



Rotary

PEOPLE OF ACTION



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Charter Date: 30.06.1994



Rotary Opens Opportunities

SAYAJI SWAR

Monthly Bulletin of Rotary Club of Baroda Sayajinagari

ISSUE 3, SEPTEMBER

RY 2020-21



Rotary
Club of
Baroda Sayajinagari

રોટરી ક્લબ ઓફ બરોડા સયાજીનગરી
દ્વારા સંચાલીત
ROTARY SWAMAAN STORE
રોટરી સ્વમાન સ્ટોર
અહીં વેચવામાં આવેલા સામાન (સેકન્ડ હેન્ડ)
વ્યાજ મુક્ત મળશે.

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Rtn Dr. Suneet Dabke



1. Is it the **TRUTH**?
2. Is it **FAIR** to all Concerned?
3. Will it build **GOODWILL & BETTER FRIENDSHIP**?
4. Will it be **BENEFICIAL** to all Concerned?



Come September, gone September! The very famous Hollywood movie of 60's which gave a few fantastic all time blockbusters of Bollywood like Kashmir ki Kali, Mere Sanam and a rise of romantic era began in the Indian film industry. The month September of 2020 is over with so much of rains, so many events around us, some good and bad news, sensational stories of drug abuse, and so on! We all know that "kites rise against; and not with, the wind!" Challenges make us stronger, more committed, relevant and effective.

September is Basic Education and Literacy Month of Rotary. RCBS has always been leading in this focus area and teachers of our GYANJYOT Schools actively and enthusiastically participated in the Creative Heart fullness Teachers' Training Seminar for 4 days. The pen is truly mightier than the sword - and as Rotarians we have to ensure that more of our needy

children are able to hold and wield the pen. Also Rotary Youth Leadership Awards - RYLA organised by RCBS with its Interact club of Billabong High School showed them a new path in career making in the field of creative subjects in Art and Humanities and also in digital coding. Cyber Crime is another new area where we all need to fact fully become literate to avoid any digital mishaps happening around us.

Also the month gave me the opportunity to share my views on women leadership in Rotary amongst all the 100 clubs of the district. I had a great feeling of pride while sharing that out of seven areas of focus, five are being led by our women power of RCBS. A strong woman can transform a home, a community and a nation. The First Lady RI President for RY 22-23 has proven that women in rotary are not just women, but they are qualified Rotarians.

The gender equity of RCBS has been definitely proven by the very fact that the club is being ably led by women; well supported by men and women both.

Lastly, let's cheer up Rtn Dr Suneet Dabke for his exemplary consistent work for the plastic and waste management project in the new focus area and congratulate him for being the 'Rotarian of the Month'. Wish you all happy reading of Sayaji Swar Issue 3.

Regards,
Rtn Vaishali Shah
President 2020-21

EDITOR'S message

Dear fellow Rotarians,

"Arise, awake and stop not till the goal is reached." – Swami Vivekananda

RCBSians have adopted this statement of Swami Vivekananda ji. Even in adversities, our march for the service projects are unstoppable. Everyone has adjusted to the new normal. The biggest example is the beginning of Indian Premier League (IPL) which is being played with empty stands. The commitment of players is at the top and enthusiasm of audience on television is also high. While we are all eagerly waiting to meet and interact with each other in person, the service project and fellowship activities of RCBS are being conducted seamlessly and incessantly. The excitement of members is extremely encouraging, and we are sure it will continue.

Ann Hetal Manish Gandhi & Ann Kajal Vishal Doshi
Bulletin Editors 2020-21

HUMF

2nd September 2020



HUMF, our signature service project was held under the guidance of **PP Rtn Dr. Ashwin Shah**. 50 nutritious packets of Chana and Khajoor were distributed in the maternity ward by the GMERS hospital staff. No members attended due to the prevailing pandemic.

