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**RTN. KAUSHAL SHETH**  
**HONORARY SECRETARY:**  
**RTN MAHIPALSINH RANA**


Editor : Rtn. Vikram Trivedi

**R.I PRESIDENT:**  
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**ROTARY DISTRICT GOVERNOR:**  
**RTN. AMARDEEP SINGH BUNET**

Issue No. 10

April 2026

## Teenager Screen Addiction - March 2026

**Rotary**  **ROTARY CLUB OF BHAVNAGAR**

**STATE-LEVEL PILOT PROJECT ON  
TEENAGER PSYCHOLOGICAL WELL-BEING**

**CELEBRATING**  
**WORLD AUTISM  
AWARENESS MONTH - April 2026**

**TELE-CONSULTATION & TELE-COUNSELLING FOR**  
**Autism, Communication Disorders  
& Psychological Disorders**

**Resource Person**  
**Rtn. Dr. Gaurang Joshi**  
Senior Psychologist & Scientist  
MMPJ Hospital & Research Center, Bhuj

**Date: 1st April 2026 to 30th April 2026**  
**Time: 7:00 PM to 10:00 PM**  
**Mode: Online**

For further details, Call: **93740 44341**

**Rtn. Kaushal Sheth**  
President

**Rtn. Bhavesh Shah**  
Project Chairman

રોટરી ક્લબ ઓફ ભાવનગર દ્વારા સાયકોલોજીકલ પ્રોજેક્ટ અંતર્ગત ભાવનગર ખાતે ટીન એજર સ્કીન એડિકશન તથા ઈન્ટરનેટ ગેમિંગ એડિકશન પર સાયકોલોજીકલ પરામર્શ યોજાયું જેમાં ૫૩૪ ટીનએજરનું પરામર્શ થયું.

૨૪x૭ સ્ટ્રેસ હેલ્પલાઇન પણ કાર્યરત... તરુણોની વધતી મનોવૈજ્ઞાનિક તકલીફ માટે રોટરી ક્લબ ઓફ ભાવનગર દ્વારા સ્ટેટ લેવેલ પાઈલોટ પ્રોજેક્ટ

ટીનએજર સાયકોલોજીકલ પ્રોબ્લમ, કોમ્યુનિકેશન ડીસઓર્ડર તથા ઓટીઝમ બાળકો તથા ટીનએજર તથા તેના માતા પિતા અને કેરગીવર માટે રોજબરોજના પડકાર લાવે છે. રોટરી ક્લબ ઓફ ભાવનગર દ્વારા ટીનએજરના સાયકોલોજીકલ વેલબીયીંગ માટે કટીબધ છે જેને અનુલક્ષીને માર્ચ માસ દરમ્યાન ટીનએજર સ્કીન એડિકશન તથા ઈન્ટરનેટ ગેમિંગ એડિકશન પર પરામર્શ ઉપલબ્ધ કરાયું હતું. આ ઉપરાંત સાયકોલોજીકલ ડીસઓર્ડર, અલગ પ્રકારના એડોલેસન્ટ ઈસ્યુ વિષે માતા પિતાને સાયકોલોજીકલ રીતે માહિતગાર કર્યા હતા. જેમાં ભાવનગર, અમરેલી, જુનાગઢ તથા રાજકોટના બાળકો તથા તેના માતા પિતા જોડાયા હતા. આ પરામર્શમાં તજજ્ઞ તરીકે જાણીતા સાયકોલોજીસ્ટ ડો. ગૌરાંગ જોષી (એમ એમ પી જે હોસ્પિટલ ભુજ) દ્વારા પરામર્શ તથા સાયકોમેટ્રિક એસસમેન્ટ કરવામાં આવ્યું હતું. આ ઉપરાંત સાયકોલોજીકલ ડીસઓર્ડર, અલગ પ્રકારના એડોલેસન્ટ ઈસ્યુ વિષે માતા પિતાને સાયકોલોજીકલ રીતે માહિતગાર કર્યા હતા. રોટરી ક્લબ ઓફ ભાવનગર ૨૦૨૧ થી ચાઈલ્ડ હુડ સાયકોલોજીકલ ડીસઓર્ડર, ઓટીઝમ તથા કોમ્યુનિકેશન ડીસઓર્ડર પર કાર્યરત છે.

બાળક તથા ટીનએજરની દરેક માહિતી ગોપનીય રખાય છે. આ પ્રોજેક્ટને સફળ બનાવવા માટે સમગ્ર રોટરી ક્લબ ઓફ ભાવનગરની ટીમ દ્વારા જહેમત ઉઠાવવામાં આવી હતી.

