

# Rotary



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Rotary District : 3060 | Club No. : 24912 | Chartered on : August 26, 1987



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• R.I. District: 3060 | Year : 2020-21  
• Club Number : 24912  
• Chartered : August 26, 1987  
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## CIRCULAR 09

### Meeting 11

Programme : Prathnasabha (Founder member and Past President Late Rtn. Rajen Modi)  
Date : 24th September, Thursday, 2020.  
Time : 9:00 PM (Zoom app)  
Invitee : Rotarians, Anns and Annets

### Birthday Wishes

8-Sep	Ann. Deval K. Mehta	88661 05817	13-Sep	Ann. Ketu Rajiv Shah	98244 65447
10-Sep	Rtn. Pranay Shah	98252 16148	13-Sep	Mr. Jatin Panchasara	99798 49922
11-Sep	Ann. Ishita R. Chhotai	97267 97978	18-Sep	Rtn. Himanshu Mehta	94269 18989
13-Sep	Rtn. Rushit Nathwani	98989 44453	16-Sep	Ann. Monika K. Mehta	76989 97779

### Prathnasabha :

Rotary Club of Rajkot Greater will host Prathnasabha in loving memory of Founder member and Past President Late Rtn. Rajen Modi. We wish maximum participation in tribute to one of the very active Rotarians in his time. Members shall share their experiences and journey with Late Rtn. Rajen Modi



### Speaker Meeting : આયુર્વેદિક ઉપચારોથી ઇમ્યુનિટી વધારીએ by Dr. Jayesh Parmar

#### કોરોના પોઝિટિવ અને હોમ આઈસોલેટ દર્દીએ આટલું કરવું

- કોરોના અને હવે પછી કોઈપણ રોગ આવશે તેમાં રોગપ્રતિકારક શક્તિ જાળવવી અને વધારવી એ જ એકમાત્ર ઉકેલ છે.
- હોમ આઈસોલેટ દર્દીએ સવારે અને સાંજે અડધી ચમચી રાય અને મીઠું વાટીને નાસ લેવો જોઈએ.
- કોરોના પોઝિટિવ દર્દીએ તુલસી, મરી, આદુ, કુદીનો અને કાળી દ્રાક્ષને ઉકાળી લીંબુનો રસ નાખી ઉકાળો દિવસમાં બે વખત પીવો.
- કાળી દ્રાક્ષના ૧૦ દાણા રાત્રે પલાળી દેવાના, આખા દિવસ દરમિયાન બે-બે ચારથી પાંચ વખત ચૂસવાથી રોગપ્રતિકારક શક્તિ વધે છે.

#### આયુર્વેદની દષ્ટિએ ઇમ્યુનિટી શું છે?

આયુર્વેદ જઠરાગ્નિને મુખ્ય માને છે. જઠરાગ્નિ મંદ હોય તો બીમારી થવાની સંભાવના વધે છે. ભૂખ ન લાગવી, પાચન સરખું ન થયું હોય, આખું શરીર ગારા જેવું રહેતું હોય, સ્ફૂર્તિ ન રહેતી હોય, થાક વધારે લાગતો હોય એ બધા જઠરાગ્નિ મંદ થવાના લક્ષણ છે. ત્યારે જ માણસો ચેતી જવું જોઈએ અને એના અગ્નિને પ્રજ્વલિત કરવાનું શરૂ કરી દે તો પણ આવા રોગો સામે બચી શકાય છે. એટલે જેનો જઠરાગ્નિ સારો એની રોગપ્રતિકારક શક્તિ સારી એવું કહેવાય છે કે જેને જઠરાગ્નિ જાળવતા આવશું અને જીવતા આવશું.

રોગપ્રતિકારક શક્તિ વધારવા આટલું કરવું જોઈએ.