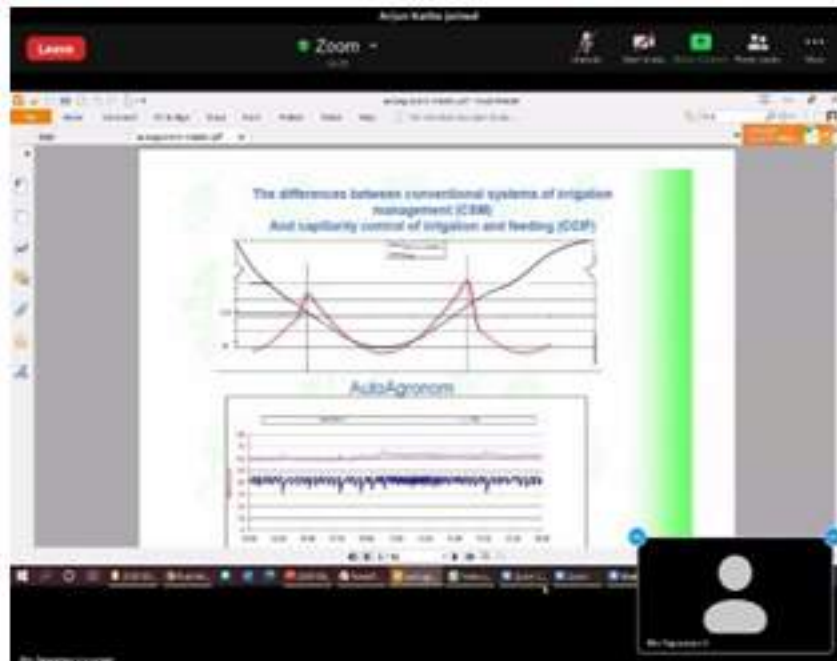
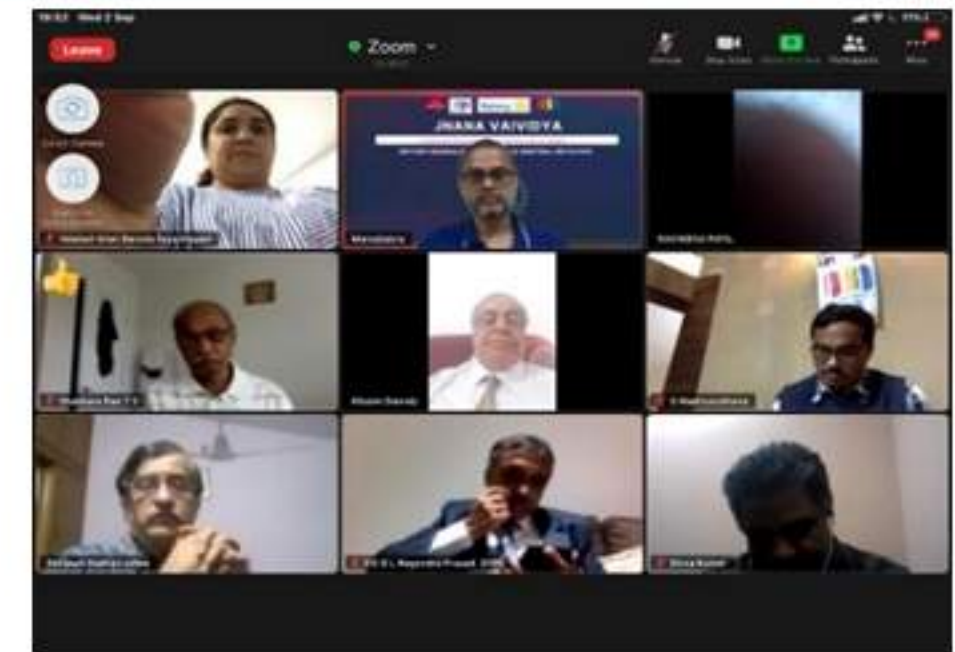


VOCATIONAL TRAINING ON MODERN AGRICULTURE TECHNOLOGIES

2nd September 2020



A Joint Club talk on Modern Agriculture Technologies was held along with RC Bangalore Whitefield Central and other clubs. Innovative ways of Farming and maximum crop from one drop was the Topic. The Speaker **Mr. Nissin Daniely**, who is the founder and CEO of Rotedan 88 Ltd. and Root Talk LCCI talked about innovative ideas, experiments and research for getting the maximum best quality crop with modern ideas. A Certificate of Appreciation was awarded to RCBS for participation.



TREE PLANTATION

6th September 2020



Tree Plantation was done at **PP Rtn Chetan Dedhia's** site at Navakhal. 300 trees were planted. Rtn Bhargav Bhatt, Rtn Darshan Vyas, Ann Priya Dedhia and PP Rtn Chetan Dedhia carried out the project. Three years back many trees were planted at the same place which are now growing into beautiful trees.