### Rotary Rhythm wishes Many happy returns of the day to the following Rotarians on their birthdays

1.	PP Rtn MILAN MEHTA	4th April
2.	PP Rtn. MITUL SHAH	9th April
3.	Rtn.DR. DIMPLE MEHTA	12th April
4.	PP Rtn RUHI MAKADA	18th April
5.	Rtn. ARVIND PANDYA	20th April
6.	Rtn. MUKESH TRIVEDI	30th April

### Rotary Rhythm wishes Many happy returns of the day to the following Rotarians on their wedding anniversaries

1.	PDG Rtn PRADEEP GOHIL	16th April
2.	Rtn. DR. DINESH DANKHARA	21st April
3.	Rtn. JAIRAJ KAPADIYA	21st April
4.	President Rtn. KAUSHAL SHETH	23rd April
5.	Rtn. AMIT MEHTA	28th April

**WE MEET EVERY FRIDAY AT ROTARY SERVICE CENTRE GHOGHA CIRCLE BHAVNAGAR • FELLOWSHIP :: 8.30 PM • MEETING :: 9 PM**

**PRESIDENT: 9879331999 • HONORARY SECRETARY: 9824244824 • EDITOR: 9426916325**

**ROTARY RATANJI & JIVANDAS CHARITABLE TRUST & ACRYLIL LTD RAY HOPE CHILD EDUCARE PROJECT**

**LIGHT THEIR PATH: SCHOOL BENCHES PROJECT DR. RAMNIKLAL J MEHTA ROTARY E-LIBRARY AMRUTAM : WATER HARVESTING PROJECT**

**ROTARY PAREKH DIAGNOSTICS ROTARY PERMANENT VACCINATION CENTRE ROTARY KARUNALAY ( REHABILITAION CENTRE)**

**ROTARY AMRUTALAY ( MOTHER'S MILK BANK)**

**STATE LEVEL  
PILOT PROJECT  
ON TEENAGER  
PSYCHOLOGICAL  
WELL - BEING  
"INTERNET  
GAMING  
ADDICTION"**



**Date: 1st March 2026 to  
31st March 2026  
Time: 7:00pm to 10:00pm**

Resource person:  
**Dr Gaurang Joshi**

Senior Psychologist & Scientist  
MMPJ HOSPITAL & RESEARCH CENTER, BHUJ

- Teenager who are addicted to online gaming
- Not able to keep away from gadgets
- Loss of control, Increasing priority
- Escalation despite negatives
- withdrawal symptoms

For appointment needy patient  
need to call on 9427182209 or  
email on : drgjoshineuroscientist@gmail.com

President                      Project Chairman  
Rtn. Kaushal Sheth        Rtn. Bhavesh Shah

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**ROTARY CLUB OF BHAVNAGAR**

**STATE LEVEL PILOT PROJECT ON TEENAGER PSYCHOLOGICAL  
WELL BEING**

CELEBRATING WORLD AUTISM AWARENESS MONTH APRIL 2026  
TELE CONSULTATION AND TELE COUNSELLING FOR AUTISM,  
COMMUNICATION DISORDER & PSYCHOLOGICAL DISORDER

Resource Person

**Rtn Dr Gaurang Joshi**

Sr Psychologist & Scientist

MMPJ HOSPITAL & RESEARCH CENTER BHUJ

- Date: 1st April 2026 to 30th April 2026
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**Rtn Kaushal Sheth**                      **Rtn Bhavesh Shah**  
President                                      Project chairman

**Kudos for a good gesture**

- We have received a donation of 2,00,000/- from Hi-Tech Investment Castings Pvt. Ltd. (Rtn. JatinThakkar&Rtn. RohanThakkar) to Rotary Karunalay - A Hospice & Rehabilitation Center...
- We have received a donation of 31,000/- to Rotary Karunalay - A Hospice & Rehabilitation Center from ShriKrishnakantbhai R. Sanghavi (a relative of Rtn. Rajiv Sanghavi) in memory of Late Sonaliben K. Sanghavi.
- We have received a CSR donation of 2,51,000/- to Rotary Karunalay - A Hospice & Rehabilitation Center from Jivita Healthcare Pvt. Ltd (by the effort of Rtn. Dr. Rajesh Kothari

**Very Noble thought**

- On the occasion of the PUNYATITHI of his parents Rtn. Mr. Bhavesh M. Shah sponsored Mango shake and samosa to the karunalayan with full dish.
- Recently at Rotary Amrutalaya a donor donated about 4 ltrs. of milk. It is indeed a praiseworthy act as the needy infants surely to be benefited.

