

SAYAJI SWAR

MONTHLY NEWSLETTER OF ROTARY CLUB OF BARODA SAYAJINAGARI

// ISSUE 06 // DECEMBER 25-26 //



JANUARY IS VOCATIONAL SERVICES MONTH



RCBS TEAM 2025 - 26



Francesco Arezzo

President, Rotary
International 2025-26



Amardeep Bunet

District Governor
2025-26



Dr. Maulesh Dholakia

Assistant Governor
2025-26

BOARD MEMBERS

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Imm. Past President Rtn. Hitesh Mali	Membership Chair Rtn. Milind Gogate
Vice President Rtn. Dattesh Shah	Service Project Chair Rtn. Amit Shrivastava
Secretary Rtn. Sanyogita Pradhan	Rotary Foundation Chair P.P Rtn. Chetan Dedhia
Executive Secretary P.P Rtn. Minal Shah	Sgt. At Arms Rtn. Darshan Vyas
Joint Secretary P.P Rtn. Vaishali Shah	Club Young Leader Contact Rtn. Nisha Amin
Treasurer P.P Rtn. Malay Bhayani	
Club Learning Facilitator P.P Rtn. Brijesh Parikh	

COMMITTEE CHAIR

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Maternal and Childcare Rtn. Seema Thakur	Bulletin Editor Ann. Charmi Shah
Diseases and Prevention Treatment Rtn. Dr. Devendra	Birthdays and Anniversary Wishes Ann. Vaishali Bhayani
Literacy Chair Rtn. Krupa Mali	
Avoidable Blindness Rtn. Dr. Niketu Shah	
Information and Technology Rtn. Bharat Desai	
Rotary Community Corps Rtn. Dattesh Shah	
Anandgram Project Chair Rtn. Hitesh Mali	

ADVISORS TO BOARD

P.P. Rtn. Shomit Patel
P.P. Rtn. Amit Talati

DISTRICT POSITION

Co-Chairman-Rotary Zone 4,5,6,7
Website & HUMF Coordinator
P.P. Rtn. Minal Shah

District Grant Promotion Chairman &
Global Grants Coordinator - Cluster 2
P.P. Rtn. Chetan Dedhia

District Secretary Cluster 2
P.P. Rtn. Jay Shah

From the President's Desk

Dear fellow Rotarians and friends,

As we step into January, we welcome not just a new month, but a renewed sense of purpose and possibility. January symbolizes fresh beginnings — a time to realign our goals, strengthen our commitment, and move ahead with clarity and confidence.

The start of a new year offers us a valuable opportunity to reflect on where we stand today and where we aspire to go as a Rotary family. It is a month that encourages action — to turn ideas into initiatives, intentions into impact, and vision into reality. With renewed energy, January invites us to set the tone for the months ahead.

Our club has always believed in meaningful service driven by unity and dedication. The enthusiasm with which our members come together — for projects, meetings, and fellowship — continues to be our greatest strength. Every effort, no matter how small it may seem, contributes to a larger purpose and leaves a lasting imprint on the lives we touch.

As we move forward in this new year, let us focus on deepening our impact, expanding our outreach, and nurturing the values that define Rotary — integrity, leadership, and service above self. Together, we can explore new opportunities, embrace innovation, and continue to serve our community with compassion and commitment.

January reminds us that progress begins with intent and grows through consistent effort. Let us approach the year ahead with optimism, collaboration, and a shared determination to make a difference.

Wishing each one of you a year filled with good health, meaningful service, and shared success. May this new beginning inspire us to achieve more, serve better, and grow stronger together.



**Rtn. Kashyap Shah &
Rtn. Moksha Shah**

**President & First
lady-2025-26**

**Rotary Club of
Baroda Sayajinagari**

Editor's Page

The season of celebrations brings with it a refreshing sense of joy, unity, and new beginnings. As weddings and festive gatherings fill our days with happiness, they gently remind us of the beauty of togetherness and the strength found in shared moments.

✨ Wishing you a very Happy New Year! ✨

May the year ahead bring good health, happiness, and new opportunities. Let us move forward with renewed energy, positivity, and the shared spirit of service, making a meaningful difference together.

Happy Reading!



