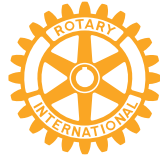


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• R.I. District: 3060 | Year : 2020-21  
• Club Number : 24912  
• Chartered : August 26, 1987  
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## CIRCULAR 18

### Meeting 22

Programme : Virtual Marathon 2020 Meet (over zoom app)  
Date : 17.12.2020  
Time : 9:00 PM.  
Invitee : Rotarians, Anns and Annets

### Birthday Wishes

11-Dec	Shweta Gaurang Patel	98240 23562	12-Dec	Ishita Nandan Pobaru	97379 88881
11-Dec	Mayuri Prakash Lodhia	99049 69704	15-Dec	Maulick Sheth	92280 55555
12-Dec	Shilpa Chirag Patel	94281 56287	15-Dec	Praful P. Gohil	98250 78366

### Wedding Anniversary

	RTN.	ANN.
8-Dec Bhavesh & Parul Mehta	99740 40257	87358 27423
8-Dec Ravi & Ishita Ganatra	98255 53058	94273 54643
8-Dec Aashish & Hetal Joshi	94269 00500	99094 00050
8-Dec Vijesh & Pinkal Jadvani	96011 00002	96011 00002
9-Dec Haren & Shital Nandani	98980 74429	98980 74429
9-Dec Rajesh & Krishna Somaiya	98980 08095	94283 49293
11-Dec Gaurang & Shweta Patel	98258 04011	98240 23562
12-Dec Suketu & Tejal Kothari	98981 34889	94280 38680
12-Dec Vishal & Avani Vasant	98253 04543	99799 17131
14-Dec Jatin & Shobha Bharad	98240 43708	90990 96427
14-Dec Anil & Jigna Savaliya	98250 82454	98250 82458
15-Dec Vasant & Komal Ramani	98252 30521	0281-2451108

## Meeting : Virtual Marathon 2020( A RCRG initiative)

During the ongoing Covid Pandemic, the frontline workers i.e. Doctors, Nurses, Policemen, Municipal Workers, Postal Workers, Railway Employees etc. are working selflessly irrespective of the danger they are facing on the line of duty for the community.

It is time to say thank you to these 'Corona Warriors'. There are many ways to say thank you, but during the pandemic, we cannot get together in large numbers so we thought of a novel way by organizing 'Virtual Rotary Marathon'. This Virtual Marathon will be held on 27th December, 2020. We invite your warriors for this Virtual Marathon which would be in category of 42 Km (full marathon), 21 Km (half marathon), 10 Km (dream run), 5 Km (run category) and 5 Km (fun walk). Registration guidelines are as below:



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P.P. RTN. NILESH SHETH

### MEMBER SCRUTINY

P.P. RTN. DR. KETAN BAVISHI  
P.P. RTN. DARSHAN LAKHANI

### GLOBAL GRANT

RTN. MANISH PATEL  
P.P. RTN. SARJU PATEL

### DISTRICT CONF.

P.P. RTN. YASH RATHOD

### POLIO PLUS

RTN. KETAN KATARIYA  
RTN. VIMLESH SHAH

### CLUB SPORTS

P.P. RTN. DIPEN PATEL  
RTN. RAVI GANATRA

### HEALTH / MEDICAL

RTN. DR. HITESH SAPOVAZIYA  
RTN. DR. ANIL SAVALIYA

### SCHOOL ON WHEELS/ SLUM CHILDREN DEVT.

P.P. RTN. ASHVIN LODHIYA  
RTN. BINESH PATEL

### CSR : P.P. RTN. DIPEN PATEL

RTN. KAMALNAYAN SOJITRA  
P.P. RTN. BHARAT HAPANI  
RTN. RAJESH PARSANA  
RTN. AASHISH JOSHI

### FUND RAISING

P.P. RTN. AMIT RAJA  
RTN. HIREN KHAKHAR

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RTN. PARAM PUNATAR

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### MEM. DEVT. CHAIR

P.P. RTN. ASWIN LODHIYA

### LITERACY CHAIR

P.P. RTN. PRAVIN PATEL

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### SERVICE PROJECT CHAIR

RTN. MANISH PATEL

### WINS CHAIR : RTN. CHIRAG PATEL

### AVOIDABLE BLINDNESS CHAIR

P.P. RTN. DR. KETAN BAVISHI

### PERM. PROJECT CHAIR

P.P. RTN. DIPAK KOTHARI

### SKIN BANK CHAIR

P.P. RTN. YASH RATHOD,  
RTN. RAVI CHHOTAI

### PANCHNATH HOSPITAL

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

### WELLNESS & WOMAN

DR. AMI MEHTA

- Registrations will be free online.

