

# Brochure

Issue 2 | August 2023

Rotary Club of Bharuch

RI President : Rtn. Gordon R. McNally  
Dist. Governor : Rtn. Nihir Dave

President : Rtn. Rizawana T Zamindar  
Hon. Secretary : Rtn. Santosh Singh

Editor : Rtn. Dr. Ashok Kapadia  
Co-Editor : Rtn. Dr. Vandana Sethi

## From the Secretary



The Honorary Secretary of a Rotary Club is an essential leadership position responsible for managing the club's administrative tasks and maintaining records.

The key responsibilities include coordinating club meetings, handling correspondence, maintaining

membership records, assisting with event planning, and ensuring the club follows Rotary International's guidelines and policies. It sounds so daunting and as I took up the post this July the responsibilities became a priority from day one.

The personal warmth of Past President Vikram Premkumar encouraged me to participate in rotary activities in my own little way. I discovered how

wonderful it is to work on service projects involving needy school children, help somebody get his cataract operation done, and so on. I also realised it was the friendship and sense of camaraderie that make all these projects possible.

Working during these years was an enriching experience. This year our club will be turning into an eighty one year old club, which is not a small period in the life of an organisation. That our club not only survived but also has grown through these years is testimony to the very fact that we have been doing something just right.

I think it is time to look within to appreciate what right we have done in these years. It is time to feel proud of our achievements. It is time to remember and thank all our past Rotarians and Presidents whose efforts has brought us this far. We now have a rich pool of experienced, Rotarians, past Presidents, past District Governors, upcoming Dist leaders and promising lot of young and energetic Rotarians which I believe this rare mix is just the right fuel to propel our growth to newer heights.

So friends let us fill our minds with enthusiasm on our journey ahead. The more engaged we become, the greater the rewards we enjoy. What I have learned during my Rotary Journey is that as I engage in Rotary, the life that has changed the most has been mine. Shraddha and I ask you to join us actively in engaging Rotary in every way possible.

**Let's together Create Hope in the World.**

- Rtn. Santosh Singh

*To be hopeful is to realize  
things can work out if you  
work at them.*



## Project at a Glance



**In celebration of National Doctors Day & CA day - Rotary & Rotaract Clubs of Bharuch in association with Bharuch branch of ICAI held a Blood Donation Camp on 1st July 2023.**

Support was extended by the Blood bank of General Hospital Bharuch. RCC Bharuch actively participated in the blood donation camp under Project Chairman Rtn. Urjit Patel.

**75th National Chartered Accounts Day** was celebrated by flag hoisting & games.

IMA President Dr. Palak Kapadia as Guest, RC Bharuch President Rtn. Rizwana Zamindar & ICAI Chairperson CA Bhoomika Mundra had felicitated the Past Chairpersons of ICAI.



**RC Bharuch supported the Musical Entertainment Program** by the Blind members of the National Blind Association on 1st July as Helen Keller Day.

RC Bharuch extended support for the welfare of



the Blind beneficiaries and Rotaract Bharuch had actively rendered their service in volunteering during the program. Chief Guest MLA Shri Rameshbhai Mistry & SP Bharuch Dr. Leena Patil along with other NGO dignitaries of Bharuch had attended the event.



Rotary & Rotaract Clubs of Bharuch and enthusiastic volunteers led to a successful **Tree plantation drive** at Aries Signature, Zadeshwar. Project Chairman Rtn. Nirav Shah.





## Project at a Glance

RC Bharuch in association with ICDS (Integrated Child Development Services) hosted a **Maternal & Child Health awareness Training Program** for Anganwadi Workers which was attended by 250+ participants.

We are thankful to Bharuch Obstetrics and Gynaec Society (BOGS) President Dr. Chintan Thakkar & Indian Medical Association (IMA) President Rtn. Dr. Palak Kapadia for informative and encouraging talk on the importance of good nutrition for women and growing children.

A millet recipe contest was also held for 33 qualified Anganwadi workers in the 2nd and final round of Taluka Millet Recipe Competition to promote healthy food habits.

This competition was judged by PP Rtn. Sarosh Ginwala & CDPO Ridhiba Zala.



Rotary Club of Bharuch in association with Gram Vikas Trust organised a **Menstrual health & hygiene awareness session** along with sanitary pads distribution for students of V.C.T Mahila Arts & Commerce College which was attended by 280+ participants.

