

GREAT TIMES

OCTOBER 15
2023

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Newsletter of Rotary Club of Rajkot Greater

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



**Project Anand
Government School
students enjoying one
day picnic**

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MEETINGS

MEETING 15	
Programme	Sharad Purnima Celebration
Date	28th October, 2023 - Saturday
Time	9:00 PM
Menu	Dinner
Venue	To be Announced
Invitee	RTNS., ANNS. & ANNETS

BIRTHDAYS

17th October	Ann. Julie Rakesh Shah	9723821138
18th October	Rtn. Sanjay Mehta	9727744920
19th October	Rtn. Pradeep Vasani	9376120345
21st October	Ann. Radhika Pratik Doshi	8320071191
21st October	Rtn. Dhawal Bhandari	9409102990
22nd October	Rtn. Dinesh Lakhani	9099055333
24th October	Rtn. Dr.Chetan Mehta	9825077472
25th October	Ann. Neeta Ashok Thaker	7567520863
25th October	Ann. Riddhi Kalpesh Bagdai	9033633221
26th October	Rtn. Rajesh Parsana	9825215003
27th October	Rtn. Dr. Bandish Jatinbhai Jhala	9429826695
27th October	Ann. Dhruva Sagar Chag	9099092070
28th October	Rtn. Mehul Nathvani	9426918628
28th October	Rtn. Pankaj Raiyani	9825075897
28th October	Ann. Geeta Dipak Kothari	9909982191
31st October	Rtn. Rajan Kava	9327420513

WEDDING ANNIVERSARY

17th October	Rtn. Kunal Mehta 9824477779	Ann. Monika Mehta 7698997779
21st October	Rtn. Chinmay Patel 9898596659	Ann. Shital Patel 9913500099
24th October	Rtn. Dr.Rajiv Shah 9824290447	Ann. Ketu Shah 9824465447
28th October	Rtn. Amar Bhalodia 9909333388	Ann. Hitesha Bhalodia 9909333381
31st October	Rtn. Prakash Dangar 9898263647	Ann. Bhavyata Dangar 9998120884



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UPCOMING MEETING

Sharad Purnima Celebration

October 28th 2023, Saturday



Sharad Purnima, also known as Kojagari Purnima, is a Hindu festival celebrated on the full moon day. It holds great significance in various regions of India. People observe a fast on this day and worship the moon, seeking blessings for good health and prosperity. Special dishes like kheer (rice pudding) are prepared, and it is believed that the moonlight has healing properties. The festival is also associated with the legend of Lord Krishna's enchanting Raas Leela dance with the Gopis.

Lets celebrate Sharad Purnima with live music and Garba this Saturday and end the day with Dhoodh - Pauva (દૂધ - પૌવા).

MEETING REVIEW

Karaoke at Acrolawns

October 8th 2023, Sunday

કાલાવડ રોડ પર આવેલી એક્રોલૉન્સ ક્લબ ખાતે રોટરી ક્લબ ઓફ રાજકોટ ગ્રેટર દ્વારા કેરીઓકે પાર્ટીનું સુંદર આયોજન કરવામાં આવેલ. ખુબ સુંદર પાર્ટી પ્લોટ માં આરામ દાયક બેઠક વ્યવસ્થા અને આધુનિક સાઉન્ડ સિસ્ટમ સાથે લીરીક્સ જોઈ શકાય માટે તે માટે ટીવી સ્ક્રીનની પણ વ્યવસ્થા કરવામાં આવેલ તે દરેક ગાયકને ગમ્યું હતું.

વિરેન કોઠારી, ઇલાબેન ધોળકિયા, રાકેશ શાહ, રાજેન & સીમા શાહ, હિરેન ઘકાણ, ડો અમીબેન મહેતા, બિંદુબેન શાહ, ચંદ્રેશ ત્રાટીયા, રીના કવા વગેરે દ્વારા કર્ણ પ્રિય ગીતો ગાવામાં આવેલા.