Ann. Charmi Shah

Bulletin Editor

**Rotary Club of
Baroda Sayajinagari**



Happy
New year

FROM RCBS

RCBS PROJECTS

Toy Bank - 01/12/25



Project Toy Bank was successfully conducted on 1st December 2025 at Kashiba Children Hospital, Karelibaug, Vadodara, by RCBS in collaboration with ICBS, bringing joy, warmth, and learning to little hearts. Children at the Disability Rehabilitation Center and the Playroom/Inpatient Ward were gifted educational toys, storybooks, colouring books, and paediatric walkers, supporting their learning, play, and overall development while boosting their confidence. The initiative was made possible through the dedicated efforts of Rtn. Moksha Shah, Rtn. Nisha Amin, Rtn. Minal Shah, Rtn. Vrunda Desai, and Rtn. Sanyogita, along with the enthusiastic ICBS volunteers Atharva, Aarav, Kanisha, Kayan, Aditya, Nicole, Evlyn, and Aarika. Together, the team celebrated smiles, learning, and hope, making the day truly memorable and meaningful for every child involved. 💙🌟

RCBS PROJECTS

Medical Testing Camp - 01/12/25



Project Medical Testing Camp was successfully conducted on 1st December 2025 at Ganga Jamna Hospital, Ellora Park, Vadodara, in association with RCBS and generously sponsored by Rtn. Dr. Ashwin Shah. The camp focused on preventive healthcare through Lipid Profile testing and Body Fat Analysis, highlighting the importance of early diagnosis and health awareness. A total of 50 patients benefited from this initiative. Ganga Jamna Hospital has consistently extended its support in conducting such meaningful healthcare activities for the community. Special gratitude is extended to Rtn. Dr. Ashwin Shah for his dedication and valuable contribution to community service. Patients requiring further medical advice were guided and counseled by Dr. Karan Shah, ensuring continuity of care and support beyond the camp.

RCBS PROJECTS

HUMF - 03/12/25



Project HUMF, a permanent initiative of RCBS focused on promoting Maternal and Newborn Healthcare, was successfully conducted on 3rd December 2025 at GMERS Gotri Hospital, Vadodara. Under this initiative, 68 mothers benefited through the distribution of essential post-partum care kits that included sanitary napkins, panties, and maternity gowns, ensuring comfort, hygiene, and dignity for new mothers. The presence and encouragement of Rtn. Seema Thakur, Rtn. Minal Shah, Ann. Mona Patel, and Rtn. Sanyogita added warmth and positivity to the event, making it truly meaningful. The project was made possible with the generous support of Ann. Pinky Aggrawal, Rtn. Seema Thakur, and Rtn. Sanyogita. Heartfelt gratitude is extended to the sponsors for their continued commitment towards maternal and newborn healthcare and community well-being. 🧡❤️

RCBS PROJECTS

Fan Donation - 04/12/25



As part of Rotary's unwavering commitment to strengthening education and improving learning environments, Rtn. Darshan Vays made a generous contribution by donating three ceiling fans to Don Bosco School on 4th December 2026. This meaningful gesture reflects Rotary's dedication to student well-being, ensuring enhanced comfort in classrooms and fostering a more positive, focused, and effective learning atmosphere for young minds to grow and thrive.

RCBS PROJECTS

Liver Function Camp - 08/12/25



Project Liver Function Camp was successfully conducted on 8th December 2025 at Ganga Jamna Hospital, Ellora Park, Vadodara, in association with RCBS and generously sponsored by Rtn. Dr. Ashwin Shah. The camp focused on Liver Function Tests, including assessment of SGPT, SGOT, and overall liver health, with screening for conditions such as jaundice and evaluation of proper liver functioning. A total of 20 patients benefited from this healthcare initiative. Ganga Jamna Hospital has consistently remained proactive and supportive in conducting such noble medical services for the community. Sincere gratitude is extended to Rtn. Dr. Ashwin Shah for his valuable contribution and dedication towards community health, while patients requiring further medical advice were guided and counseled by Dr. Karan Shah, ensuring continued care and follow-up.