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P.P. RTN. DARSHAN LAKHANI

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P.P. RTN. YASH RATHOD

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RTN. RAVI CHHOTAI

### PANCHNATH HOSPITAL

I.P.P. RTN. PURVESH KOTTECHA  
RTN. KUNAL ASHOK MEHTA

### WELLNESS & WOMAN

DR. AMI MEHTA

- સૂંકનું ઉકાળેલું પાણી પીવું જોઈએ, દિવસમાં બેથી ચાર વખત.
  - આદુ-લીંબુ અને મધનું સરબત જમવાની ૧૫ મિનિટ પહેલા પીવું.
  - લીલા શાકભાજી, ગવકા, તુરિયા, દૂધી, ગુવાર વગેરે લેવા જોઈએ.
  - અગ્નિને જાણીને જમવું એટલે કે અગાઉ જમવું બરોબર પાચન થયું હોય તો જમવું.
  - લીલા નાળિયેરનું સેવન કરવું તુલસી, મરી, આદુ, કુટીનો અને કાળી દ્રાક્ષને ઉકાળી લીંબુનો રસ નાખી ઉકાળો લીલા પછી હળદર વાળું દૂધ પીવું જોઈએ.
  - સવારમાં ઉકાળો લીલા પછી હળદરવાળું દૂધ પીવું જોઈએ.
  - રાત્રી, મીઠું વાટીને ગરમ પાણીમાં નાખી નાસ લેવો.
  - નાના બાળકોને સરસિયું તેલ, અજમો, કપૂર, મીઠું ગરમ કરી, ગાળી સવાર-સાંજ છાતી-વાંસામાં શેક કરો.
- આયુર્વેદ નિષ્ણાંત ડૉ. પરમારે કહ્યું, સેનિટાઈઝર કરતા ધૂપનો ધુમાડો ખૂણે ખૂણે જઈ વાઈરસનો નાશ કરે છે : સારી રોગ પ્રતિકારક શક્તિ જ કોરોનાથી બચવાનો રસ્તો છે. ઘરમાં રાઈ, મીઠું, કપૂર, લીમડાના પાન, ગાયનું છાણું, ગાયના ઘીનો ધૂપ કરવાથી કોરોના વાઈરસ નાશ પામે છે.

## Rotary District 3060 Public Image Seminar on Sunday 6.9.2020

Prasiddhi- The Public Image seminar was conducted by RCRG on 6.9.2020. This is the maiden digital event done by RCRG in all these years which saw an active participation of around 250 members across the District 3060. For the last 2 years Rotary International has seen the need to make its presence felt for the work done by Rotary and Rotarians locally, nationally and internationally for which P.P. Rtn. Bhavesh Vegda is the chair for the same.

Public Image is a mirror of the work we do and this was discussed and shared by guest speakers and key note speaker. Key note speaker for the day was Tushar Shukla who is celebrated poet, and a verbal proponent of the Gujarati language and also a former All India Radio anchor. He emphasized to use local language for all means of communication as projects which are done are done locally and local people are those who we communicate to. It is worthy to note that Rotary District Prayer 2020 is written and composed by Tushar Shukla. Other guest was Jyoti Rai who currently works with Rotary International as a Senior Coordinator -Communications and Public Relations, South Asia. She insisted on visiting the Brand Center to find everything one needs to create one's Rotary communications with new look and feel. She said one can download Rotary's logo or create club or District logo. Also editable templates for brochures, newsletters, PowerPoint presentations, fliers are available. The main idea behind this is to create uniformity.

We are very thankful to P.P. Rtn Ashvin Lodhiya under whose Chairmanship event was a grand success and we are very grateful to P.P. Pravin Patel for giving introducing Key note speaker. M.O.C of the event was done by Rtn. Manish Patel. We thank Rtn. Priyank Bharad for all technical help. Board members have equally played an important role.

I would like to thank Rtn. Manish Patel for all his help in reporting.

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Rtn. Amit Raja

**Corporate Giving**  
Coordinator- Saurashtra  
Rtn. Aashish Joshi

**Assistant Governor**  
Assistant Governor- Saurashtra  
Rtn. Ashwin Lodhiya

**Public Image**  
Chairman- District(3060)  
Rtn. Bhavesh Vegda

**IYE**  
Coordinator- Saurashtra  
Rtn. Darshan Lakhani

**District Training**  
Regional Trainer- Saurashtra  
Rtn. Dipak Kothari

**Health- Preventive & Curative**  
Coordinator- Saurashtra  
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**Polio Plus**  
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**Rotary India Website**  
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Rtn. Manish Patel