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PP Rtn. Darshan Lakhani

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Rtn. Manish Patel

Fundraising Chair

PP Rtn. Amit Raja

TRF Chair

PP Rtn. Sarju Patel

Membership Chair

Rtn. Dhruv Kakkad

Literacy Chair

Rtn. Rajen Shah

Club Trainer

PP Rtn. Dr. Yogesh Mehta

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PP Rtn. Mehul Nathvani
PP Rtn. Ashwin Lodhiya

Women/Child

Development Chair

Ann. Dr. Ami Mehta
Rtn. Ishita Chhotai
Ann. Nivetha Amlani
Rtn. Vishma Panchasra
Ann. Preeti Amlani

Health/Medical Chair

Rtn. Dr. Sanjeev Nandani
Ann. Dr. Nidhi Jhala
Rtn. Dr. Jigar Patel
Dr. Kartik Sutariya

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Rtn. Rajiv Zaveri

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Rtn. Killol Karia
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PP Rtn. Yash Rathod
Rtn. Ravi Chhotai

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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

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Fetal Medicine

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એનેટ રીયાન નથવાણી,આહના મોદી તથા હયાન બગડાઈ એ પણ સરસ ગીતો ગાયા.

આ કાર્યક્રમ માં એક ખાસ આકર્ષણ રો. મેહુલ નથવાણી દ્વારા રાખવામાં આવ્યું હતું . પહેલી વખત **bollywood mashup** એટલેકે એક પછી એક ગીતોના મુખડા ગાવા નુંઆયોજન કરેલું જેમાંલાઈવ ગિટાર માટે કપિલજી અનેડર્મખા માટે ગિરીશ જી અને ઝેમ્બે માટે ઋતુજીનો સહયોગ મળેલ 41 થી વધુ ગીતો40 થી વધુ મેમ્બરો દ્વારા એક સાથે એક સૂરમાં ગાવામાં આવ્યા ત્યારે સર્જયેલ સુર તાલ સાથેનું સામૂહિક ગાયન જોવા અને સાંભળવા જેવું હતું , બધાની આંખોમાં હર્ષ અને આનંદ અને ગિટારના તાલ સાથે પગનું થીરકવું એકપછી એક સુમધુર યાદગાર ગીતો ગાવાની અનેરી મજા સૌ એ લીધી અને બધા એ કીધું કે આ આયોજન થી ખૂબ ખુબ મજા આવી જલસો પડ્યો , આ અનેરા આયોજન માટે પ્રેસિડેન્ટ નિલેશ ભાઈ , સેક્રેટરી જયદેવ શાહ, પ્રવીણ પટેલ, રવિ છોટાઈ નો આભાર . આખા આયોજનનો વિચાર આપનાર મેહુલ નથવાણીનો ખાસ આભાર માની સૌ મિત્રોએ ભજીયા પાર્ટી ની લિજ્જત માણી હતી .

Navratri Celebration at Bhavan

October 15th - 18th 2023, Sunday - Wednesday

Navratri is a vibrant Hindu festival celebrated over nine nights and ten days, honouring the goddess Amba Maa. Navratri Celebration was held with lot of Enthusiasm and Energy. Below are winners of different days.

Day 1	
Well Dress	Prince - Princess
Ann Nitika Nandani	Ann Rina Kava
Ann Vaishali Mehta	Ann Nivetha Amlani
Rtn Rushit Nathvani	Rtn Pravin Patel
Ann Ishita Ganatra	Rtn Mehul Nathvani
	Ann Krishna Somaiya

Day 2		
Well Dress	Prince - Princess	Annets
Rtn Virendra Kothari	Ann Meet Ghodasara	Vyom Nathvani
Ann Pooja Patel	Rtn Ishita Chhotai	Aahna Modi
Ann Falguni Vegda	Rtn Bandish Jhala	Simoli Vadher
	Rtn Ashvin Lodhiya	

Day 3	
Well Dress	Prince - Princess
Rtn Vishma Panchasara	Rtn Apoorva Modi
Annet Shriya Pravin Patel	Rtn Bhavesh Talaviya
Annet Misari Nathwani	Dr Ameeben Mehta
Ann Ishita Ganatra	Dr Nidhi Jhala

Day 4	
Annets	Prince - Princess
Annet Dhruvi Jatin Panchasara	Ann Neha Nilesh Sheth
	Ann Priti Pradip Vasani
Annet Dr.Juhi Nilesh Bhojani	Ann Dhruva Sagar Chag
	Ann Ishita Ravi Ganatra