RCBS PROJECTS

Empowering Young Minds - 13/12/25



On 13th December 2025, Clinical Cardiologist Dr. Aarti Rathi conducted an engaging and interactive session titled “Eat Smart, Live Well” at T. R. Patel Vidyalaya, Nizampura, focusing on the health and well-being of secondary school students. The session highlighted the importance of making smart food choices, developing healthy habits, and adopting a balanced lifestyle as the foundation for long-term wellness. RCBS expresses heartfelt gratitude to Dr. Aarti Rathi for sharing her valuable knowledge and inspiring young minds. As part of the initiative, a “Sugar Awareness” board was gifted to the school, visually depicting the sugar content in commonly consumed drinks and health supplements, thereby creating lasting awareness among students. Rtn. Vrunda and Rtn. Minal Shah were also present and actively participated in the session. A total of 110 students benefited from this impactful initiative. 🌱🌟

RCBS PROJECTS

Uric Acid Camp - 15/12/25



Project Uric Acid Camp was successfully conducted on 15th December 2025 at Ganga Jamna Hospital, Vadodara, in association with RCBS and generously sponsored by Rtn. Dr. Dr. Ashwin Shah. The camp focused on uric acid screening for patients suffering from gout and joint-related ailments, enabling early diagnosis and appropriate medical guidance. A total of 38 patients benefited from this healthcare initiative. Ganga Jamna Hospital has consistently remained supportive and proactive in conducting such noble medical services for the community. Sincere gratitude is extended to Rtn. Dr. Ashwin Shah for his valuable contribution and commitment to community health, while patients requiring further medical advice were counseled by Dr. Karan Shah, ensuring proper follow-up and continued care.

RCBS PROJECTS

Flag Exchange Ceremony - 15/12/25



The Flag Exchange Ceremony was successfully conducted on 15th December 2025 by Rtn. Deval Shashtri with the Rotary Club of Veraval. On this occasion, a meaningful and inspiring lecture was delivered on the theme “आ जा तुझ को पुकारे तेरी परछाइयां..”, leaving a deep impact on the audience. The flag exchange further strengthened fellowship, unity, and the true spirit of Rotary, fostering stronger bonds and collaboration between the clubs. 🌍💙

RCBS PROJECTS

Comprehensive Pediatric Eye Care Program - 16/12/25



Project Comprehensive Pediatric Eye Care Program was successfully conducted on 16th December 2025 at Nutan Vidyalaya, Sama, by RCBS with the valuable support of Sankara Eye Hospital. Comprehensive eye screenings were carried out for 275 students, focusing on assessing and safeguarding children's eye health through early detection of vision-related issues and timely intervention. Students identified with the need for corrective glasses will be provided spectacles free of cost at the earliest. Heartfelt appreciation is extended to Sankara Eye Hospital for their dedicated support and commitment towards child eye care. A total of 275 students benefited from this impactful initiative. 🧐✨

RCBS PROJECTS

Comprehensive Pediatric Eye Care Program - 17/12/25



A Comprehensive Eye Screening Camp was successfully conducted on 17th December 2025 at the Secondary Section of K. B. Parikh School, Waghodia, with the valuable support of Sankara Eye Hospital, Anand. The camp focused on assessing students' eye health and identifying vision-related concerns at an early stage. Around 98 students were screened during the initiative, and those requiring corrective glasses will be provided spectacles free of cost, ensuring timely care and continued support. Heartfelt gratitude is extended to Sankara Eye Hospital, Anand for their cooperation and dedicated commitment towards safeguarding children's eye health. 🙄🌟

RCBS PROJECTS

HUMF - 17/12/25



Under Project HUMF, on 17th December 2025, maternity gowns, undergarments, and sanitary napkins were distributed to mothers of newborns at the GMERS Hospital Maternity Ward, extending care and support to new mothers during a crucial phase. The initiative was graced by the presence of Rtn. Mabel along with her daughter Ariana, exchange student Mirella Zanotta, Rtn. Seema, Ann. Sangita, Rtn. Minal, and Ann. Manjoo, whose participation added warmth, encouragement, and positivity to the program. The project was generously sponsored by Rtn. Seema, Rtn. Sanyogita, and an RCBS well-wisher. A total of 71 mothers benefited from this initiative, which was carried out at a project cost of ₹17,750/-. This effort reflects RCBS's continued commitment towards maternal and newborn healthcare, ensuring dignity, hygiene, and compassionate care for new mothers.