We are thankful to Program officer Jigisha Jhala for the informative session on Menstrual hygiene.



Rotary Club of Bharuch & Rotaract Club of Bharuch had organised **Menstrual Health & Hygiene and Breast Cancer Awareness session** along with Sanitary Pads distribution for the lady inmates of the Bharuch District Jail.

The inmates had good interactive talks with Dr. Falguni Thakkar.

It was heartwarming to see the happiness of the 2 children receiving Toys donated to them in the Ladies Barrack.

We are thankful to our Ann's for active participation & Ann. Dr. Khusboo Modh for the toys donation.





## Project at a Glance

Rotary Club of Bharuch dedicated Digital Smart Board & Computer to 3 schools -

**1. Vejalpur Mishra Shala 2. Santoshi Mishra Shala 3. Dandiya Bazar Mishra Shala**

under **Global Grant GG2232433** of RC Bharuch School Development Project by the august hands of DG Nihir Dave. This GG project was initiated in Rotary year 2021-22 by PP Dr. Vikram Premkumar under guidance of Global Grant coordinator and Primary Contact CDG Dr. Ashok Kapadia.

We are thankful to The Rotary Foundation and International Primary Contact Massimiliano Olivieri, RC Ancona Conero, RID 2090 for the Rotary Global Grant.

This project is supported by the CSR funds of Gujarat Guardian Ltd. We sincerely appreciate the tremendous efforts made by PP Rtn. Prashant Ruia for it.

We would like to acknowledge following Dignitaries who joined us:

First lady - Vaishali Dave ; Mr. Gaurav Chandra - Plant Operation Head, Gujarat Guardian ;

Mr. Yatin Chaya - CSR Head, Gujarat Guardian ; DGN Amardeep Singh Bunet ; AG Dr. Vikram Premkumar.

PDG Devang Thakore & PP Manishaben Thakore ; PP Talkin Zamindar ; PP Prashant Ruia

Bharuch Nagar Prathamik Shikshan Samiti Chairman Mr. Ashok Barot & team.



**Vejalpur Mishra Shala**



**Santoshi Mishra Shala**



**Dandiya Bazar Mishra Shala**





## Project at a Glance



### Back to School Project :

"Education is for improving the lives of others for the betterment of our community and creating a hopeful tomorrow."

The youth is the hope of our future.

Appreciate the efforts of PP Talkin Zamindar in counseling Katheria Bhavesh Sanjaybhai (age 13+ yrs), elder brother & his single mother who migrated from UP as workers.

Since this child has never been to any school, with persuasion to study basic education, he is enrolled in the STP program at Navadera Gov. School (Hajikhana Bazar) with efforts of Sashan Adhikari Mr. Nishant Dave.

Also we are helping him in making the birth certificate & Aadhar Card.

### Dist. Anand gram: Rain water harvesting online meeting



**Rotary**  
District 3060

**CREATE HOPE**  
in the WORLD

### Quantity of Water in world

- Sea Water - 97 %
- Fresh Water - 3 %
  - Ice on Glaciers - 70 %
  - Underground - 29 %
  - Dams, Lakes etc - 0.9 %
  - Moisture in livings - 0.1%

It shows that quantum of water stored in the mother earth is much more then the water stored in man made structures by spending billions of rupees.

**Life is not possible without WATER.**  
**We need to create awareness to manage water with holist approach**

14-7-2023      RI District 3060 (2023/24)      સંપર્ક : 9979969595

### EARTH'S WATER

Rotary Club of Bharuch & Rotaract Club of Bharuch had organised **Mental health Awareness Program** at the Bharuch District Jail.

Consultant Psychologist Dr. Sajid Day empathically took the session benefitting the inmates.

A TV along with Games equipments (Carom sets, Badminton sets, Chess boards & Ludo board games) were donated for engagement activity of the 300+ inmates at the Jail.

Jail Superintendent NP Rathod Sir had been very supportive.

We are thankful to Project Chairman: Rtn. Dr. Falguni Thakkar, Co-Chair: Rtn. Kripa Shah & RCC: PE Dr. Palak Kapadia, along with the Rotractors.





## Project at a Glance



Under Bharati Shirish Modi **Women Empowerment** Rotary Project, distribution of sewing kits to enrolled ladies of the 1st batch of 2023-24 was held at Nikora.