SAYAJI PLUGGED IN (2nd Edition)

6th September 2020



"Sayaji Plugged In" is our exciting monthly event where talk shows, musical melodies, comedy shows, innovative workshop, etc. are carried out under the leadership of our enthusiastic **Rtn Shashank Shekher**. After the successful initial event of 'Travel Tales, Told', the second edition was arranged by our Treasurer **PP Rtn Kalpesh Shah** on the subject "Less is More". **Mr. Murali Sundaram** who is a Happiness Coach, Author and a Global Trainer was the speaker. This meeting was organized jointly with

Rotary Club of Jawaharnagar, Rotary Greens, Rotary Club of Vadodara One and Rotary Club of Bombay Bayview. Rtn Kalpa

Rachh, President Elect of Rotary Club of Vadodara One recited the prayer, President Rtn Smita Parekh, Rotary Club of Bombay Bayview gave her opening remarks and Rtn Ketan Kapasi, member of Rotary Club of Bombay Bayview, narrated the 4-way test. More than 350 members attended the meeting on Zoom and Facebook. PP Rtn Kalpesh Shah proposed a hearty vote of thanks.



Mr. Murali who has spread happiness to over 2.90 lac people and trained more than 1000 trainers, taught us 4 mantras:

1. Breathe Less- 5 breathes a min
2. Eat Less- 2 meals a day
3. Expect Less
4. Less for Self, More for others

Shooing away the Monkeys & Donkeys in our mind...

It was a very interesting and informative session, very appropriate for the prevailing times

CLOSED BODY MEETING

9th September 2020

ROTARY CLUB OF BARODA SAYAJINAGARI



A Closed Body Meeting was held virtually with a single point agenda of Global Grant.

The process of forming a bank account has been initiated and RCBS members donated generously and raised \$1050 for the GG Project at Kashiba Hospital.

SWAMAN STORE

13th September 2020



Rotary Swaman Store of RCBS was inaugurated by District Service Project Chair **Rtn Nihir Dave, Ann Vaishali Dave** and our **AG Rtn Anil Jain**. It was also attended by PP Rtn Kalpesh Shah and PP Rtn Chetan Dedhia.

The Project was executed at our Rotary Reading Room at Shivanth Dham, Diwalipura which received wonderful



response from the local community and nearby localities. More than 500 beneficiaries gained through the project.



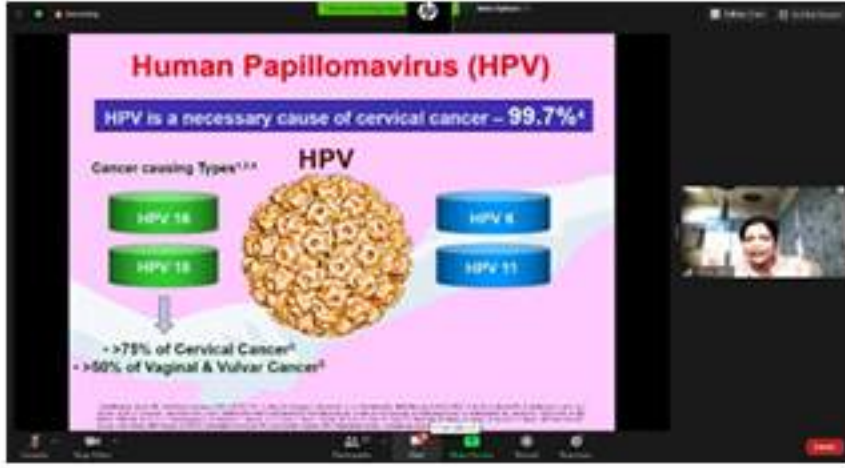
Project Chair **Ann Purvi Shah** and **Ann Parul Parekh** had worked hard to collect things, segregate and display at the venue.

Ann Sangeeta Matai, Ann Priya Dedhia, Rtn Minal Shah and Rtr President Pranav Shrimal extended their help at the venue.

The project was highlighted in the entire district as a very well and successfully conducted District Service Project. The project was covered in TV, print and social media on Spark channel, VNM, Our Vadodara, etc.

CERVICAL CANCER AND MENOPAUSE TALK

16th September 2020



RCBS had arranged a special talk for ladies to help them deal with two major prevalent diseases – Cervical cancer and Menopause. Ann Anu Srivastav said the prayer. Ann Sonal Amin recited the four-way test. Cervical cancer is the 4th most common occurring cancer in women and the 8th most common occurring cases overall. Menopause - every



lady dreads this phase in life. It is a belief that it steals our figure, our sleep, mood, patience, eyesight and finally eats our brain. It leaves us with hot flashes and itchy skin.

