



Sudarshan

R.I.Dist. : 3060 | Charter No. : 15200 | Charter Date : 18-9-1937

Editors : Jilpa Sheth, Nainesh Master, Purvi N. Mehta



R. I. PRESIDENT : FRANCESCO AREZZO

DISTRICT GOVERNOR : AMARDEEP SINGH BUNET

THE SERVICE OF SELF : THROUGH SILENCE AND STILLNESS

In Rotary, Service Above Self is not merely a motto—it is our collective way of life. Yet amidst our dynamic calendars, project roll-outs, and fellowship engagements, we often overlook the most fundamental service of all: the service of self.

To serve others with authenticity and strength, we must first nurture our own inner resilience. One of the most profound ways to do this is by embracing the quiet power of **silence and stillness through meditation**.

Meditation—especially silent meditation—isn't just about tranquillity. It is about returning to our core: our **values, compassion, and purpose**. In those moments of stillness, we begin to see more clearly, feel more deeply, and lead more mindfully.

Rotary's ideals of service, fellowship, and integrity resonate even more when guided by **calm minds and centred hearts**. Just as a lamp must be refilled before lighting the way, we too must nourish our inner selves to become stronger beacons of change.

As we move forward in this Rotary year, let us consider integrating these moments of reflection—be it a **minute of silence before meetings or regular wellness sessions**. In doing so, we not only enhance our own clarity and empathy but also inspire a more grounded and conscious leadership within our club.

In a world filled with constant motion and noise, may we find strength in silence and purpose in stillness.

Let this be a gentle reminder:

when the self is centred, the service that flows from it becomes truly transformative.

— Editorial Team
Sudarshan

THE FOUR-WAY TEST

Rotary  **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?

IMPORTANT LINKS



PRESIDENT KUNDAN SHAH	I.P.P. JAI MISTRY	VICE PRESIDENT VINEET PANCHAL	PRESIDENT ELECT HARSHAD KINKHABWALA	HON. SECRETARY PP TEJAS GANDHI	HON. JT. SECRETARY PP KAMAL GANDHI	HON. TREASURER NILESH JARIWALA
DIRECTORS : PP DR. AJAY MAHAJAN, JILPA SHETH, DR. NEETA GANDHI, DEEPAK GANDHI, MEGHAL BAXI SGT. AT ARMS : NAINESH MASTER, SURAJ SAGAR, CHETAN JARIWALA						

CLUB OFFICE : DR. SAROSH BHACCA MEMORIAL ROTARY HALL,
JIVAN BHARTI SCHOOL ANNEXE, TIMALIYAWAD, SURAT - 1.

We meet at 7.30 pm on every Friday

INHALE PEACE, EXHALE STRESS : AANAPAN MEDITATION

Date : Friday, 18th July 2025

Time : 7.30 pm

Venue : Dr. Sarosh Bhacca Memorial Rotary Hall, Nanpura, Surat.

The meeting commenced with the National Anthem recited by all, after which the Four Way Test was led by **Rtn. Atmaram Tripathi** and a warm welcome address was delivered by **President Kundan Shah**.

First Lady Daksha Shah extended a gracious welcome to the guest speaker, **Smt. Pinalben Shah**, by presenting her with a stole, and **Rtn. Dr. Neeta Gandhi** presented a memento. The speaker was eloquently introduced by **Rtn. Manoj Gautam**.

Pinalben, a committed practitioner and guide of **Vipassana and Aanapan Meditation**, delivered a deeply insightful session on the practice of mindful breathing. She elaborated on the foundational principles of **Aanapan Meditation** — a technique based on observing one's natural breath. Through everyday analogies and a calming presence, she explained how this deceptively simple technique is a gateway to mental clarity, emotional regulation, and inner peace. Her words resonated deeply with members, many of whom found her guided session meditative and moving. She encouraged everyone to start with just a few minutes of breath awareness each day, making mindfulness accessible even in the busiest of routines.