RCBS PROJECTS

Cervical & Breast Check-up Camp - 17/12/25



Project Cervical & Breast Check-up Camp was successfully conducted on 17th December 2025 at Ganga Jamna Hospital, Ellora Park, Vadodara, as part of RCBS's ongoing health awareness initiatives. Organized in association with Ganga Jamna Hospital, the camp was specially arranged for Rotarians, Ann members, along with their family and friends, with a focus on women's health and preventive care. The initiative was thoughtfully conceptualized and conducted by Ann. Dr. Parul Shah, a practicing gynecologist, who guided and led the program with dedication and compassion, emphasizing the importance of early detection. Heartfelt gratitude is extended to Dr. Parul Shah for her valuable contribution, care, and guidance. A total of 12 Rotarians and Ann members, along with their family and friends, benefited from this initiative, which was carried out at a total project cost of ₹15,000/-. This program reflects RCBS's strong commitment towards women's health, awareness, and preventive healthcare. ❤️

RCBS PROJECTS

Hygiene & Menstruation Awareness -17/12/25



Project Hygiene & Menstruation Awareness was successfully conducted on 17th December 2025 at P. P. Patel High School, Moxi, in association with Dr. Toral Bhavsar, a practicing gynecologist. The session aimed at educating teenage girls on essential aspects of reproductive health and well-being, covering topics such as female genital tract anatomy and physiology, menarche and menstrual hygiene, cervical cancer and its vaccination, hazards and prevention of teenage pregnancy, and the importance of female nutrition and its impact on overall health and pregnancy. A total of 134 girl students from standards 9th to 12th benefited from this informative and empowering session, contributing to greater awareness, confidence, and healthy practices among young girls. 🌸

RCBS PROJECTS

Project: Lipid Profile Camp - 20/12/25



Project Lipid Profile Camp was successfully conducted on 20th December 2025 at Ganga Jamna Hospital, Vadodara, in association with RCBS and generously sponsored by Rtn. Dr. Ashwin Shah. The camp focused on evaluating lipid parameters including cholesterol levels (HDL and LDL), triglycerides, and VLDL, emphasizing early detection of lipid-related disorders and the importance of preventive healthcare. A total of 27 patients benefited from this health initiative. Ganga Jamna Hospital has consistently remained supportive and proactive in conducting such noble healthcare services for the community. Sincere gratitude is extended to Rtn. Dr. Ashwin Shah for his valuable contribution and guidance, while patients requiring further medical advice were counseled by Dr. Karan Shah, ensuring appropriate follow-up and continued care.

RCBS PROJECTS

Eat Smart, Live Well - 20/12/25



Project Eat Smart, Live Well was successfully conducted on 20th December 2025 at Nutan Vidyalaya, Subhanpura, at 8:00 AM by the Rotary Club of Baroda Sayajinagari. The impactful session was led by renowned nutritionist Dr. Aarti Rathi, who inspired young minds by emphasizing the importance of consuming fresh and home-cooked food, understanding why packaged food should be avoided, and recognizing the qualities of a healthy and balanced diet. As part of the initiative, RCBS gifted a “Sugar Board” to the school, serving as a creative visual aid to help students remain mindful of sugar content in commonly consumed beverages and snacks. The session benefited 150 students and was attended by Rtn. Sanyogita. This initiative reflects RCBS’s continued commitment to promoting healthy eating habits and nutrition awareness among students. 🍌🍏

Rtn. Kashyap Shah | President - Rotary Club of Baroda Sayajinagari

RCBS PROJECTS

CPR Training Camp - 23/12/25



Project CPR Training Camp was successfully conducted on 23rd December 2025 from 1:00 PM to 5:00 PM at Adwith Nutrichem Pvt. Ltd., organized by RCBS and led by Dr. Milan from Sparsh Occupational Health Center. The session focused on equipping employees with life-saving CPR skills, enabling them to respond effectively to cardiac emergencies in the workplace. The training emphasized the importance of timely intervention, reducing fatalities, and enhancing overall workplace safety while boosting employee confidence. A total of 30 employees benefited from this practical and impactful session, reinforcing the value of preparedness and emergency response skills. 🚑❤️

RCBS PROJECTS

CPR Training Camp - 24/12/25



Project CPR Training Camp continued on 24th December 2025 from 1:00 PM to 5:00 PM at Anugrah Industries Pvt. Ltd. (Unit III), benefiting 70 employees. Organized by RCBS and led by Dr. Milan of Sparsh Occupational Health Center, the sessions focused on equipping industrial employees with life-saving CPR skills to respond effectively to cardiac emergencies. The training emphasized reducing fatalities, ensuring timely medical intervention, and enhancing workplace safety and employee confidence. Heartfelt thanks are extended to Dr. Milan for guiding both sessions and empowering employees with these essential and life-saving skills. 🇳🇵❤️