Our inhouse experts **Ann Dr. Parul Shah** and **Ann Dr. Deepa Shah** explained about these two diseases and they very nicely cleared all the doubts and answered any question asked by the participants. Around 120 ladies attended the session which was very informative and helpful.



WASTE MANAGEMENT

20th September 2020



Composting of Nirmalaya is not only holy but a necessity...dumping flowers in river or throwing out as garbage is one of the bad practice people follow.

Siddhivinayak temple in Mumbai started the first project of Nirmalaya Composting and produced daily 1 ton compost which was sold as prasad.

Tumbler Composting is an effortless process in which we use a simple instrument called tumbler which with help of dry leaves, bio-culture and aerobic process converts Nirmalaya to compost.

Under the seventh area of focus, **Rtn Dr. Suneet Dabke** demonstrated the process of composting of Nirmalya from Ganesh puja and how it can be useful in plantation.

A step further by RCBS into the focus area of Supporting Environment!

We are happy to share that under our Omori India RC Baroda Sayajinagari and Kachere Se Aazadi joint venture project,

Plastic Waste Collection was done at Madhavnagar from 400 houses.

Soap bars were given as an incentive to the villagers against their plastic waste. This waste will be sent further to the transfer station for segregation and processing.



રોટરી ક્લબ બરોડા સયાજીનગરી દ્વારા સંવર્ધન હેઠળ એક અનોખો પ્રોજેક્ટ શાય પરાયો છે, જેમાં ગણેશ પૂજા તથા વિવિધ પૂજાનાં નિર્માણને ટપ્પલરના માધ્યમથી પ્રોસેસ કરીને ઓર્ગેનિક ખાતર તૈયાર કરવામાં આવે છે. ડૉ. સુનીલ રાખેકેના નેતૃત્વ હેઠળ આ પ્રક્રિયા દ્વારા નદી તટવામાં ઢલવાતા કૂલ પાનની જગ્યાએ તેમાંથી બનતાં ખાતરનો ઉપયોગ અગીયા ખેતરોમાં કરી શકાય અને લાખો ટન કચરાને સરળથી ઉપયોગી બનાવી શકાય છે.

CYBER SECURITY TALK

23rd September 2020

6.6 million people are stalked each year in the U.S.



STOP CYBER STALKING

It's not a joke. It's not romantic. It's a real crime.

- 63% of stalking victims had prior relationship with the harasser.
- 35% of the harassers were online acquaintances.
- 35% of the harassers were co-workers.
- 30% of the harassment began with emails.
- 30% of the harassment began on Facebook.
- 23% were threatened with physical violence.
- 7% of the victims were located in Texas.
- 4% of the harassers were located in Texas.

Source: 2013 cyber stalking statistics, NCFE. Obtaining in that Order should be published in: <https://www.ncjrs.gov/pdffiles1/nij/247201.pdf>



An extremely insightful, full of information, well covered topic - the MSP talk session on Cyber Crime, its challenges and security was taken up by nationwide expert **ex IPS Officer Mr. Sanjay Sahay** - an IT Cyber Security, Emerging Technologies expert, a management guru, an avid writer and public speaker. 10 other clubs from Baroda, Anand, Vallabh Vidyanagar and Nadiad had joined as co-hosts for this meeting.

He spoke on variety of topics related to cyber activities and loopholes of digital world, level of safety and the extent of hacking prevailing in the digital world. He also pointed out all the innocent mistakes we do while using social media, internet banking, e shopping, chatting and many such day to day activities on digital platforms. His simple language and profound knowledge indeed gave all the participants a good depth into how to be careful while using the digital platform.



RCBS family thanks **Rtn Jayaprakash Rao** for getting such a great personality as a speaker

MASK DISTRIBUTION

24th September 2020



RCBS distributed 500 masks at Subhanpura crossroads with help of **PP Rtn Dr. Ashwin Shah**. He also distributed 250 more masks on his behalf.

ACP Chaudhari and Corporator Radhikaben were present and encouraged people to wear masks when they move out of their homes.



TALENT SHOW FELLOWSHIP

25th September 2020



RCBS's got Talent! And the phrase completely endorses the meaning! What a talent packed fellowship and enthusiastic and wonderful participants! The event started with the curtain raiser prayer by Ann Sonal Amin and 4-way test by PP Rtn Nishant Ramani. The show was wonderfully executed and moderated by Rtn Dr. Devendra Shah with technical support of PP Rtn Kalpesh Shah.