During the meeting, **PP Dr. Ajay Mahajan** along with Global Grant committee members handed over the Surat General Hospital Global Grant file and documents to **President Kundan Shah**, which need to be retained for 8 years. **Hon. Secretary Tejas Gandhi** shared secretarial announcements and **Rtn. Chetan Jariwala** extended warm birthday greetings to members. **PE Harshad Kinkhabwala** offered the vote of thanks.



SPREADING SMILES, ONE NOTEBOOK AT A TIME!



Rotary Club continued its commitment to education by distributing **1300 notebooks** to students of **J. C. Munshi School** on **Saturday, 19th July 2025**.

The initiative brought smiles and encouragement to young learners, helping them take a confident step forward in their academic journey.

A heartfelt gesture, proving once again — **small efforts create big impact.**

AMBASADOR OF GOODWILL



PP Nimish Mehta graced the Installation Ceremony of **RCC Lajpore, Sachin** on **Sunday, 20th July 2025** as the **Chief Guest** and **Installing Officer**. The event was also attended by **President Kundan Shah** and **PP Dr. P. P. Mistry**.

Wishing the newly installed team a successful and impactful Rotary year ahead!

Rtr. Dewam Panwala assumed charge as **President** and **Rtr. Neel Desai** as **Hon. Secretary** of the **Rotaract Club of Surat Community (RCSC)** for the Rotary year **2025–26** on **Wednesday, 23rd July 2025**, in the presence of **DRR Ruchit Mehta**, **DRRE Bhavya Shah**, **CG & PDRR Viral Gondalia**, and **RC Roundtown President Kaureen Panwala**.

The event was graced by **RCC Vineet Panchal** from **RC Surat**, along with **PP Dhyanam N. Mehta** from the **Interact Club of Ryan International School**, both of whom extended their best wishes to the newly appointed team.



UPCOMING PROGRAMME

25th July

Musical Housie by Ms. Birva Zaveri

26th July

Healthy food distribution at Bal Anaganwadi Sponsored by Rtn. Raj Jariwala

1st August

Friendship day celebration with Movie show

2nd August

Healthy meal distribution at Pal Anganwadi, Sponsored by Rtn. Dakshaben Shah

PAL BAL AANGANWADI: PEOPLE OF ACTION

On **Saturday, 12th July 2025**, healthy meals were distributed to 25 children at **Pal Bal Aanganwadi**. The initiative was sponsored by **Rtn. Jagruti & Rtn. Kamal Gandhi** and volunteered by them along with **Rotary Partner Purvi N. Mehta**.



KNOW YOUR MEMBER – RTN. HARSHAD KINKHABWALA

An accomplished professional with a rich academic background in **B.Com, LLB (SP), and MBA (Finance)**, **Harshad Kinkhabwala** is known for his affable nature, love for travel, and ability to forge friendships with ease.

He began his career with **Surat Municipal Corporation** in 1988 as a Clerk and, through dedication and consistent service over 36 years and 4 months, retired in 2024 as **Deputy Commissioner, SMC**.

Harshad Kinkhabwala joined RC Surat in 2010 and has actively served as Director and Treasurer. He is currently the **President Elect** for 2025-26. A firm believer in the Four Way Test, he represented the club in the 2015 **RFE programme to California** (District 5150). His daughter **Zeel** also shares a Rotary bond, having participated in the **2011-12 RYE programme to France**.

Harshad married **Amisha** in 1990. Their son **Sunny** is in the medicine distribution business and is married to **Prachi**; they are proud parents of **Saachi** and **Ridhan**. Daughter **Zeel** is married to **Harsh Patel** and resides in Canada. **Rooted in values and relationships, Rtn. Harshad continues to serve Rotary with dedication and a global outlook.**



Birthday

25th July 2025

Rtn. Viral M. Mehta

29th July 2025

Rotary Partner Jayana Snehal Patel

31st July 2025

Rtn. Dr. Ajay Mahajan

31st July 2025

Rtn. Sandip Nanavati