Day 4			
Group 1	Group 2	Group 3	Group 4
Ann Dr.Amee Yogesh Mehta	Rtn Dr.Yogesh Mehta	Rtn Ashwin Lodhia	Rtn Sarju Patel
Ann Shital Sarju Patel	Rtn Dr. Sanjeev Nandani	Ann Varsha Lodhia	Rtn Darshan Lakhani
Ann Purvi Darshan Lakhani	Rtn Yogesh Ghodasara	Rtn Ishita Ravi Chhotai	Rtn Chirag Patel
Ann Nitika Sanjeev Nandani	Rtn Virendra Kothari		Rtn Manish Patel
	Rtn Bhavesh Talaviya		

Project Shakti: Gender Bias and Menstrual Hygiene

RMC School No. 96, Near Aji Dam, Rajkot

5th October 2023, Thursday

Total Beneficiaries' - **180 Girls**

Speaker: **Rtn. Ishita Chhotai**

MOC: **Rtn. Vishma Panchasara**



Project Swasthya: CPR Training Camp

Utkarsh School of Excellence

6th October 2023, Friday

Total Beneficiaries' : **250 Boys and Girls**

Trainer: **Dr. Mangal Dave** and team from

Gokul Hospital, Rajkot



Project Shakti: Menstrual Hygiene

Parishram School

7th October 2023, Saturday

Total Beneficiaries' - **150 Girls**

Speaker : **Rtn. Ishita Chhotai and Ann Vidhi**

Nathwani



Project Shakti : Hemoglobin Checkup & Cancer Awareness Camp

Parishram School

14th October 2023, Saturday

Total Beneficiaries' - **250 Girls & Boys**

Support : **Kundariya Foundation Trust**



Project Anand: One Day Trip

October 15th 2023, Sunday

To celebrate the first Norta of the auspicious festival of Navratri, 83 girls of School No. 83 of Rajkot Municipal Corporation were taken for a one-day sightseeing trip to different well known places of Rajkot city. The major purpose of this trip was to help the young girls in their educational and overall development.



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The young girls visited Dolls Museum, **Gandhi Museum, BAPS Swaminarayan Temple, Ramakrishna Ashram, Watson Museum and Regional Science Centre** for the first time in their lives. Their happiness knew no bounds and seeing them so happy excited made this visit a great success. On this occasion, Ann Shilpa Bhojani, Ann Simka Bhalodiya, Rtn. Nilesh Bhojani, Rtn. Rajen Shah, Rtn. Bhavin Bhalodiya, Rtn. Kunal Mehta, Rtn. Ravi Chhotai and Rtn. Jaydev Shah were present to cheer the girls.



GREATER NEWS

- With profound sorrow we inform you of the sad demise of **Rajeshbhai Dhirajlal Khakhar**, father of **Rtn. Hiren Khakhar**. May the soul of the departed rest in eternal peace. Om Shanti.

FRESHLY BREWED



The Impact of Social Media on Mental Health

Social media has become an integral part of many people's daily lives, with platforms like **Facebook, Instagram, and Twitter** allowing users to connect with friends and family, share news and information, and participate in online communities. However, there is growing evidence that the use of social media can also have negative impacts on mental health.

One concern is the pressure to present a **perfect image online**, which can lead to feelings of inadequacy and low self-esteem. Research has shown that the more time people spend on social media, the more likely they are to compare themselves to others and feel worse about their own lives. This can lead to a range of negative emotions, including anxiety, depression, and loneliness.

Another issue is the constant stream of information and stimuli that social media provides, which can be overwhelming and lead to feelings of stress and anxiety. The pressure to constantly be connected and respond to notifications can also contribute to feelings of burnout and exhaustion.



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There is also the risk of **cyberbullying**, which can lead to feelings of isolation, anxiety, and depression. In some cases, the negative impacts of social media on mental health can be severe, with some research linking social media use to an increased risk of self-harm and suicidal thoughts.