A very well rhythmic real-life poem was recited by Ann Sangita Matai; मेरे नैना सावन भादौ beautifully sung by Rtn Manish "Kishore Kumar" Gandhi; wonderful parody of melodies on keyboard by Rtn Darshan Vyas built the musical momentum for the evening! हम बेवफा हरगज़ि न थे - yes! Rtn Darpan Patel totally proved to be an awesome singer



TALENT SHOW FELLOWSHIP

25th September 2020



followed by mesmerising dance sequel of Ann Anu Srivastav! Ann Hetal Vyas, Ann Alka Bharadwaj, Ann Manjushree Shah and Rtn Kokila Kothari sang melodiously with their unique voices! Ann Parul Shah sang her heart out with a beautiful Gujarati song towards her loving husband PP Rtn Dr. Ashwin Shah who gave wonderful taals on tabla and participated whole heartedly. Rtn Dattesh Shah was as usual wonderful with his voice and stole the show. PP Rtn Manish Parekh also sung a melody of S P Balasubramaniam to pay a tribute to him. At the end, there was a super-duper talent show by Hon. Sec. Rtn Sneha Ramani, a fantastic whistling melody of Raj Kapoor combined with her graceful dance! Indeed, the



show was full of talents - as per the live polling scores - **the first winner was Ann Anu Srivastava, second winner Rtn Darpan Patel and third winner was Rtn Dattesh Shah!**

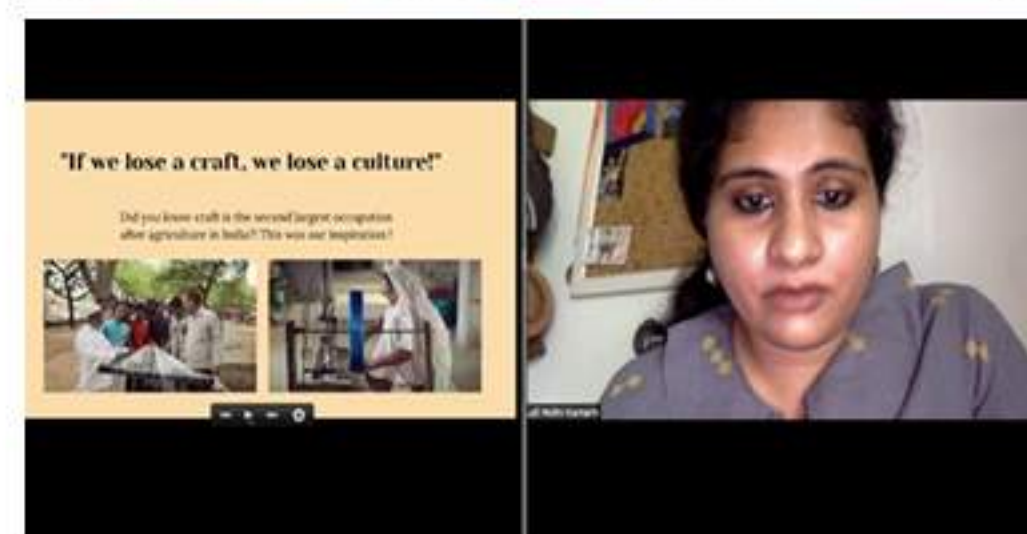
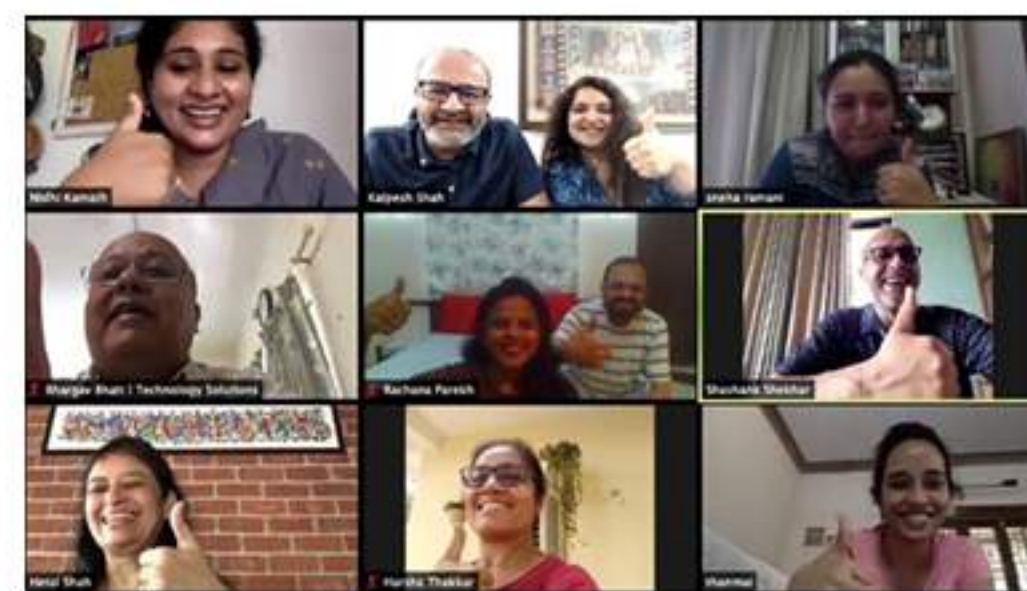
SAYAJI PLUGGED IN (3rd Edition)