**District Grant**  
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Rtn. Sarju Patel

**Rotary Means Business**  
Coordinator- Saurashtra  
Rtn. Yash Rathod

**Club Extension**  
Coordinator- Saurashtra  
Rtn. Mihir Modi

**Avoidable Blindness**  
Chairman- District(3060)  
Rtn. Dr. Ketan Bavishi

## Project reviews:

- RCRG in association with Shrimad Rajchandra Seva Group and Janseva Charitable Trust - Gondal had organised a blood Donation Camp for Thalassemia patients at Shri D.P. Doshi Rajkot Greater Auditorium, Rotary Greater Bhavan where 57 units were collected.
- RCRG had organized dinner on occasion of Charter Day and Annapoorna Day celebrations for mentally challenged which had 105 beneficiaries.
- RCRG and Kundaria Cancer Prevention Foundation had arranged a Vaccination Camp at Shri D.P Doshi Rotary Greater Auditorium on 2nd ,9th and 10th September 2020.
- Total 91 girls were vaccinated. 25 girls were vaccinated for the 1st doze and 66 girls were vaccinated for 2nd doze by Dr. Krupali Bhalara and team.

We thank Dr. Ameenben Mehta for guidance and support.

## District News:

- Rotary Club of Dhari becomes 101th club of Rotary 3060.
- Pranjali- Women's meet was organized on 12th September over Zoom. CA Dhara Shah was the Key note speaker and was attended by people in large numbers.

## Club News:

### Happy News:

**RCRG gets 1st plasma donor:** Rtn. Priyank Bharad became the 1st plasma donor of RCRG. He shared Plasma is the yellow, liquid part of blood that contains antibodies. If a person has fully recovered from COVID-19, he or she may be able to help patients currently fighting the infection by donating plasma because plasma now contains COVID-19 antibodies. These antibodies provide one way for the immune system to fight the virus when a patient is sick. So the plasma can be used to help others fight off the disease.

- **RCRG extends hand for noble cause-** As the Covid -19 cases are rapidly increasing in Rajkot, there was an urgent need for Antigen testing center for Covid -19 on Vidyanagar Main Road. Rajkot Municipal Corporation had requested RCRG to provide a couple for Rooms at Rotary Bhavan as an antigen testing center. From 11.9.2020, Rotary Bhavan is an Antigen Testing center for Covid-19 for time being.

### Sad News:

With profound grief, we inform you the sad demise of Shri Vipinchandra Damodardas Lakhani, father of Rtn. Darshan Lakhani, Dr. Ushaben Mapara. Mother of Rtn. Dr. Darshit Mapara and Mother- in-law of Dr. Avni Mapara and Shri Rajen Modi, our Charter member, Past president, father of Rtn. Apoorva Modi and uncle of Rtn. Mihir Modi.

॥ वाचदेवो भवः ॥

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## Permanent Projects



Rotary Rajkot Greater CT Scan Centre  
at BT Savani Kidney Hospital



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HDR Brachytherapy  
Cancer Treatment Centre



Rotary Rajkot Greater  
AUDIOMETRY LAB



Mammography Machine at  
RAJKOT CANCER HOSPITAL



स्वस्थ माता - स्वस्थ बालक  
Adolescence Awareness



Rotary Greater  
THALASSEMIA MEDICINE  
Distribution Centre

## Questions and Answers of meeting of Rasesh Shah on Vaastu:

- 1) What type of Tortoise should be placed where, how and what are the benefits?  
A1) From a Vaastu perspective we don't recommend tortoise at all.
- 2) Which types of Fountain or water bodies should be kept in the house and where?  
A2) Any kind of water fountain can be used and any kind of jar, mug or vessel can be used as a water body.
- 3) Is there any significance of lighting a blue light in the North, Red in the Agni and Yellow at Ishan corner?  
A3) No.
- 4) If temple is not possible in Ishan corner, then is it okay to keep it at the Ishan corner of any room on the Northern part of the house?  
A4) 1st option is to place it in the Northern part of the house in the Ishan corner, if that is not possible than Ishan corner of any room on the east wall can be considered.
- 5) Should the staircase should be clockwise or counter clockwise?  
5A) Always clockwise in India.
- 6) Is the South-west corner a good place for Bedroom?  
A6) Yes.
- 7) Is there any significance of keeping a ship in the house, if yes how and where?  
A7) No significance from a Vaastu perspective.
- 8) How and where should photos of dead family members should be kept?  
A8) In the west south west corner on the west wall.