RCBS PROJECTS

Spectacles Distribution Drive - 24/12/25



Spectacles Distribution Drive was successfully conducted on 24th December 2025, organized by the Rotary Club of Sayajinagari and generously donated by Sankara Eye Hospital. Spectacles were distributed to students across multiple schools to support better vision and enhance learning outcomes, with 9 students at Mokshi School, 9 at T. R. Patel School, 6 at Nutan Vidyalaya School, and 2 at Bhimpura School receiving corrective eyewear. This initiative ensures clear vision today for a brighter and more confident tomorrow. 🕶️✨

RCBS PROJECTS

Sweaters Distribution - 29/12/25



Project Sweaters Distribution was successfully conducted on 29th December 2025 at Bhimpura Prathamik Shala, organized by the Rotary Club of Baroda Sayajinagari. Hooded sweaters were distributed to all 208 students, ensuring warmth, comfort, and protection during the winter season. The initiative was made possible through the generous contributions of Rtn. Kashyap Shah (₹5,000), Rtn. Sanyogita (₹5,000), Rtn. Meeta Shah (₹5,000), Rtn. Bhavna Pinakin Shah (₹3,000), Rtn. Big Heart (₹3,000), Rtn. Generous (₹3,000), Rtn. Philanthropic (₹3,000), and a collection from Swaman Store (₹7,500), bringing the total project cost to ₹43,800/-. This thoughtful initiative reflects the spirit of service above self, spreading warmth, smiles, and care, proving that small gestures can indeed create a big impact. ❄️