Beauty Parlour course for 1st batch of 2023-24 was also started. Chairman Rtn. Dr. Pratiksha Mahida, RCC Nikora Chairman PP Ghanshyam Bhatt, PP Dr. Vanrajsinh Mahida, Ann. Dignisha & Rtn. Sunil Kher had actively initiated it.

RC Bharuch distributed kits to students of Bharti Shirish Mody Women Empowerment

Project at Shri Navchetan Mahila Arts College, Valia.

Totally 300 students were enrolled in 1st batch of 2023-24 for Sewing Class, Beauty Parlour Course & Basic Computer Course's

Project Chair Rtn. Dr. Pratiksha Mahida explained the purpose and usefulness of this project and encouraged them to be self-sufficient.

We thank PP Dr. Vanrajsinh Mahida for informative and encouraging talk session on this occasion. We also thank Rtn. Kalpesh Soni, Professor Bhavana Gothana and teachers who remained present for this event.

This project was successfully started under the expert guidance and efforts of PP Rtn. Kamleshbhai Udani.

RC Bharuch is grateful and highly obliged to Bharti Shirish Mody & family for their generous donation and constant support in our endeavor.



શ્રી રંગ નવચેતન મહિલા આર્ટસ કોલેજ ખાતે  
વુમન એમ્પાવરમેન્ટ અન્વયે ફી  
કીટનું વિતરણ કરવામાં આવ્યું



વાલિયા ની શ્રી રંગ નવચેતન મહિલા આર્ટસ  
કોલેજ ખાતે વુમન એમ્પાવરમેન્ટ અંતર્ગત ફી કીટ  
વિતરણનું કાર્યક્રમનું આયોજન કરવામાં આવ્યું



ગુજરાત કાઠમ બુલેટિન  
ચુનસ ભૈયાત અંકલેખર  
વાલિયા ની શ્રી રંગ નવચેતન  
મહિલા આર્ટસ કોલેજના પ્રિન્સિપાલ  
ડૉ. શર્મિલાબેન પટેલના માગેદશન  
હેઠળ રોટરી ક્લબ ભરૂચ અને  
ભારતી શીરીસ મોદી દ્વારા વુમન  
એમ્પાવરમેન્ટ યોજના અંતર્ગત પ્રા.  
ભાવનાબેન ગોધાણા અને ડૉ.  
પ્રતિકાબેન મહિડા દ્વારા આ  
કાર્યક્રમનું આયોજન કરવામાં  
આવ્યું. જેમાં કોલેજ ની વિદ્યાર્થીની  
ઓ ને સ્વરોજગારી પાત્ર કરી આર્થિક  
વિપોજન કરી શકે તે માટે ફી માં  
સિવજા, બ્યુટીપાલેર અને  
કોમ્પ્યુટરના ક્લાસીસ ચલાવવામાં  
આવે છે. એના માટેની જરૂરીયાત  
ની વસ્તુની કીટ નું વિતરણ રોટરી  
ક્લબ દ્વારા કરવામાં આવ્યું.  
કોલેજના સેક્રેટરી ડૉ. વનરાજસિંહ  
મહિડા રોટરી ક્લબ કઈ રીતે કામ  
કરે છે. અને વિદ્યાર્થીની ઓ કઈક  
નવુ શીખી પોતે પગભર બને એની  
માહિતી આપી. તેમજ રોટરી  
ક્લબનાં ચેરમેન વતી ડૉ.  
પ્રતિકાબેન વિદ્યાર્થીની ઓ  
સ્વનિભર બની એક સારા ઉપોગ  
સાહસીક બને એવી પ્રેરણા આપી  
હતી. આ કાર્યક્રમમાં ૨૭૦  
વિદ્યાર્થીની ઓ હાજર રહી હતી.

## RI NEWS

# Rotary awards US\$2 million to prevent Cervical Cancer in Egypt

More than 30,000 girls to be vaccinated against HPV,  
10,000 women will be screened for cervical cancer in greater Cairo

**CAIRO, Egypt (May 28, 2023)** — In Egypt, less than 10 percent of women have undergone cervical cancer screenings in the last 5 years, and of those diagnosed with cervical cancer, over half have died as a result (1).

The Rotary-led initiative '*United to End Cervical Cancer in Egypt*' aims to reduce cervical cancer cases and enhance women's health in Egypt through targeted awareness-raising and improved access to preventative care.