27th September 2020



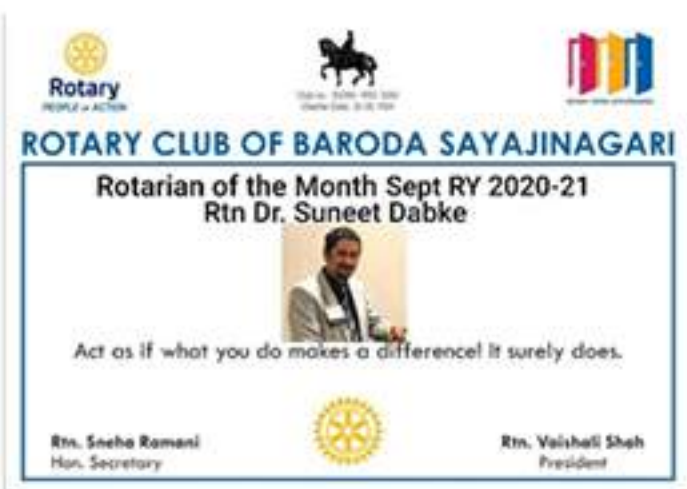
India - through the lens of craft!

Sayaji Plugged In, the signature show of RCBS had touched this very unique subject on a beautiful Sunday morning. The young lady speaker **Ms Nidhi Kamath**; a qualified artist and a documentary film maker and founder of Storylooms Films ; cinematographer by profession - and National Documentary Film Award winner took us through the beautiful journey of various arts and crafts of India from almost all the parts and villages from India. She shared beautiful parts of her documentaries about the artisans making



unique artworks and the joy and satisfaction on their faces when they were getting recognition. She insisted on promoting vocal for local and said that by preserving our heritage we will be able to progress better as handicrafts is the second biggest revenue making industry after agriculture in our country.

ROTARIAN of the Month



Rotarian of the Month for September - Congratulations Rtn Dr. Suneet Dabke.

He has worked hard in the new 7th Focus Area of Rotary -Supporting Environment due to which RCBS won Public Image Award at District Seminar Prasiddhi. Also, ours is the first club in District to do projects related to environment.

With his help RCBS carried out following projects.

1. Displayed upcycled products from Plastic Waste at Vadodara Airport.
2. Carried Awareness Drive by going house to house, giving a special bag to collect plastic waste and explaining the importance of waste segregation.
3. Spread Awareness about Nirmalaya Composting on Social Media.
4. Did Plastic Waste Collection at Madhavnagar from 400 houses under our Omori India RC Baroda Sayajinagari and Kachere Se Azadi joint venture project.

e-RYLA (MSP)

28th, 29th, 30th Sept 2020



A three day cluster e-RYLA was organised in association with interact club of Billabong High school.

On the first day a detailed insight was given by Pearl Academy speakers into emerging creative careers like luxury management, government civil services, automobile industry, brand management etc.

On the second day Robotics and Digital Coding and its implementation was explained by Ms Kripa Ruia.



Third day was full of excitement over the topic of Overseas Education and its detailed process taken up by Ms Rina Gami.

More than 400 students attended all the three sessions with full zeal and enthusiasm.