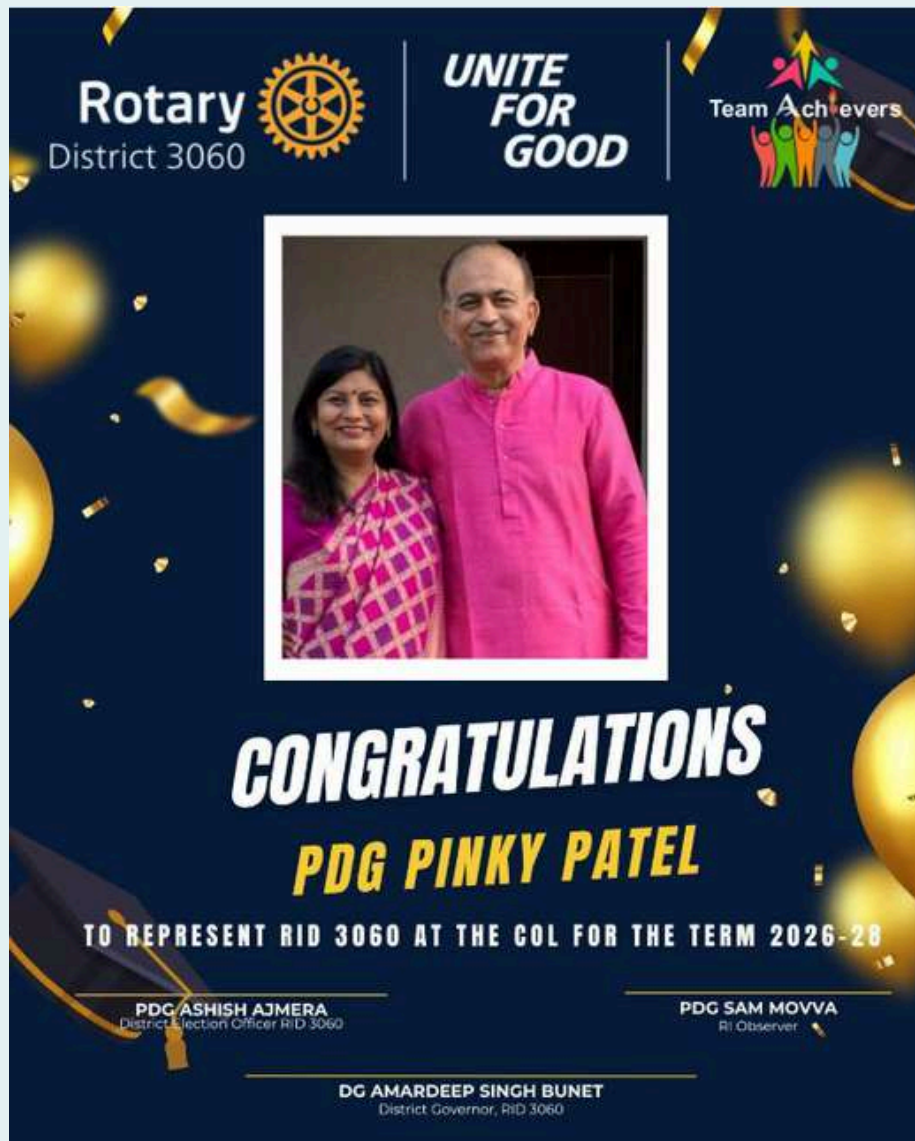
RCBS PROJECTS

Sweaters Distribution - 30/12/25



Sweater Distribution Drive was successfully conducted on 30th December 2025 at Manjarol, Taluka Dabhoi, District Vadodara, jointly organized by the Rotary Club of Baroda Sayajinagari (RCBS) and US-India Seva Club. Hooded sweaters were distributed to 215 students, ensuring warmth, comfort, and spreading smiles during the winter season. This initiative exemplifies the power of small gestures creating a big impact, reflecting the spirit of togetherness and service above self. ❄️

ROTARY DISTRICT NEWS

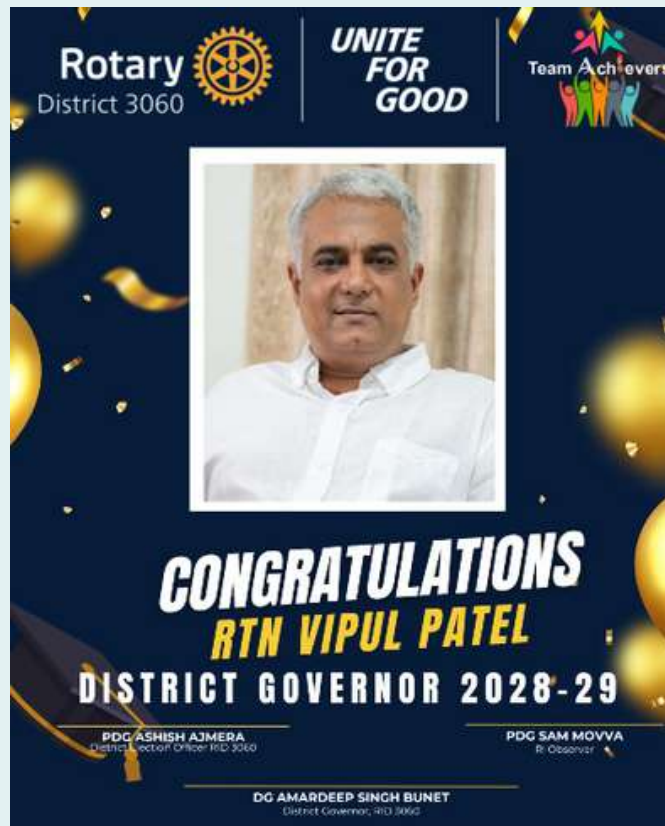


Heartiest congratulations to PDG Pinky Patel! 🎉

Rotary District 3060 proudly celebrates her selection to represent RID 3060 at the Council on Legislation (COL) for the term 2026–28. We are confident that she will carry the district's flag with distinction, integrity, and wisdom, making us proud on the international stage.

Best wishes to PDG Pinky Patel for this esteemed honor! 🌟

ROTARY DISTRICT NEWS



Heartiest congratulations to Rtn. Vipul Patel! 🎉

Rotary District 3060 proudly extends its warmest wishes on his election as District Governor for the Rotary Year 2028–29. This remarkable achievement reflects the trust and confidence placed in him by district members and stands as a testament to his unwavering commitment, exemplary leadership, and dedicated service to Rotary ideals.

Rtn. Vipul Patel’s journey in Rotary has been defined by vision, integrity, and a deep passion for creating meaningful impact in the community. We are confident that under his able leadership, Rotary District 3060 will reach new heights and continue to strengthen its service, truly embodying the spirit of “Unite for Good.”

With best wishes and congratulations from:

PDG Ashish Ajmera – District Election Officer, RID 3060

PDG Sam Movva – RI Observer

DG Amardeep Singh Bunet – District Governor, RID 3060 🌟

ROTARY DISTRICT NEWS



A proud moment for Rotary District 3060 and the Rotary Club of Tapi Surat as IPDG Tushar Shah is set to attend the District Conference of Rotary District 3182 as the Rotary International President's Representative (RIPR), representing Rotary International with distinction and honor. 🌟

ROTARY INTERNATIONAL NEWS



WORLDWIDE MEMBERSHIP SUMMARY

As of 30 November 2025

Global Rotary Totals	
Start of year (1 July 2025)	1,124,681
Current (30 Nov 2025)	1,169.035
Net Growth	+44.354 mebers