A large majority of cervical cancer is due to the human papillomavirus (HPV), the most common viral infection of the reproductive tract. It is considered one of the most preventable cancers, yet 90 percent (2) of the deaths it causes, occur in low- and middle-income countries because routine HPV vaccinations and cervical cancer screenings aren't available. Social and cultural misconceptions also affect women's choices about seeking proper health measures and vaccination for HPV.

By providing vaccines to girls, regular screenings and timely treatment for women, the initiative strives to reduce the burden of this preventable disease and encourage communities to prioritize cervical health.

Initiated by the Rotary Club of El Tahrir, supported by Rotary clubs in Greater Cairo and modeled after President Abdel Fattah El-Sisi's Egyptian Women's Health Initiative on breast cancer, the program was awarded \$2 million by The Rotary Foundation. With the expertise and knowledge of key program partners, Rotary aims to vaccinate more than 30,000 girls ages 9-15 and provide screenings for 10,000 women in greater Cairo and launch a public awareness campaign to reach 4 million people. Health care workers, school administrators, and staff will receive training on HPV and cervical cancer to ensure proper care and counseling for women and girls.

"By increasing awareness and promoting preventive care for cervical cancer, we can save lives and create healthier communities in Egypt," said Dr. Amal El-Sisi, Professor of Pediatrics, Cairo University and member of the Rotary Club of El Tahrir. "As we gather data for the first time on the HPV and cervical cancer burden in the Greater Cairo area, we are gaining crucial insights into the overall prevalence in Egypt. Upscaling our efforts will enable us to reach more women and girls in Egypt and empower them with the knowledge and tools they need to take control of their health."

'*United to End Cervical Cancer in Egypt*' takes Rotary members' commitment to prevent cervical cancer and improve women's health to the next level by building a longer-term, multi-stakeholder partnership on the ground in Egypt with the Egyptian Ministry of Health and Population, the Egyptian Society of Colposcopy and Cervical Pathology, the NGO Sona3 el Khair Development Foundation, Cairo University's Obstetrics and Gynecology Department, the World Health Organization in Egypt, and the National Cancer Institute.

"The Egyptian government is committed to improving women's health, and we are pleased to work in partnership with Rotary clubs in Egypt to prevent cervical cancer in our country as part of the new presidential initiative for early cancer detection," said Dr. Khaled Abdel Ghaffar, Minister of Health and Population. "By working together, we can achieve our shared goal of creating a healthier and more equitable society for all Egyptians. This partnership is a testament of how collaboration and innovation can have a meaningful impact on the health and well-being of our communities".

'*United to End Cervical Cancer in Egypt*' is Rotary's third Programs of Scale award recipient - an annual competitive grant process that awards \$2 million to an evidence-based program that aligns with one of Rotary's causes and has the capability for scaling-up to help more people. The programs are sponsored by Rotary members in collaboration with local communities and partner organizations.

Rotary members throughout the world develop and implement sustainable, community-driven projects that fight disease, promote peace, provide clean water, support education, help mothers and children, grow local economies and protect the environment. Over US\$5.5 billion has been awarded through The Rotary Foundation – Rotary's charitable arm that helps clubs work together to perform meaningful, impactful service

**About Rotary:** Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.4 million members of more than 46,000 Rotary clubs in over 200 countries and geographical areas. Their work improves lives at both the local and international levels, from helping those in need in their own communities to working toward a polio-free world. For more information, visit [Rotary.org](https://www.rotary.org).



## DISTRICT NEWS



Congratulations to IPDG Shrikant Indani, DRFCC Prashant Jani & Annual Giving Chair Amardeepsinh Bunnet for the outstanding Achievement



Congratulation to PDG Ashish Ajmera for being appointed as EMGA (Endowment & Major Gift Advisor) Zone 4 for the period of 2024-27



Congratulation to Rtn. Ketan Patel (R C Vapi) for being appointed as Asst. Rotary Coordinator Zone 4 with specific responsibility to inspire and motivate the past Rotaractors to join Rotary

## Partners in Service

### RCC Bharuch



Charter Accountant Day Celebration



Sabugadh Aganvadi Nasta Vitaran



Dress and Sadi Vitaran at Umraj



Dress Vitaran at Nari Sanrakshan Kendra



Charter Day Celebration





## Partners in Service

### Rotaract Club of Bharuch



**1st July** Rotaract Club of Bharuch celebrated **CA Day & Doctor's Day** at ICAI Bhavan with our parent club RC Bharuch. Rotaractor's donated blood in this blood donation campaign.



