



## TEAM-2024-25

### R.I. PRESIDENT

Stephanie Urchick

### DISTRICT GOVERNOR

Tushar Shah

### PRESIDENT

Jai Mistry  
M. 8141357538

### HON. SECRETARY

Vineet Panchal  
M. 98792 74997

### IPP

Sandeep Nanavati

### PRESIDENT ELECT

Kundan Shah

### JT. SECRETARY

Jilpa Sheth

### TREASURER

PP. Bhupendra Jariwala

### DIRECTORS

Alpesh Shetranjiwala  
Meghal Baxi  
Mrunal Kothari  
Rupesh Jariwala  
Umang dalal

### SERGEANT AT ARMS

Nainesh Master  
Rajesh Desai  
Suraj Sagar

### CLUB TRAINER

PP Nimish Mehta

### ADVISORS

PP Nikhil Madrasi  
PP CA Tejas Gandhi

## MIND MATTERS: NURTURING MENTAL WELL-BEING IN OUR COMMUNITY

Date : Friday, 21<sup>st</sup> March 2025 Time : 07.30 pm  
Venue : Dr. Sarosh Bhacca Memorial Rotary Hall, Nanpura, Surat

The weekly meeting of the Rotary Club of Surat commenced with the National Anthem, followed by the Four-Way Test, recited by **Rtn. Deepak Gandhi**.

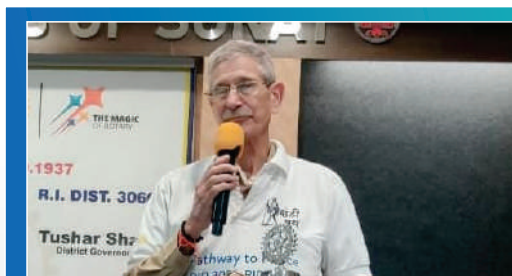
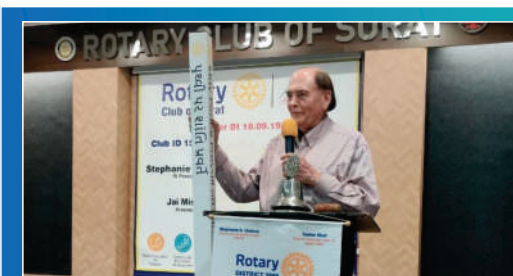
**President Rtn. Jai Mistry** extended a warm welcome to all members and guests. RC Surat welcomed the participants and members of the Rotary Peace Walk to Dandi, including **Rtn. Dr. Fred** and **Rtn. Dr. Samuel** from the Rotary Club of Washington DC, as well as **Rtn. CA Rajendra Nagar** and **Rtn. CA Akash Thakkar** from District 3055, Rotary Club of Ahmedabad West. A flag exchange ceremony was held with the Rotary Club of Washington DC, symbolising the spirit of global Rotary fellowship.

**President Mistry** then introduced the speakers for the session, **Rtn. Dr. Jitendra Nanawala** and **Dr. Tejas Joshi**, who were felicitated with flowers and a memento by the Club members.

The meeting featured an insightful session titled "Mind Matters", focusing on mental health awareness and its significance in the community. **Rtn. Dr. Nanawala**, along with his teammate **Dr. Joshi**, provided valuable insights into the importance of recognising mental health issues, their ripple effects on individuals and society, and practical techniques to integrate mental well-being into daily life. The discussion highlighted actionable steps to address mental health challenges, fostering a healthier community mindset.

Following the engaging session, **Rtn. Dr. Neeta Gandhi** announced the birthdays and anniversaries of club members. Secretary **Rtn. Vineet Panchal** then shared important announcements regarding upcoming Rotary initiatives and activities.

The meeting concluded with a heartfelt vote of thanks by **Rtn. Kundan Shah**, expressing appreciation to the speakers and attendees for their participation.



## BRIDGING BORDERS: A MEMORABLE EVENING WITH THE RFE TEAM FROM MEXICO

Date : Friday, 28<sup>th</sup> March 2025 Time : 07.30 pm  
Venue : Dr. Sarosh Bhacca Memorial Rotary Hall, Nanpura, Surat

The Rotary Club of Surat, in collaboration with RC Surat Roundtown and RC Surat Tapi, hosted a memorable evening to welcome the Rotary Friendship Exchange (RFE) Team from Mexico. The event celebrated global fellowship, cultural exchange, and Rotary's commitment to building international goodwill.