## Did you know?

It was the 1st time that RCRG hosted District Public Image Seminar on online platform-Prasiddhi

## Upcoming Events:

- Dt. 26-09-2020 Book Talk by Rtn. Rajen Shah  
Dt. 27-09-2020 Daughter's Day celebration

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Rotary Rajkot Greater CT Scan Centre at B T Savani Kidney Hospital



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AUDIOMETRY LAB



Mammography Machine at  
RAJKOT CANCER HOSPITAL

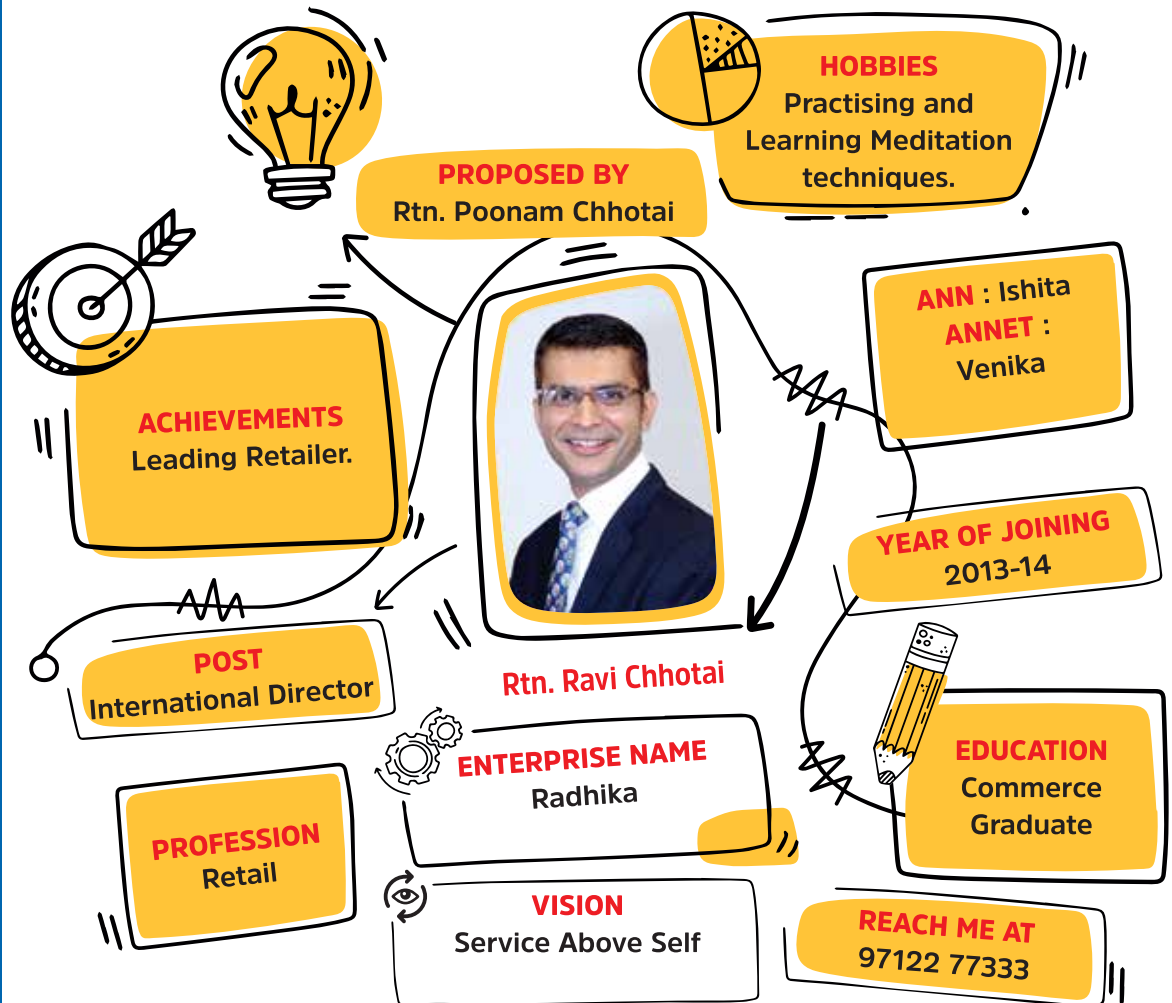


स्वस्थ माता - स्वस्थ बालक  
Adolescence Awareness



Rotary Greater  
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Distribution Centre

**Introduction of Board member: Rtn. Ravi Chhotai**



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