**2nd July** we had done 'Tree Plantation' programme at Sai Temple Zadeshwar, with our Parent Rotary Club of Bharuch. Rotaractors were determined to plant 50saplings and they were successful in doing so.



**9th July**, we had organised box cricket tournament with nearby club where, Rotaract Club of Narmada Nagari & Rotaract Club of UPL university were present. This project ensured fellowship between neighbouring clubs and the fresher Rotaractors.



**12th July**, Rotaract Club of Bharuch had their **39th installation ceremony**. President Anish Meena & Secretary Purvendrasinh Rana & team took an oath, where DRR Omisha Jani as Installing Officer & Rotary President Rizwana zamindar were invited as chief guests. Not just the board members but the new Rotaractors were present in the ceremony too.



**15th July** we organised online session with Rotaract Club of Junagadh Yuvashakti. We learned about leadership, management etc. It was a wonderful session of give and take of knowledge. It exposed the Rotaractors to new perspectives and ensured their knowledge about their own city, as they had to give a presentation regarding the same.



**21st July**, GBM was organised plus the orientation for new members where our RCC Dr. Palak Kapadia was there to guide our new Rotaractor about Rotaract & Rotary. It was a very interactive and insightful session for the new comers.



RC Bharuch & Rotaract Club of Bharuch had organised Menstrual Health & Hygiene, Breast Cancer Awareness session along with Sanitary Pads distribution was held for the lady inmates of the Bharuch District Jail.

The inmates had good interactive talks with Dr. Falguni Thakkar. It was heartwarming to see the happiness of the 2 children receiving. Toys donated to them in the Ladies Barricade.



## Partners in Service

# Interact Club of Bharuch

## Message from the President...



I deem it a privilege and a pleasure to be the President of a such an outstanding club and in particular to hold this office during the leadership of the Rotary's first lady President.

To say that our club has a major part in moulding me, who and what I am would not be exaggerating. From the time I joined almost 3 years ago as a new member until the present I have

continually been impressed by people who have personified the best in traditions of service and fellowship as members of the Interact Club of Bharuch.

As said, "Words may inspire but action creates change." For this year I want to make more moves rather than just telling

others or lecturing others to work. I want to inspire and create enthusiasm among the members of club by working and being a good leader to all.

"Just when the caterpillar thought the world was over... it become a butterfly" this is exactly what our theme of the Interact year 2023-24 is all about "Embrace new Perspective."

I have come to realize that there is a lot of power in these three words "From now on.." From now on I will lead and run the club and help all my fellow members as my own family. From now on with the support of my fellow members we will achieve the growth and goals I have dreamt for this year. From now on I will transform these possibilities and opportunities into stories of success.

Thank you,

- IC President  
Int. Sheral Christian

## Message from the Secretary...



I, int. Himani Jaswal, took up the opportunity to be the honorary secretary of Interact Club Bharuch for the tenure 2023-24.

It's been 3 years since I've joined the club, I'm extremely grateful to this club as it developed my personality. I've been guided by the best teammates and learned many new

things under their guidance.

Our theme for the club is "Embracing new perspectives"

keeping in mind that every end has a better and enthusiastic start, we just need to set our goal and try our best to achieve it. Under my leadership I'll try my best to help my peers develop.

A famous author once said, "the beginning is always today." As an secretary from today onwards I pledge to serve the society, help my fellow mates and to be a back bone to my president. Me and my team will try our best to spread positivity, opportunities and try our level best to help underprivileged people.

Thankyou,

- IC secretary,  
Int. Himani Jaiswal



## 19th July 2023 : Installation Ceremony

Interact Club of Bharuch had its installation where Int. Sheral Christian was elected as the new president and new office bearers for RY 2023-24 were installed.



## AWARENESS VIDEO ABOUT THE EYE INFECTION (PINK EYE) SPREADING IN GUJARAT



## 27th July 2023: Eye flu awareness video

Interact Club of Bharuch did its first project for the RY 2023-24 as a virtual project by making a short video to spread awareness about the highly spreading eye flu spread awareness about the highly spreading eye flu (pink eye) in Gujarat and posted on our Interact club's official social media handles. Chairman Aastha Talati, Co-chairman Sheral Christian.



