event. Your involvement helped make this initiative even more impactful.



Beneficiaries and Costs

- Teenage Girls Beneficiaries: 33
- Kids Beneficiaries: 25
- Total Cost: Rs. 2,500/-

Thank you to everyone involved for your generous support and dedication to improving maternal and child health in our community. Your contributions make a significant difference in the lives of those we serve.

Donation : Rs.5000/- from Amita.



Humf & Poshan 23 Event Highlights

Date: 27th July 2024

Venue: Aanganwadi Nos. 36 & 37

As part of our continued efforts to support maternal and child health, we are pleased to share the successful outcomes of our recent Humf & Poshan 23 event.



Distribution Details

1. Iron-Rich Gud & Chana: We distributed iron-rich Gud (jaggery) and Chana (chickpeas) to 53 pregnant and lactating women. These nutritious items are vital for their health and well-being.
2. Sanitary Napkins: We provided sanitary napkins to 31 girls, ensuring they have access to necessary menstrual hygiene products.
3. Soymilk: To support the nutritional needs of malnourished children, we distributed soymilk to 30 kids.



Acknowledgments

A special thank you goes to:

Sec. Ritu and Ser. Chair Nirupa for their wonderful execution and organization of the event.

Prerna and Daksha for their invaluable contributions and support.

Donation

Today's generous donation of Rs. 5,000/- was made by Amita. Your contribution is greatly appreciated and instrumental in supporting our initiatives.

Beneficiaries

- Ladies: 53
- Girls: 31
- Kids: 30

Thank you to everyone involved for making this event a success and for your ongoing commitment to improving the lives of those in our community.

1st HUMF of the Year & POSHAN Week 2 Recap

We are delighted to share the highlights of our first HUMF (Hunger & Malnutrition Fund) event of the year and POSHAN Week 2 activities, which were both successful and impactful.

Event Details

1st HUMF of the Year:

Treats Served: Samosas, chocolate milk, Maaza, and bananas were provided to the kids.

Beneficiaries: 80 children received these nutritious and delightful snacks.

POSHAN Week 2:

Support for Malnourished Kids: 20 malnourished children were given soymilk to help address their nutritional needs.

Total Beneficiaries: 80 kids

Total Cost: Rs. 2,500



Acknowledgments

A special thank you to:

Rtn. Prerna and Samir Grover for generously sponsoring today's event. Your support made this initiative possible and significantly impacted the children we serve. 🙌❤️

We extend our heartfelt gratitude to all the Rotarians involved for their dedication and efforts in making this event a success.

Birthday & Anniversary

Birthday

1st Aug - PP Rtn. Divyang Parikh
 3rd Aug - Annet Shree Acharya
 5th Aug – Ann. Dr. Manisha Marfatia
 9th Aug - Rtn. Rakhi Jindal
 12th Aug - IPP. Rtn. Ritu Talwar
 16th Aug - Annet. Kavya Vaidya

19th Aug - PP Rtn. Rajesh Patel
 19th Aug - Rtn. Rajat Vij
 20th Aug - Ann. Rashida Lokhandwala
 24th Aug - Annet Aashna Marfatia.
 27th Aug - Rtn. Pranab Barman
 30th Aug- Rtn. Mdyen Lokhandwala





Anniversary



29th Aug - Rtn. Jatin Vaidya & Ann. Alpa Vaidya

UPCOMING EVENTS OF THE MONTH

1. Friendship Day Fellowship - 3 August
2. Dang Giving - 4 August
3. Project Poshan Week 25 - 28 (Dates to be announced)
4. Dabba Party (Last week)

ROTARY NEWS

Sangkoo Yun is selected to be 2026-27 Rotary International president

Sangkoo Yun, of the Rotary Club of Sae Hanyang, Seoul, Korea, is the selection of the nominating committee to become Rotary International's president for 2026-27. He will be officially declared the president-nominee on 15 September if no other candidates challenge him.

Yun received his bachelor's and master's degrees from the Syracuse University School of Architecture in the U.S. and an honorary doctoral degree from The University of Edinburgh, Scotland. He is the founder and CEO of Dongsuh Corp., which engineers and markets architectural materials, and the president of Youngan Corp., which operates in real estate and financial investment. He is involved in many civic organizations and has a special interest in the preservation of cultural heritage.



Sangkoo Yun

A Rotary member since 1987, when he was a charter member of the Rotary Club of Sae Hanyang, Yun has served Rotary International as a director, trustee, committee member and chair, and RI learning facilitator. He served for eight years as co-chair of the Keep Mongolia Green Project, by Korean members of Rotary. His RI committee roles include the Board Administration Committee (2013-15, vice chair 2014-15), the International Assembly Committee (vice chair, 2020-21), and the End Polio Now Countdown to History Campaign Committee (regional vice chair, 2023-27). He also served on The Rotary Foundation's Executive Committee (2019-22, chair 2020-21) and Programs Committee (2019-22, chair 2020-22).

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