Dist 3060 tweet

District Seminar Pranjali



District seminar 'Pranjali' was organised by RC Surat Sea face on 12th September, 2020. The seminar was focused on the role of women in Rotary. Speakers talked about various aspects on how a woman Rotarian can enhance the value of Rotary and how the characteristics and essence of being a woman can add on the service above self-aspect. Pranjali- meaning a strong, powerful- yet soft and caring woman; which can withhold the household chores with taking care of the entire family and also coping with the outside world and moving forward to achieve her financial and other personal goals is the true essence of being a woman. Our president **Rtn Vaishali Shah** - who was one of the speakers, threw light on power of women and role of women Rotarians and Anns of RCBS. She mentioned that our first prestigious public image project 'Golf Tournament' was started in

the year of our First Lady president **PP Rtn Meeta Shah**. She also mentioned that all our projects and fellowships are being taken care by women members and Anns since many years and they have been successfully and enthusiastically running these projects year after year. Also she mentioned that all the members are fully supportive and having full faith and there is no differentiation of a male or a female member in any kind of tasks related to club activities.



OBITUARY



Rotary Club of Baroda Sayajinagari is deeply grieved at the sad demise of a leader of Rotary Dist 3080 **PRID Rtn Yash Pal Das**. He passed away at Delhi in Max hospital by Covid. He was a committed and true Rotarian.

Yashji had served Rotary as an India PolioPlus Committee member, regional Rotary Foundation Coordinator, President's Representative, Training Leader, and Group Study Exchange Team Leader. He has received the Foundation's Citation for Meritorious Service and the Regional Service Award for a Polio-Free He will stay in Rotarian's hearts forever...

District Seminar Prakash

29th Sept 2020



Our District had organised Literarcy Seminar PRAKASH on 29th Sept, hosted by Rotary Club of Vadodara ONE. It was a well arranged seminar wih PRIP Kalyan Banerjee being the Chief Guest and Ms.Radhika Bagdai as Keynote Speaker.

District has been organising seminars from time to time to motivate and upskill the clubs.

RI news

Congratulations PRID Sushil Gupta



PRID Sushil Gupta has been conferred the Rotary Award of Honor by Rotary International by the RI board of directors, 2019-20. He has done a noteworthy work to meet the target challenge of Water and Sanitation in Schools. This is the highest and most respected recognition and was established by RI in 1990 to be given to the heads of state and other dignitaries who have made a significant contribution to international understanding and goodwill. Recent recipients of the award include HH Pope Francis, our former President Pranab Mukherjee, Queen Elizabeth 2 and Bill Gates Junior.

Polio eradication from Nigeria



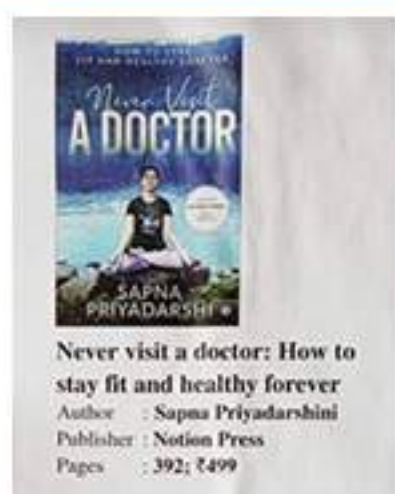
It's not often an entire continent eradicates a disease, but on **Aug 25, 2020**, that happened when Nigeria was declared polio-free, clearing the virus from its last redoubt in all of Africa. The person who did more than any other to drive polio to continent-wide extinction was **Dr Tunji Funsho**, a former cardiologist and now the chair of Rotary International's polio-eradication program in Nigeria. Dr Funsho could have retired years ago, but in 2013, with polio still paralyzing children across Nigeria, he decided to step up to lead the Rotarians' effort. Together with the Bill and Melinda Gates Foundation, the WHO, the CDC and UNICEF

Funsho and Rotary helped lead National Immunization Days, getting millions of doses of the polio vaccine to children in cities and villages around the nation. They also sponsored health-education initiatives at community centers, mosques and even birthday parties. This summer, the country marked four years without a case of wild polio, qualifying it for its polio-free certification, leaving Afghanistan and Pakistan as the only places in the world in which polio remains endemic.

"Certification will be an achievement," Dr Funsho told TIME in 2018. "But we're not in a hurry for that. We're in a hurry to make sure no child is paralyzed." In Nigeria and in Africa as a whole, that moment has arrived.



A Book one must read



A wonderful book written by **Rtn Sapna Priyadarshi** "**Never visit a doctor - How to stay fit and healthy forever**" is need of the hour book with excellent content - available on Amazon. Recommended by the editor of Rotary News India! A must read.

Did You Know?

Rotary is closely monitoring the pandemic of COVID-19, the illness caused by the novel coronavirus, and continuously assessing the potential impact on Rotary operations, events, and members.

Rotary is closely monitoring updates and recommendations from the World Health Organization (WHO) and the U.S. Centres for Disease Control and Prevention (CDC) to ensure the safest and most appropriate actions are taken for our members.