The meeting commenced with the Four-Way Test, recited by **Rtn. Sachin Amode** from RC Surat Tapi. This was followed by a warm welcome address by **President Rtn. Jai Mistry**. **Rtn. Ajay Mehta** introduced the RFE Team Leader, who, in turn, introduced the team members, setting the stage for a meaningful cultural exchange.

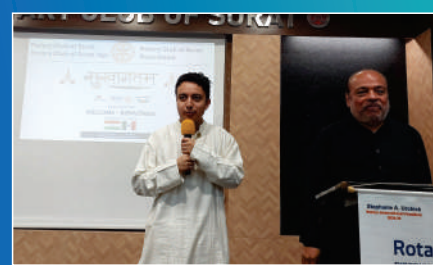
The district leadership and office bearers (OBs) of all three clubs felicitated the entire RFE Team with flowers. Distinguished guests, including **DG Tushar Shah**, **First Lady Nehal Shah**, **RFE Chair PDG Hitesh Jariwala**, **PDG Kulbandhu Sharma**, and **AG Dr. Jitendra Nanawala**, were felicitated by Rotarians from all three clubs.

The evening also showcased club projects through visual presentations, highlighting impactful initiatives undertaken by all three clubs. A flag exchange ceremony was conducted for all three clubs with the RFE Team, strengthening international ties and celebrating the bond between Rotary clubs across borders.

The RFE Team Leader addressed the gathering, sharing insights into the significance of international exchanges in fostering Rotary's mission. **DG Tushar Shah** delivered an inspiring speech, emphasising the importance of global partnerships in Rotary and the impact of friendship exchange programs in building cultural understanding.

**Rtn. Dr. Neeta Gandhi** announced birthday and anniversary greetings for club members. **Secretary Rtn. Vineet Panchal** made important announcements regarding upcoming Rotary initiatives and activities.

The meeting concluded with a heartfelt vote of thanks by **President-Elect (PE) Kundan Shah**, expressing appreciation to all dignitaries, the RFE Team, and club members for making the evening a grand success.









## HOLISTIC WELLNESS: AN INTEGRATED APPROACH AT HOLISTICA WORLD

On Sunday, 23<sup>rd</sup> March 2025, 23 members, including young Rotaractors attended a two-hour wellness awareness session at Holistica World. The session highlighted the importance of an integrated approach to health, focusing on holistic wellness, preventive healthcare, and the synergy between modern and traditional healing practices.

A key highlight was a live demonstration of diagnostic tests by **Dr. Dharmesh Shah**, Founder of Holistica World, who shared personalised health insights and simple wellness tips for a healthier lifestyle. His expertise emphasised how integrative healthcare helps address root causes rather than just symptoms.

The visit, coordinated by **Rtn. Jilpa Sheth**, was a seamless and enriching experience for all. As a token of appreciation, members received freebies and a complimentary wellness service, allowing them to experience holistic healing first-hand.

Attendees extended their heartfelt gratitude to the Holistica World team for their insights and warm hospitality, leaving with a renewed focus on proactive health and well-being.



## ROTARY CLUB OF SURAT HONOURED FOR HEALTHCARE CONTRIBUTION

On Sunday, 30<sup>th</sup> March 2025, in a significant recognition of community service, Gurunanak Charitable Trust honoured the Rotary Club of Surat for its remarkable contribution to healthcare. The event, held at Gurunanak Charitable Hospital, celebrated the club's generous donation of dialysis machines, significantly enhancing the hospital's ability to serve patients with kidney-related ailments.

The ceremony was graced by **President Jai Mistry**, **President-Elect Kundan Shah**, **PP Dr. Ajay Mahajan**, trustees of Gurunanak Charitable Trust, senior medical professionals, and community members. The recognition highlighted the Rotary Club's unwavering commitment to improving healthcare facilities and ensuring life-saving treatments reach those in need.

Speaking on the occasion, **Dr. Ajay Mahajan** expressed gratitude for the honour and reaffirmed the club's dedication to healthcare initiatives.



## CONGRATULATIONS TO RTN. AJAY MEHTA !

Heartiest congratulations to **Rtn. Ajay Mehta** on being elected to the Managing Committee of the Southern Gujarat Chamber of Commerce & Industry (SGCCI)!