Key Global Insights

- Positive membership growth for first 5 monthths of 2025-26
- Asia (Zones 4-7 & Asia Pacific) continues to be the largest contributor to global growth
- Africa shows strong acceleration and emerging leadership
- North America & Western Europe still facing declines, but stabilization signs visible

Top Performing Regions

- USA & Canada (Zones 26-33): comined negative growth in several districts
- Western Europe (Zones 13, 17,18): continued membership challenges

Takeaway Message

- ▶ Rotary is growing again worldwide, reaching oever 1.169 million members, driven by:
 - ★ Strong leadership
 - Club flexibijity engament & attraction of young professionals

TOGETHER, WE ARE BUILDING A STRONGER ROTARY.
SERVICE ABOVE SELF.

RCBS HAPPENINGS

Pre-PELS & SELS Program - 06/12/25



The Pre-PELS & SELS Program was attended on 6th December 2025 in the esteemed presence of DG-Elect 2026–27 Rtn. Nilesh Shah along with Shruti Shah, and AG-Elect Rtn. Kavita Jain with Cluster 2 members. From the Rotary Club of Baroda Sayajinagari, President-Elect 2026–27 Rtn. Sneha Ramani and Secretary-Elect 2026–27 Rtn. Moksha Shah actively participated in the program. The session proved to be insightful and motivating, offering valuable guidance, clarity, and direction for effective leadership and impactful service during the Rotary year 2026–27. 🌍🤝

RCBS HAPPENINGS

Election Meeting - 10/12/25

The Rotary Club conducted its Online Election Meeting, during which IPP Rtn. Hitesh Mali officially declared the Executive Board for the Rotary Year 2026–27. The meeting marked an important milestone as the club prepares for another year of dedicated service, leadership, and fellowship.



RCBS HAPPENINGS

Election Meeting - 10/12/25

Congratulations to the new team!

Executive Board – Rotary Year 2026–27

President: Rtn. Sneha Ramani

Vice President: Rtn. Vaishali Shah

Immediate Past President (IPP): Rtn. Kashyap Shah

President-Elect (PE): Rtn. Milind Gogate

Honorary Secretary: Rtn. Moksha Shah

Joint Secretary: Rtn. Janet Shah

Executive Secretary: Rtn. Minal Shah

Honorary Treasurer: Rtn. Kalpesh Shah

Avenues of Service & Key Roles

- **Administration Chair: Rtn. Vrunda Desai**
- **Service Projects Chair: Rtn. Sanyogita Pradhan**
- **Vocational Service Chair: Rtn. Deval Shastri**
- **Club Young Leader Contact: Rtn. Mona Mankad**
- **Membership Chair: Rtn. Neeta Shah**
- **Rotary Foundation Chair: Rtn. Chetan Dedhia**
- **Public Image Chair: Rtn. Amit Shrivastava**
- **Club Learning Facilitator: Rtn. Malay Bhayani**

Sergeant-at-Arms: Rtn. Swati Patel

Eating Smart During the Indian Wedding Season

- Rtn Swati Patel

Eating Healthy During Winters: *Nourishing the Body, Strengthening Immunity*

Winter is a season of comfort and indulgence, but it is also a time when immunity weakens, digestion slows, and joint stiffness increases. Mindful nutrition during winter is therefore not optional—it is a preventive health strategy.



Why Winter Nutrition Matters

- Cold weather increases the body's energy demands. Appetite rises hydration drops. If unchecked, this may lead to weight gain, joint pain, and frequent infections.

Key Principles of Healthy Winter Eating

1. Prefer Warm, Fresh & Seasonal Foods

- Seasonal vegetables like carrots, methi, spinach, and sarson boost immunity and digestion.



Winter Essentials for Bones & Joints

2. Traditional Winter Superfoods for Bone & Joint Health



Sunth (Dry Ginger Powder) **Gond** (Eelish Corn) **Khuskhus**

- **Sunth:** Anti-inflammatory, warming
- **Gond:** Bone strength, joint lubrication
- **Khuskhus:** Calcium-rich, joint support

- Warm beverages enhance immunity and comfort in winter.

3. Boost Immunity Through Nutrition



- Amla, citrus fruits, nuts, turmeric, and stay hydrated with warm soups & herbal teas.



4. Adequate Protein & Hydration



- Include dals, paneer, lean meats, and stay hydrated with warm soups & herbal teas.