# Heartiest Congratulations

## ACCOLADE

### Accolade for family member of Rotary Club :

Rtn. Gautam Patel's Son Abhilaksh Won Silver Medal in U-15 4th Gujarat State Ranking Table Tennis Tournament.

Proud moment of our Rtn. Arch. Shahabuddin Contractor was awarded Post Graduation Degree in Urban Town Planning (M.Arch.) in Jan. 2023 and now is Elected as an ASSOCIATE MEMBER By Institute of Town Planners INDIA on 8th.July,2023.



## News Maker from R C Bharuch



Congratulation to PDG Devang Thakore for being appointed as Dist. Learning Facilitator for the year 2024-25 by DGE Tushar Shah



Congratulations to Dr. Palak Kapadia to be selected as catalyst in "Kishori Utkarsh Pahal" a unique CSR initiative of Bharuch Dist. Administration

## OBITUARY

We pray to God almighty to grant eternal peace to the departed soul and give solace and strength to Poddar & Chen family to bear this irreplaceable loss.

Om Shanti



Late Vijaykumar Poddar



Late Pinhong John Chen

## Forth Coming Event

- |    |      |      |   |
|----|------|------|---|
| 01 | Aug. | Tue. | World Breast feeding Week program               |
| 02 | Aug. | Wed. | Training Meeting                                |
| 07 | Aug. | Mon. | World handloom day visit at Sujani Center       |
| 08 | Aug. | Tue. | Tree Plantation                                 |
| 09 | Aug. | Wed. | Visitor meeting                                 |
| 11 | Aug. | Fri. | Youth Parliament                                |
| 12 | Aug. | Sat. | Youth Parliament                                |
| 13 | Aug. | Sun. | Youth Parliament                                |
| 15 | Aug. | Tue. | MIPRYC Republic Day celebration, Sudama ni Zoli |
| 16 | Aug. | Wed. | Parsi Day celebration, Games meeting            |
| 23 | Aug. | Wed. | Closed door meeting                             |
| 26 | Aug. | Sat. | Board meeting. Host Rtn.Ronak Shah              |
| 30 | Aug. | Wed. | Project Rakhi, No meeting                       |



## CO-EDITORIAL

### MY JOURNEY FROM ZERO TO HERO OF 100KM ON A CYCLE



My life is centered around 3 aspects: health, finance and relationships.

Having reached middle age, I have realised that usually we humans utilize majority of our time- ( which is limited)- chasing dreams and desires which arise not from need but from an objective of possession, which can provide only some fulfillment and happiness and

so this chase of what money can buy and accumulation of wealth remains the only goal. Relationships again delve on reciprocation from others- another web of chase and possession- which may or may not bring that sense of fulfillment.

Fortunately, me being blessed with enough financial security and adorable relations, I have equally valued health and fitness. I believe that a healthy mind in a healthy body is a super formula to accomplish any milestone of life.

I have doted on this opinion since a young girl. I remember, I used to skip continuously till other kids around me would stop counting. I grew and took to swimming. I have enjoyed swimming in all seasons and almost every hour of the day. Other than pools I have gone for scuba- along with daughter at Shivrajpur beach, Dwarka- and one of the chilliest ( cold water) amazing experience was swim at Dudhsagar falls at Goa. My son was small then so I carried him upon me and we swam together. When I watched Chennai Express movie I wondered that some day I will swim in this water fall and it came true.

A regular fitness freak I went to gym, cycled - without any record-, then post lockdown, took to meditation, yoga and aerobics. Then in December 2020, being a Rotary club member, we had a webinar about POWER OF PASSION, where guest speaker Renu Singhi another middle aged lady who took to cycle at the age of 51 and has accomplished her mark globally through her passion at the age of 56. In the same month I opted for virtual marathons. I participated in 6-7 half and quarter marathons, participated in all 3 categories of marathons organised by Rotary Club and in Sparkle India marathon won 3rd prize in 10km category in January 2021. Walk and run in my small city is accompanied