**Rtn. Ajay Mehta**

This achievement is a testament to his dedication, leadership, and commitment to the growth and development of the business community. Wishing him great success in this prestigious role as he continues to make a positive impact on the industry and the region.

## AMBASSADOR OF GOODWILL

On Saturday, 22<sup>nd</sup> March 2025 **President Jai Mistry and Hon. Secretary Vineet Panchal** attended a fellowship meet with the candidates of the Rotary Peace Walk to Dandi, hosted by **Rtn. Bhavesh Shah** from RC of Surat West



## WARM ROTARY HOSPITALITY: WELCOMING THE RFE TEAM FROM MEXICO

On Thursday, 27<sup>th</sup> March 2025, **Rtn. Ajay Mehta** and **Rotary Partner Nayna Mehta** graciously welcomed and hosted the Rotary Friendship Exchange (RFE) Team from Mexico, fostering fellowship and cultural exchange.



# PAL BAL AANGANWADI : PEOPLE OF ACTION

On Saturday, 22<sup>nd</sup> March 2025, healthy meals were distributed to over 30 children at Pal Bal Aanganwadi, sponsored and volunteered by **Rtn. Kundan Shah and Rtn. Daksha Shah**. Similarly, on Saturday, 29<sup>th</sup> March 2025, the initiative was sponsored by and volunteered by **Rtn. Kamal Gandhi and Rtn. Jagruti Gandhi**.



# UPCOMING PROGRAMMES

DATE	PROGRAMME / ACTIVITY
29 <sup>th</sup> March	Bal Aanganwadi sponsored by Rtn. Kamal Gandhi
4 <sup>th</sup> April	Speaker meet
5 <sup>th</sup> April	Bal Aanganwadi sponsored by Rtn. Dr. Ajay Mahajan
11 <sup>th</sup> April	Felicitation of DGND Ashish Patwari and RFE outgoing team lead by PDG Hitesh Jariwala

# BIRTHDAY / ANNIVERSARY

## BIRTHDAY

8 <sup>th</sup> April	Rotary partner Amisha Harshad Kinkhabwala	14 <sup>th</sup> April	Rotary partner Manjariben Bhairav Desai
14 <sup>th</sup> April	Rotary partner Shilpa Jai Mistry	16 <sup>th</sup> April	Rotary partner Beena Hemant Thakkar

# FOUR-WAY TEST

Rotary  
District 2005

**THE FOUR-WAY TEST**  
Of the things we think, say or do

- First** Is it the **TRUTH**?
- Second** Is it **FAIR** to all concerned?
- Third** Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- Fourth** Will it be **BENEFICIAL** to all concerned?

Shashank A. Ghosh  
President 2024-25  
Daksha Shah  
District Governor 2024-25

# IMPORTANT LINKS





## THE 4-WAY TEST

One of the most widely printed and quoted statements of business ethics in the world is the Rotary “4-Way Test.” It was created by **Rotarian Herbert J. Taylor in 1932** when he was asked to take charge of the Chicago-based Club Aluminum Company, which was facing bankruptcy. Taylor looked for a way to save the struggling company mired in depression-caused financial difficulties.

He drew up a 24-word code of ethics for all employees to follow in their business and professional lives. The 4-Way Test became the guide for sales, production, advertising and all relations with dealers and customers, and the survival of the company was credited to this simple philosophy.

Herb Taylor became president of Rotary International during 1954-55. The 4-Way Test was adopted by Rotary in 1943 and has been translated into more than 100 languages and published in thousands of ways. The message should be known and followed by all Rotarians.

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?”



Source : From the ABC's of Rotary  
By Cliff Dochterman, 1992-93 President,  
Rotary International

## APRIL 2025 RI Exchange Rates

COUNTRY	MONETARY UNIT	CURRENCY PER US \$1.00
* INDIA	INR	86
* NEPAL	NPR	137
* SRI LANKA	LKR	296
PAKISTAN	PKR	280
BANGLADESH	BDT	122

\*Indicates rate change from the previous month.

APRIL IS  
[www.rotary.org/donate](http://www.rotary.org/donate)

**ENVIRONMENT  
MONTH**

“Try to leave the earth a better place than when you arrived.”  
*Sidney Sheldon*

