

# GREAT TIMES

OCTOBER 1  
2023

Newsletter of Rotary Club of Rajkot Greater

[www.rotaryrajkotgreater.org.in](http://www.rotaryrajkotgreater.org.in)  
[president.rcrg@gmail.com](mailto:president.rcrg@gmail.com)

Year : 2023 - 24  
R.I. District : 3060  
Club Number : 24912  
Chartered : August 26, 1987

## Project Swasthya Malnutrition kids health check up camp



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## MEETINGS

	MEETING 13	MEETING 14
Programme	Karaoke Evening at Acrolawns	Navratri Celebration
Date	OCTOBER 8, SUNDAY	OCTOBER 15 - 18, SUNDAY - THURSDAY
Time	6:00 PM	9:00 PM
Menu	HI-TEA	SNACKS
Venue	Acrolawns Club, Kalawad Road	D.P.DOSHI ROTARY GREATER AUDITORIUM
Invitee	RTNS., ANNS. & ANNETS	RTNS., ANNS. & ANNETS

## BIRTHDAYS

1st October	Rtn. Poonam Chhotai	9824475931
5th October	Ann. Pooja Manish Patel	9328288622
06th October	Ann. Meera Hitesh Sapovadia	9925128595
07th October	Ann. Vaishali Himanshu Mehta	9426918989
10th October	Rtn. Rakeshkumar Shah	9824515306
11th October	Ann. Beena Bhavesh Talaviya	9879106050
12th October	Rtn. Anil Savaliya	9825082454
13th October	Ann. Neeta Ashwin Unadkat	9979910909
14th October	Rtn. Maulesh Ukani	9824400900
15th October	Rtn. Kunal Makwana	9374193742
15th October	Ann. Hetal Aashish Joshi	9909400050

## WEDDING ANNIVERSARY

11th  
October

Rtn. Vinod Amlani  
9328970712

Ann. Priti Amlani  
9825391009

## ROUND THE CORNER

15 - 18 October	28 October
Navratri Celebration	Sharad Purnima Garba Celebration



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## Karaoke Evening at Acrolawns

October 8th 2023, Sunday

What's more fun than a fellowship meeting on a **Sunday**? Yes you guessed it right, our own **karaoke party**! And that too at one of the most prime locations of Rajkot, The **Acrolawns**! The music, the fun, and not to mention the enjoyment of being surrounded by your friends as they try their hand at singing some of the hardest and most popular songs you can imagine. So warm up your vocal chords and get ready to sing the night away! And if you've never tried karaoke before trust us you will not regret it! And what is karaoke without food! There will be Hi-Tea too.

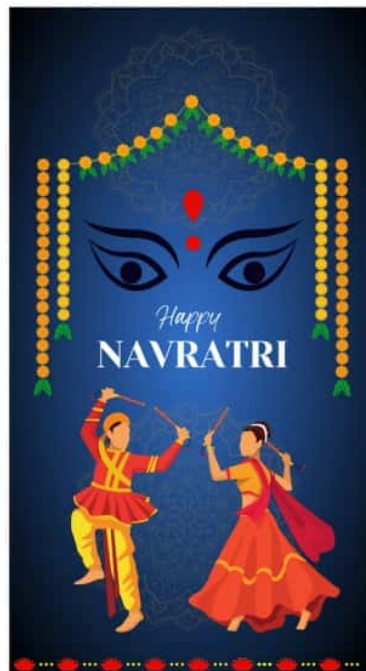
## Navratri at Rotary Bhavan

October 15th-18th 2023, Sunday-Wednesday

Description of Gujarat and Gujaratis is incomplete without the mention of Navratri and so is the Rotary year without the grand celebration of Navratri.