by unwarranted questions from acquaintances and others. So for February instead of marathons, I looked out for cycling events for undisturbed activity. I registered for only one event -which was a near impossible task for me- 600km/28days. Roughly 20km ride per day was required. Here my knowledge of a geared cycle kept idle at home was pathetic. A healthy heart challenge whatsapp group was formed and me being reluctant to blend in with strangers and completely lost out on whether I would finish this target which pushed me almost out of group. Whatever distance I covered, clumsily, in first week of Feb, I shared with admin RG only. Then that inner core, self talk began: where is your determination?? Whom are you trying to fool?? It was like I can give reasons to others for not having done what I selected. But same reasons won't satiate my inner self. Then from 2ND week of Feb- self talk of arise, awake and accomplish- began. And I also started reading posts of other healthy heart challenge whatsapp group, who took their rides seriously and the kind of levels they set and motivation from admins, I finished my target of 600 km within stipulated time. I also registered for Rotary Club event of Cyclofun for 50 km and 100km.

Initial 50 km ride was easier- early morning, cool weather, steady atmosphere, negligible traffic and immense support from rotary team. I finished 50 km in record 2 hours and 51 minutes, fastest for me. After 10-15 minutes of break, next 50km was a lone ride with hot weather, piercing sunshine, unruly winds, ruthless traffic and no external support. However my mind was fixed on that 100km target. Intention being that I will be able to contribute maximum for medicines of needy people through my efforts as pledged by Rotary Club for this event. Although speed reduced due to winds and traffic and atmospheric heat, I managed to finish target of 100km in another 3 hours and 20 minutes.

When back home, with aching body my son hugged and kissed me- mumma has done it- his eyes twinkled, I became a winner there itself. That joy and fulfillment can't be described in words. It is ever lasting. It's going to linger and stay. Then I shared this joy with others, Rotary event chair, other Rotary members, friends, family. No amount of wealth, things that money can buy can equate this joy.

Now I have added one more story of inspiration and determination to share...

I wish to continue with this zest of fulfillment.

- Rtn. Dr. Vandana Sethi

### Thought for the Month

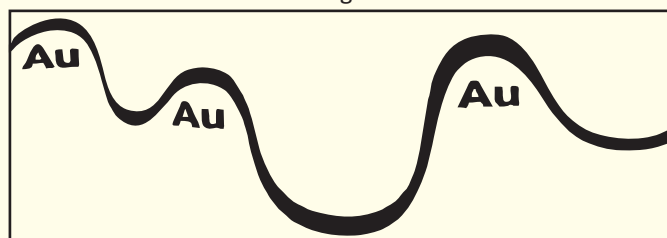
If you don't understand others,  
Somewhere you fail to understand  
Yourself too

- Pratibha

By Ann. Dr. Pratibha Dave

### What's It ?

Find the familiar phrase, saying or  
name in this arrangement of letters.







## Birthday Greetings



01st Aug. Rtn. Satishkumar Parmar	9687181105	23rd Aug. Ann Swati Parmar	9427116984
05th Aug. Ann Dewal Modi	9662500848	24th Aug. Rtn. Chandrakishore Bhanushali	9427477446
07th Aug. Rtn. Nishant Kadakia	9898542489	25th Aug. Rtn. Ukshit Parikh	8141878888
11th Aug. Rtn. Purvesh Shah	9824345895	27th Aug. Rtn. Dr.Rupa Doshi	9825507016
13th Aug. Rtn. Dr.Gaurang Amin	9427108801	27th Aug. Aarti Ruia	9898046235
14th Aug. Ann Alka Shah	9601090756	30th Aug. Hetal Patel	9428887100
17th Aug. Rtn. Dr.Ketan Doshi	9825027016	31st Aug. Rtn. Niraj Surti	9825327360
21st Aug. Rtn. Ramendra Kumar Dixit	9376872000	31st Aug. Rtn. Rachana Poddar	9624445557
23rd Aug. Rtn. Hitarth Brijesh Parikh	6358814008		

## Happy Marriage Anniversary

12th Aug	Ann Varsha & Rtn. Dr.Piyush Parikh	9825044370
20th Aug	Ann Dr.Farah Ajmeri & Rtn. Dr.Mohammad	9427105026



## ROTARY BHARUCH PERMANENT PROJECTS



M. I. Patel Rotary Youth Center



Shantivan Crematorium



Project Adhar



P.D. Shroff Rotary Diagnostic Center



Pay & Use Toilet Blocks



Ambulance & Morgue Vehicle



Women Empowerment Project



Mobile Toy Library - Ramakdu



Hum Honge Kamyab - Literacy



Clean Drinking Water