- Register name of Covid Warrior if you know to whom you want to dedicate your run with their contact details i.e. Mobile number and Email Id.

- On given day, you can run from 6:00 am to 11:00 pm and upload the run on the side using app or smart watch.

- Those who upload the data will receive an E-certificate for their participation with name of Covid worker they have ran or walked for.

For further details about this project, kindly contact Project Chair Rtn. Ravi Ganatra on +91 98255 53058 or on rotarymarathon2020@gmail.com.

Let us all come together and make this virtual run a huge success.

**This meeting is going to be conducted by Project Chair Rtn. Ravi Ganatra and Project Co-Chairman Rtn. Dipen Patel.**

## Meeting Review :

Scam 1992 -The Harshad Mehta story by Rtn. Manish Patel: Scam....it's an eye catching word. When I found out that we will have web series talk on Zoom, I was so keen to be a part of it. Not only that it became more interesting because we have none other than our most fascinating speaker Rtn. Manish Patel to entertain all of us with a great web series Scam 1992 'The Harshad Mehta Story'. It was indeed pleasure to listen to Manish bhai today.



Manish bhai explained it in very simple words so that people like me who has no knowledge of share market can also understand how share market and money market used to trade back in old days and how they are operating now.

Not only had that Manish bhai showed us full insight of Harshad Mehta and his life style. How Harshad was obsessed with his passion as well as how he used to be called as Big Bull or was also known as Amitabh Bachan of the share market.

Harshad Mehta had followed his tagline "Risk hain, toh Ishq hain". Same way today Manish bhai also shared his tagline that was pretty impressive to me.

Manish bhai shared his views and thoughts as well after the series discussion, which would be tip for all listeners who are willing to take risk to invest in the market in future.

Thank you everyone for being great listener and from Manish bhai we hope to get more stories for all of us.

- By Rtn. Vishma Panchasara

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## District Team from RC Rajkot Greater

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Coordinator- Saurashtra  
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  
Rtn. Dr. Sanjeev Nandani

**Polio Plus**  
Chairman- District(3060)  
Rtn. Dr. Yogesh Mehta

**Rotary India Website**  
Coordinator- Saurashtra  
Rtn. Manish Patel

**District Grant**  
Coordinator- Saurashtra  
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:

Rotary Club of Rajkot Greater and Kundaria Cancer Prevention Foundation, Division of Rajkot Cancer Society had arranged a Vaccination Camp at Happy School on 12th December 2020. Total 50 girls were vaccinated by Dr. Ami Mehta and team.



## District News:

On 12th December 2020, meeting was held with DG Prashant Jani and other dignitaries of District 3060 for upcoming District event- Virtual Marathon which was attended by Rotarians in huge numbers and discussions were held in detail to make this event a grand success.

## Did you know?

1st RYLA was hosted at Sister Nivedita School in year 1995-96 in Presidential year of Rtn. Dr. Yogesh Mehta.



## Annet's corner :

Each person's life is like a Mandala- a vast and limitless circle. We stand in the center of our own circle, and everything that we see, hear or think forms the Mandala of our life. Your consciousness, your soul is the center of this mandala and the rest of the universe is the environment surrounding it. Mandalas are often described as Cosmo plans in both external sense, as diagrams of the cosmos and in internal sense, as guides to

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psycho-physical practices of an adherent. I found the mandala art through Psychoanalyst Carl Jung. When I was studying about the Psychoanalysis school of Psychology and the contributions of Carl Jung in Analytical Psychology, I came across his work with the Mandala art. According to him Mandalas are the “Psychological expression of the totality of life.” I learned that Jung used Mandalas in his Psychotherapy by getting patients who had no knowledge of it, to create individual mandalas and this enabled him to identify emotional disorders and work towards wholeness in personality. I was truly fascinated by Jung’s work and thus decided to try to make Mandalas. I started with some simple ones at first but when I gradually drew more detailed ones, I found that the process of making detailed mandalas was very relaxing. The entire process of first drawing it with pencils and then pens and filling it with vibrant colors was very satisfying and relaxing. I then found out that mandalas are also used in Art therapy. I found out that the very nature of creating Mandalas was therapeutic and symbolic. I learned that Mandala art therapy is a form of Psychotherapy in which a trained therapist guides a client through a variety of artistic processes using geometric patterns in an effort to find or restore a sense of healthy mental balance. I discovered that I unknowingly was helping myself in maintaining a healthy mental state. Creating Mandalas helped in increasing my patience level and also in developing my concentration which helped me with my school and studies.



- Annet Rishita Joshi



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