Apart from the religious and traditional significance of Navratri, there is constant sound of **Dandiyas and Dhols** all over Gujarat for the nine long days. Then how can RCRG be left behind. Let us all adorn our best traditional outfits and get ready to dance to the tunes of melodious Garbas. There will be beautiful performances and exciting competitions every day and chance to win amazing prizes. Don't miss out the most awaited festival of the Rotary. **Different competitions of the day are :**

1. Twinning with another partner
2. Black color day
3. Koti/jacket/shrug
4. Group day 3-5



### Member Scrutiny Chair

PP Rtn. Dr Ketan Bavishi  
PP Rtn. Darshan Lakhani

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PP Rtn. Sarju Patel

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Rtn. Dhruv Kakkad

### Literacy Chair

Rtn. Rajen Shah

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PP Rtn. Mehul Nathvani  
PP Rtn. Ashwin Lodhiya

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Rtn. Ishita Chhotai  
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Rtn. Vishma Panchasra  
Ann. Preeti Amlani

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Rtn. Dr. Jigar Patel  
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Rtn. Ravi Chhotai

### District Conf. Chair

PP Rtn. Yash Rathod  
Rtn. Mehul Buddhadev



### Dr Pratik Bhadaja

MB DGO  
Diploma in Laparoscopy  
(CICE, France)  
Consultant Gynaecologist

### Dr Khushbu Zalavadia

MB DGO  
Consultant Gynaecologist  
Infertility Specialist

Obstetrics

Gynecology

Infertility

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## Ganesh Sthapna at Rotary Bhavan

September 19th -21st 2023, Tuesday-Thursday

તારીખ ૧૯ સપ્ટેમ્બર ને ગણેશ ચતુર્થી ના દિવસે રોટરી કલબ ઓફ રાજકોટ ગ્રેટર ભવન ખાતે વિધનહર્તા દુદ્ધાબાદેવનું વાજતે ગાજતે આગમન થયું. ગણપતિ બાપ્પા ની સ્થાપના સાથે સમૂહ ગણપતિ પુજા નું આયોજન કરવામાં આવ્યું હતું. જેમાં નિલેશ ભોજાણી, શિલ્પા ભોજાણી, જુહી ભોજાણી, હિરેન ખખ્ખર, કલ્પના ખખ્ખર, આશિષ જોશી, હેતલ જોશી, કુનાલ મહેતા, મોનીકા મહેતા, ઋષિત નથવાણી, ગ્રીષ્મા નથવાણી, યશ રાઠોડ, રવિ છોટાઈ, જયદેવ શાહ, રવિ ગણાત્રા તથા જયશ્રી ઠાકર વગેરેએ પુજા માં બેસી બાપ્પા ની શાસ્ત્રોક્ત વિધિ અનુસાર પુજા અર્ચના કરી હતી. પુજા કાલાવડ રોડ પર આવેલા સિદ્ધ વિનાયક મંદિર ના મુખ્ય પૂજારી કમલેશભાઈ પંડ્યા એ કરાવી હતી.

ત્રણ દિવસ માટે બાપ્પા નું સ્થાપન ભવન ખાતે કરવામાં આવ્યું. એ દરમિયાન રોજ સવારે ૯-૦ કલાકે તથા સાંજે ૭-૩૦ કલાકે ગણપતિ બાપ્પા ની આરતી કરવામાં આવતી. ત્રણ દિવસ ના ભક્તિમય વાતાવરણ વચ્ચે રોટેરીયન્સ -આન્સ તરફથી દરરોજ પ્રસાદી નો લાભ લેવા માં આવ્યો.

તારીખ ૨૧ સપ્ટેમ્બર ના સાંજે બાપ્પા ની ભવ્ય આરતી કર્યા બાદ રોટેરીયન્સ -આન્સ અને એનેટસ ની ઉપસ્થિતિમાં ..

**"ગણપતિ બાપ્પા મોરિયા,  
અગલે બરસ તુ જલ્દી આ"**

ના નાદ સાથે બાપ્પા રોટરી ગ્રેટર પરિવાર પર ખુબ ખુબ કૃપા વરસાવે, સુખ, સમૃદ્ધિ અને સૌભાગ્ય આપે એવા ઉત્તમ ભાવ સાથે બાપ્પા નું વિસર્જન કરવામાં આવ્યું.



## Daughter's Day Celebration

September 21st 2023, Thursday

RCRG celebrated Daughter's Day to show our love, feelings and importance for all the daughters in our lives. Rtn Vishma Panchasara and Ann Rachna Punatar planned an entertaining evening for everyone with heartfelt performances in the form of dances and skits.

Many of our Rotarians and Amns shared their personal experiences on what they feel for their daughters and what expressed love for them. Not only that everyone enjoyed games where special attraction was bingo game.