We are proud to share that the Rotary Club of Bhavnagar has been Felicitated and Awarded by the Bhavnagar Municipal Corporation for its continuous service of providing nutritional kits every month to Tuberculosis (TB) patients.

This recognition is a testament to our commitment towards community health and service.

We sincerely thank Rtn. UdayAgrawal of Alang Auto & General Engineering Company Private Limited for supporting this project through CSR funding.

**April 2026 - Monthly service Project**

1. Participate in international RYLA
2. Rainwater Harvesting Awareness
3. E- Waste Collection
4. Lake Rejuvenation
5. Inter club Fellowship Meet
6. Seminar on Cyber fraud and threats

**April 2026 - Meetings and Programs**

- 03 Apr - Good Friday(Holiday)
- 11 Apr - Official Club Visit of Dist Governor
- 19 Apr - Fellowship
- 24 Apr - Regular Meeting

**Answer to the Quiz Published in the March issue**

Responded first and only by PP Rtn. Jiten Shah (with some valuable suggestions )

- |                                     |   |                           |
|-------------------------------------|---|---------------------------|
| 1. B) NitishLahery                  | 8. D) Y P Das   | 14. C) 24                 |
| 2. D) Rotary youth leadership award | 9. A) Ashok Mahajan   | 15. A) Calcutta           |
| 3. A) PDG Deepak Kapoor             | 10. D) None of these  | 16. C) O P Vaish          |
| 4. B) 1943                          | 11. A) Students below 20  | 17. B) Service above self |
| 5. C) 13th March                    | 12. D) SilvesterSchiele- Coal merchant,<br>GustavusLoehr --Mining engineer, | 18. B) Polio              |
| 6. D) Lawyer                        | Hiram shorey - A Merchant Tailor  | 19. C) Baroda             |
| 7. B) 1956                          | 13. B) office no. 711   | 20. B) 1988-89            |

# ROTARY QUIZ

- 1. This Rotary president first was a newspaper Reporter in Denver. Who was...?**  
1. Frank J. Devlyn?                      2. Wilfrid J. Wilkinson?    3. Glenn E. Estess, Sr.?    4. Paul P. Harris?
- 2. 23 February 1905. What was....?**  
1. The Charter Night Dinner for Rotary Club of Chicago?  
2. Paul Harris' Birthday?  
3. The night four men decided to start an organization in Chicago?  
4. The First Regular meeting of Rotary Club of Chicago?
- 3. A 1900 Walk after dinner by Paul Harris. What was...?**  
1. The Day Paul Harris' Grandfather died?                      2. The inspiration for Rotary?  
3. Paul's cure for irregularity?    4. A desperate attempt to find legal work?
- 4. Cowboy, Desk Clerk, Marble Salesman, Actor, Merchant Seaman, Fruit Picker. What were...?**  
1. The fifth through the tenth members of the first Rotary Club?  
2. Classifications not included until after the convention of 1922?  
3. Paul Harris' jobs between 1891 and 1896?  
4. Occupations not thought to be good material for Rotary membership?
- 5. This early Rotarian was secretary of Rotary International for 32 years. Who was...?**  
1. Paul Harris?    2. Chesley R. Perry?    3. Arch Klumph?                      4. Herb Taylor?
- 6. This famous Rotarian was expelled from a university. Who was....?**  
1. Paul Harris?    2. Chesley Perry?                      3. Arch Klumph?                      4. Herb Taylor?
- 7. The First Club, in a community of less than 100,000 population. What is...?**  
1. Chicago?                      2. Dallas?                      3. San Antonio?                      4. Pueblo?
- 8. \$26.50 from Rotary Club of Kansas City in 1917. What started the...?**  
1. World War I relief fund    2. Rotary staff retirement program  
3. First District conference budget    4. The Rotary Foundation
- 9. The First President of "Rotary." Who was...?**  
1. Chesley Perry?    2. Paul Harris?                      3. Harry Ruggles?                      4. Sylvester Schiele?
- 10. Give service to your customers and you'll make more money. What was the...?**  
1. Four Way Test?    2. The "Business Sharing" in early Rotary Clubs?  
3. "Fred" Sheldon's business philosophy?                      4. A violation of the "Rotary Code of Ethics?"
- 11. Arch Klumph. Who was a...?**  
1. Manufacturer who donated shoes to victims of polio?  
2. (the) First District Governor from the original district?  
3. (is) a present RI Director?  
4. Past RI President from Cleveland, credited with starting the Rotary Foundation
- 12. Ann Brunier and Ann Gundaker. Who were the first...?**  
1. Women members of Rotary International?  
2. Women Presidents of Rotary Clubs?  
3. Rotaryanns?  
4. Woman District Governors?

( Answer in next issue )