Overall, while social media can be a useful tool for staying connected and informed, it is important to be aware of the **potential negative impacts** on mental health and to take steps to mitigate them. This might include setting limits on the amount of time spent on social media, being mindful of the content being consumed, and seeking support if negative feelings persist



**Rtn. Ishita Ravi
Ganatra**

नमक स्वाद अनुसार



10 MINUTES AMRITSARI PANEER BHURJI

Cooking Instructions

1. Heat a pan and roast besan till it gets golden brown.
2. Transfer it to a bowl, add all masalas, salt, curd, little water and mix it.
3. Heat oil and butter, add bay leaf, cumin seeds and a carrom seeds (ajmo) and then add chopped ginger, garlic, green chillies and stir till the raw smell goes away. Next add chopped onions and sauté till it becomes slightly pink.
4. Add the tomatoes and cook till it gets mushy.
5. Add besan, curd and masala paste and sauté it
6. Add water and cook till the mixture releases oil.
7. Add grated paneer and stir. Add some water and cook for a while.
8. Lastly add chopped coriander, ginger slices and some grated paneer on top.
9. Serve hot with a slice of bread or roti.

Ingredients

200gm Paneer	2 Tsp Kashmiri Mirch Powder	Pinch Carrom Seeds (Ajmo)
2 Tbsp Besan	¼ Tsp Black Pepper Powder	1.5 Tsp Chopped Ginger
¾ Cup Curd	Salt to Taste	1 Tsp Green Chillies Chopped
¼ Tsp Turmeric Powder	½ Tsp Amchoor Powder	9-10 Cloves Garlic Chopped
1 Tsp Cumin Powder	1.5-2 Tbsp Oil	2 Large Onion Chopped
½ Tsp Corriander Powder	2 Tbsp Butter	½ Cup or 2 Large Tomatoes Chopped
1 Tbsp Kasoori Methi	1 Bay Leaf	2 Tbsp Chopped Corriander
1 Tsp Kitchen King Masala	1 Tsp Cumin Seeds	Ginger Slices for Garnish



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AI (Artificial Intelligence) Revolution

Artificial intelligence (AI) refers to the ability of a computer or machine to perform tasks that would normally require human-like intelligence, such as learning, problem-solving, decision-making, and natural language processing. AI has the potential to revolutionise many aspects of society, including healthcare, transportation, education, and entertainment.

One of the main benefits of AI is its ability to process and analyse large amounts of **data** quickly and accurately. This can lead to more **efficient and effective decision-making** and can help to improve the quality and speed of services in a variety of industries. For example, AI can be used to analyse **medical records** and help doctors diagnose diseases more accurately, or to optimise transportation routes to reduce fuel consumption and traffic congestion.

However, there are also concerns about the potential impact of AI on employment and privacy. As AI technology becomes more advanced, there is a risk that it could automate many jobs currently done by humans, potentially leading to widespread job loss. Additionally, the use of AI to collect and analyse personal data raises concerns about privacy and the potential for abuse.

Overall, AI has the potential to bring many benefits to society, but it is important that its development and deployment are carefully managed to minimise negative impacts and ensure that the benefits are shared by all members of society.



INTERNATIONAL RESPONSIBILITIES OF A ROTARIAN

#Rotary Facts

As an international organization, Rotary offers each member unique opportunities and responsibilities. Although each Rotarian has first responsibility to uphold the obligations of citizenship of his or her own country, membership in Rotary enables Rotarians to take a somewhat different view of international affairs. In the early 1950s a Rotary philosophy was adopted to describe how a Rotarian may think on a global basis. Here is what it said:

A world-minded Rotarian:

- looks beyond national patriotism and considers himself as sharing responsibility for the advancement of international understanding, goodwill and peace;
- resists any tendency to act in terms of national or racial superiority;
- seeks and develops common grounds for agreement with peoples of other lands;
- defends the rule of law and order to preserve the liberty of the individual so that he may enjoy freedom of thought, speech and assembly, and freedom from persecution, aggression, want and fear;
- supports action directed toward improving standards of living for all peoples, realizing that poverty anywhere endangers prosperity everywhere;
- upholds the principles of justice for mankind;
- strives always to promote peace between nations and prepares to make personal sacrifices for that ideal;
- urges and practices a spirit of understanding of every other man's beliefs as a step toward international goodwill, recognizing that there are certain basic moral and spiritual standards which will ensure a richer, fuller life.



મસાલાને ઠંડકમાં દળાય છે
એટલે એમના ગુણ જળવાય છે.



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ટેકનોલોજી



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ટેકનોલોજી



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ટેકનોલોજી



હાથજેનિક