- **Rtn. Dr. Kartik Sutaria** and **Annet Nairiti Sutaria** performed a lovely dance on father daughter bonding 'dikri vahl no dariyo'
- **Rtn Yash Rathod** expressed his thoughts on gratitude to daughter
- **Ann Nivetha Amlani** talked about different ways to please teenage daughter
- **Ann Dr Amee Mehta** shared a very different view point on the upbringing of daughters by sharing a small story
- **Rtn Kushal Mehta** spoke on papa ki pari in which he deacribe how his world revolves around his daughter. Now priorities have been changed and more focused on her.
- **Rtn Ashwin Lodhiya, Ann Vidhi Nathwani** and team put forward a heart touching performance on 'kadja kero katko maro'

**-Rtn. Vishma Panchasara**





# PROJECT REVIEW

## Project Swasthya: Medical Camps for Malnutrition Children

રોટરી ક્લબ ઓફ રાજકોટ ગ્રેટર દ્વારા પ્રોજેક્ટ સ્વાસ્થ્ય અંતર્ગત રાજકોટ મ્યુનિસિપલ કોર્પોરેશન ની આંગડવાડી ના કુપોષિત બાળકો માટે હેલ્થ ચેક અપ કેમ્પ નું આયોજન કરવામાં આવ્યું હતું. જરૂર જણાયે કુપોષિત બાળકો માટે પોષણ યુક્ત આહાર ની વ્યવસ્થા કરી આપવામાં આવી હતી.

આંગડવાડી	Dhebar colony Anganwadi, Dhebar road, Rajkot.	Topkhana Anganwadi , Jamnagar road, Rajkot.
Date	29 September , 2023	30 September , 2023
Beneficiaries	40 malnutrition children	60 malnutrition children
Medical Team	Dr. Saket Gol (M.D. Pediatrics) and Annet Dr.Niyati Shah (M.D. PSM)	Dr. Hiren Visani (M.D. Pediatrics)
Attendees	Ann Shilpa Bhojani, Rtn Nilesh Bhojani and Jaydev Shah	Ann. Shilpa Bhojani, Rtn. Nilesh Bhojani, Rtn. Dr. Anil Savaliya and Rtn. Jaydev Shah



## Project Shakti : Hemoglobin Checkup & Cancer Awareness Camp @ New Era School

September 29, 2023 - Friday

300 Girls

Support:

**Kundariya Foundation Trust**

Attendees: Rtn. Nilesh Bhojani, Rtn. Jaydev Shah and Ann Shilpa Bhojani



## બર્ડસ ચર્પિંગ - ટકુકો સેમિનાર

September 29, 2023 - Friday

રોટરી ક્લબ ઓફ ગ્રેટર દ્વારા રવિવારે એક સુંદર મજાનો પક્ષીની દુનિયાને ઉજાગર કરતો સેમિનાર યોજાઈ ગયો. આ સેમિનાર માં પ્રખ્યાત પક્ષીવિદો **સર્વશ્રી અશોકભાઈ મશરું**, **પ્રસાદ ગનપુલે** અને **પ્રસાદ ગણપુલે** એ પક્ષીઓ ની અનેરી દુનિયા થી સૌને વાકેફ કર્યા. અશોક મશરું એ માહિતી આપતા જણાવ્યું હતું કે, રાજકોટ જીલ્લા માં આશરે 300 થી વધુ વિવિધ પક્ષીઓ કિલકિલાટ કરે છે આપણા રાજકોટ જિલ્લામાં વિદેશથી આવતા યાયાવર પક્ષીઓ રશિયા, સાઇબિરીયા, હિમાચલ, કાશ્મીર, ઉત્તર ધ્રુવ, કઝાકિસ્તાન, યુએઈ, ●●●