About the Author

Ms Swati Patel

Clinical & Cosmetic Dietitian | Certified Diabetes Educator | Sports Nutritionist

25+ years of experience in evidence-based nutrition & lifestyle disease management.

OUR PARTNERS IN SERVICE

Interact Club of Billabong High International School

Divyang Diwas with Meaningful Initiative - 03/12/25



On 3rd December 2025, the Interact Club of BHIS marked Divyang Diwas by inaugurating a new Tiffin Service at Divyang Sakhi Saheli Trust, a centre dedicated to empowering individuals with disabilities through care, dignity, and opportunity. As part of this initiative, the Club provided high-quality tiffin sets to support the Trust's daily operations and enhance the comfort and convenience of its beneficiaries.

🤝 During the event, student volunteers took a heartfelt pledge to uphold the dignity, rights, and well-being of every person at the Trust and to serve with compassion, patience, and respect, reflecting their commitment to creating an inclusive and supportive environment.

🌸 This initiative not only strengthens the bond between the Interact Club of BHIS and the Divyang Sakhi Saheli Trust but also reaffirms the Club's dedication to fostering an inclusive society where every individual is valued, supported, and empowered.

OUR PARTNERS IN SERVICE

Interact Club of Billabong High International School

9th Annual Sports Day by Billabong High Interact Club for Underprivileged Children - 14/12/25



Billabong High Interact Club, in collaboration with Mahavir International, successfully hosted its 9th Annual Sports Day on Sunday, 14th December 2025, for 900 underprivileged children from Mobile Pathshala, Vadodara. The event aimed to foster sportsmanship, inclusivity, teamwork, and unity, providing the children with a joyful and memorable sporting experience. 🌈👏

The day was brimming with energy as children enthusiastically participated in a variety of races and games—from high-energy sprints and hurdles to lively sack races—creating an atmosphere full of excitement and laughter. The teachers' fun race served as the grand finale, adding extra joy and concluding the event on a delightful high note. 😊🏊

🏆🌟 Children proudly received medals and prizes, celebrating not only victories but also the spirit of participation, perseverance, and fair play. With the dedicated support of volunteers and sponsors, the event was a remarkable success, spreading joy, positivity, and a sense of community. 🌟 An inspiring celebration of sports, smiles, and togetherness!

OUR PARTNERS IN SERVICE

Interact Club of Billabong High International School

Christmas Outreach at Aanganwadi - 24/12/25



The BHIS Interact Club organized a heartwarming Christmas visit to the Aanganwadi on 24th December, thoughtfully planned to spread joy, warmth, and smiles among the children. 🎅 The celebration was made magical with a delightful surprise visit by Santa Claus, who danced to cheerful music while distributing gifts, dental kits, and treats, filling the atmosphere with laughter, excitement, and festive cheer. 🎉👧🎨 Dedicated volunteers engaged the children in fun games, interactive activities, and shared moments of happiness, ensuring every child felt special, loved, and valued. More than just a celebration, the visit reflected the true spirit of Christmas—compassion, togetherness, and the joy of giving—creating cherished memories for both the children and the volunteers. ✨ A celebration of smiles, kindness, and festive spirit! ❤️

SPECIAL DAYS OF RCBS 25-26

BIRTHDAYS

- 02/01/25 – Ann. Hetal Gandhi
- 06/01/25 – Rtn. Chandrajit Shah
- 06/01/25 – Kalpesh Manubhai Shah
- 09/01/25 – Rtn. Chetan Dedhia
- 20/01/25 – Rtn. Krupa Mali
- 24/01/25 – Ann. Charmi Shah
- 30/01/25 – Ann. Vaishali Bhayani

UPCOMING EVENTS

- 07/01/26 – HUMF
- 10/01/26 – Mega Housie
- 13/01/26 – Interact Pickleball League
- 21/01/26 – HUMF
- 26/01/26 – Flag salutation at Bhardawa & Sonar kui

ANNIVERSARIES

- 17/01/25 – Rtn. Jatin Shah & Ann. Aarti Shah
- 19/01/25 – Rtn. Amit Talati & Ann. Radhika Talati
- 22/01/25 – Rtn. Manish Parekh & Rtn. Rachna Parekh
- 23/01/25 – Rtn. Rajendra Shah & Ann. Mamta Shah
- 24/01/25 – Rtn. Divyesh Dholakia & Ann. Deepika Dholakia



Rtn. Kashyap Shah

President, 2025-26

Rotary Club of Baroda Sayajinagari

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