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મંગોલિયા અવનવા શિયાળા થી બચવા માટે અહીં આવે છે. આપણી આસપાસ એટલે કે આપણા ઘરની આસપાસ ના 30 થી વધુ પક્ષીઓ જોવા મળી રહ્યા છે જો તમને પક્ષીઓ નો શોખ હોય તો આજે વિવિધ માધ્યમ દ્વારા એટલેકે ફ્લેમિંગો ગુજરાત ન્યુઝ બુલેટિન, બર્ડ આઇડેન્ટિફિકેશન એપ જેવી કે મર્લિન આપણને પક્ષી ની ઓળખમાં મદદ કરે છે. પક્ષી દર્શન એક અદ્ભુત શોખ કેળવવા જેવો છે તે માટે તમારે જોઈએ એક દૂરબીન, તમારો મોબાઈલ અને સવારે 06:30 થી 09:30 સુધી વિવિધ સ્થળો ની મુલાકાત. રાજકોટ શહેરની આસપાસ ગ્રાસલેન્ડ અને વોટરબોડી છે જેવી કે ન્યારી ડેમ-૧, ન્યારી ડેમ -૨, ખીરસરા વીડી, લાલપરી, રાંદરડા, આજી-૨, ઇશ્વરિયા તળાવ, ખંભાળા વીડી, ન્યારા તળાવ વગેરે ની મુલાકાત લઈ શકો છો.

પક્ષી ના પરિચય માટે પાંચ નાની પુસ્તિકા **લાલસિંહજી રાવલ** દ્વારા પ્રસિદ્ધ થયેલ છે જે ખુબ ઉપયોગી છે. પક્ષીના અવાજ થી પક્ષી ની ઓળખ કરતા વિરલ જોષી એ ખુબ સરસ માહિતી આપી. તે કેવી રીતે જંગલ મા જઈ પક્ષીના અવાજો રેકૉર્ડ કરે છે તે સાંભળ્યું ત્યારે સુખદ આશ્ચર્ય થયું. શ્રી વિરલ યુવાન છે અને તાજેતર માં તેના અવાજનું રેકૉર્ડિંગ કરવાના કૌશલ્ય ને લીધે તે અમેરીકા જઈને મર્લિન એપ માં 3 મહિનાની ફ્રી ઇન્ટરશીપ કરી આવ્યો. મર્લિન એપ તમારા મોબાઈલ માં ડાઉનલોડ કરી પક્ષીઓ ની વિશાળ દુનિયા અને પક્ષીઓના અવાજ તમે સાંભળી શકશો.

ટુંકમાં એક ખુબજ ઉપયોગી શોખ કેળવવાનો રસ્તો લઈ સૌ છુટા પડ્યા . સારો સેમિનાર, અભિનંદન પ્રેસિડેન્ટ અને સેક્રેટરી સર ને.....

- Rtn. Pravin Patel

## FRESHLY BREWED



Rtn. Ravi Chhotai

### Education is the Kindling of a Flame and not the Filling of a Vessel

The famous philosopher **Socrates** described his approach towards education through the quote **"Education is the kindling of a flame and not the filling of a vessel."** According to him education should ideally be a collaborative process in which the instructor should draw out ideas by the means of conversation with students rather than simply lecturing to them.

The validity of this quote can be illustrated through the below mentioned points:

1. Education promotes awareness, and helps in the development of informed opinion
2. It serves as a drive towards achievement
3. It helps us to take a stand against injustice, and to fight against
4. Education is one of the factors that promotes innovation, helping in creation of fresh thoughts and ideas.

A flame once kindled expands greatly in shape and size while vessel is of fixed shape and size and can store a limited amount. Education ignites minds. It does not necessarily relate to proper formal education as we know today. If education is restricted to only filling students minds with known facts ,data, information and thesis we would have society of programmed machines. There won't be free thinking individuals. We would lack innovations and experiments.

All the breakthrough inventions on planet earth, be it bulb, radio, phone came about due to the 'kindling of flame'. However mere accumulation of knowledge does not compulsorily lead to these breakthroughs i.e. filling of vessel. Flame of knowledge, awareness of surroundings, curiosity and application of learning are the components for being a better human being and beneficial to society.



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Rtn. Priyank Bharad

# नमक स्वाद अनुसार



## ONE POT CHHOLE BIRYANI AND LACCHA PYAAZ

### Cooking Instructions

1. Take all the ingredients of the Marinade in a bowl and mix them well.
2. Take the Chhole and carrots and add them to the marinade and set it aside to marinate for some time.
3. In a pressure cooker take oil and when it heats up add jeera, black pepper corns, laung, elaichi, cinnamon stick and tej patta.
4. Add Onions to it and fry them until they become golden brown like in Biryani.
5. Next add 2 chopped potatoes and the marinated chhole and carrot mixture.
6. Cook for 10 minutes on low flame while stirring the entire mixture.
7. Now add the pre-soaked rice to the cooker along with 3 cups of water with salt as per taste and mix well.
8. Slow cook the entire mixture for 3 whistles and then leave it aside for 15 minutes before opening the pressure cooker.
9. Serve with Laccha Pyaaz and Curd.

### For Laccha Pyaaz:

1. Add ice to 1 cup of water and add 3 sliced onions to it for 2 minutes.
2. Remove the onion slices and add to another bowl.
3. Add 1 tsp Kashmiri lal mirch powder, ½ tsp salt, 1 tsp chaat masala and ½ lemon.
4. Mix and let it rest for 10 minutes.

### Ingredients for Marinade

1 Cup Dahi	1 Tsp Dhaniya Powder
2 Tsp Ginger Garlic Chilli Paste	2 Tsp Salt
1 Tsp Haldi	4 Tsp Chhole Masala
1 Tsp Kashmiri Lal Mirch	20 Mint Leaves (Phudina)
Handful Coriander Leaves (Dhaniya)	

### Other Ingredients:

1 Cup Chhole (soaked for at least 12 hours)	4 Cardamom Elaichi
2-3 Carrots diced into medium pieces	2 Inch Cinnamon Stick
3 Tbsp Oil	1 Bay Leaf (tej patta)
1 Tsp Jeera	2 Onions Chopped
7-8 Black Pepper Corns	2 Potatoes Chopped
4 Cloves (Laung)	1 Cup Rice (soaked for atleast an hour)



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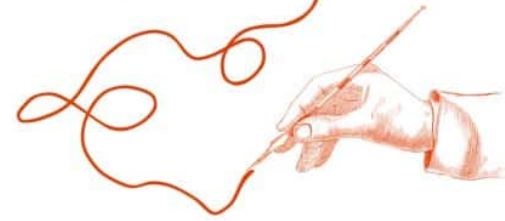


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## Things To Do To Keep Yourself Cyber Safe

Cyber scams are nothing new. So how can you reduce the chances of falling for the scams? Let's start with the basics of "cyber hygiene," easy and common-sense ways to protect yourself online.

### 1. Turn on Multifactor Authentication:

- This means opting-into an extra step when trusted websites and applications ask you to confirm you're really who you say you are. Your bank, your social media network, all want to make sure you're the one accessing your information. So, industry is taking a step to double check.
- Instead of asking you for a password - which can be reused, more easily cracked, or stolen they ask for Something You Know (Like a PIN number or your sister's middle name, or first dogs name) Or Something You Have: Like an authentication application or a confirmation text on your phone or Something You Are: Like a fingerprint or face ID. This second step is a lot harder for a hacker to fake. So, prove it's you with two steps, that is.

### 2. Update Your Software:

- Just like a secret passage, when malicious actors find out about the security flaws in old and outdated software, they could serve as an entry point to attack your device. The whole idea of an update is to identify those flaws and provide patches for them to prevent hackers or any malicious individual from exploiting them.
- Update the operating system on your mobile phones, tablets, and laptops. And update your applications - especially the web browsers - on all your devices too. In fact it is better to turn on automatic updates for all devices, applications, and operating systems.

### 3. Think before you click:

- Have you ever seen a link that looks a little off? It looks like something you've seen before, but it says you need to change or enter a password. Or maybe it asks you to verify personal information. It's likely a phishing scheme: a link or webpage that looks like a legitimate, but it's a trick designed by bad actors to have you reveal your passwords, social security number, credit card numbers, or other sensitive information. Once they have that information, they can use it on legitimate sites. If it's a link you don't recognize, trust your instincts and think before you click.

### 4. Use strong passwords:

- Picking a password that is easy (like your anniversary or kid's birthday and name) is like locking your door but hanging the key on the doorknob. Anyone can get in. To create a stronger password, make sure it's: long - **at least 15 characters, unique - never used anywhere else, and randomly generated - usually by a computer or password manager.**

Make sure you're not using the same password across all your apps and websites. You can use a password manager to store all of your passwords instead of writing it on a piece of paper.



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