As people of action, Rotary members are engaged in their communities — gathering for projects and offering help to those in need.

Fighting disease is one of Rotary's main causes, so members already support efforts to promote proper hand washing techniques, teach people other ways to stay healthy, and supply training and vital medical equipment to health care providers. Now they're helping health authorities communicate lifesaving information about COVID-19 and donating protective gear and other supplies to clinics and hospitals that are under strain because of the pandemic.

H3- HEALTH, HUNGER AND HUMANITY GRANTS



In 1978, Rotary launched its most comprehensive humanitarian service activity with the Health, Hunger and Humanity Program. The 3-H Program is designed to undertake large-scale service projects beyond the capacity of individual Rotary clubs or groups of clubs.

By 1994, more than 135 different 3-H projects have been approved and undertaken in 49 different countries, with an appropriation at more than \$37 million. The objective of these projects is to improve health, alleviate hunger and enhance human, cultural and social development among peoples of the world.

The ultimate goal is to advance international understanding, goodwill and peace.

The first 3-H project was the immunization of 6 million children in the Philippines against polio. As 3-H progressed, new programs were added to help people in developing areas of the world. Now, in addition to the mass polio immunization of over 100 million children in various countries, 3-H has promoted nutrition programs, vocational education, and improved irrigation to increase food production, polio victim rehabilitation and other activities which benefit large numbers of people in developing countries. All 3-H projects are supported by the voluntary contributions of Rotarians through The Rotary Foundation. In years to come the 3-H Program may well be considered Rotary's finest service activity, showing how Rotarians care and are concerned about people in need, wherever they may be.

RCBS Gallery



Congratulations to RCBS for receiving appreciation award for the innovative ideas and innovative projects in the month of August.

Proud moment for RCBS. Our projects have been published in **Governor's Monthly Letter**.



Our esteemed member and principal of **Billabong High International School- Rtn Priti Shimal** and **Principal of Navprema School, Ms. Raksha Sisodia** - one of our **GYANJYOT schools**- have bagged the prestigious Asian Education Award.

The Asian Education Awards 2020 recognises organizations and educationists who are the best in their fields and have redefined, reimagined and refined the education process.

Panipuri from DevalBhai's Diary!



ભારતની રાષ્ટ્રીય કક્ષાએ સૌથી વધુ મનપસંદ વાનગી કઈ?

આખા ભારતની સૌથી પ્રચલિત અને ખવાતી વાનગી એટલે પાણીપુરી. વિવિધતામાં એકતા એટલે આપણી રાષ્ટ્રીય

વાનગી બનવાની ક્ષમતા ખાલી પાણીપુરીમાં જ છે.

તમિલથી હિમાલય અને દ્વારકાથી નોર્થ ઇસ્ટ સુધી તેનું સામ્રાજ્ય છે.

પાણીપુરીની પ્રારંભ માટેની વોકકથા પણ રસપ્રદ છે, દ્રૌપદી વગ્ન કરીને સાસરે આવી. કુંતીને થયું કે રાજાને ઘરે મોટી થયેલી આ રાજકુમારીને ભોજન બનાવતા આવડતું હશે કે કેમ? મારા બધા પુત્રોના સ્વાદને સમજી શકશે?

માતા કુંતિએ પરીક્ષા લેવાનું નક્કી કર્યું, થોડો લોટ અને થોડું કરિયાણું અને શાકભાજી આપીને કહ્યું કે, મારા પુત્રોનું પેટ ભરી શકે એવી આઇટમ બનાવ, એઝ યુઝવલ ટ્રોપીએ પાણીપુરી બનાવી. સાસુ એ વખાણ કર્યા અને પાંચ અલગ અલગ વિશિષ્ટતા ધરાવતા આ મહામાનવો પણ પાણીપુરીથી પ્રભાવિત થયા. બાય ધ વે, લગ્નસમયે ટ્રોપી કેટલા વર્ષની હતી?

આ પાણીપુરીનો ઇતિહાસ, કદાચ ટ્રોપીના પિયરમાં પાણીપુરી પોપ્યુલર હશે, રાજા દુપદને પાણીપુરી પસંદ હશે...શી ખબર?

આપણે બધા સમજીએ છીએ કે આ લોકકથામાં દમ નથી, પણ આ વાત જેની જોડે જોડાયેલી છે એ પાણીપૂરીમાં દમ ખરો.

દક્ષિણ બિહારના મગધ વિસ્તારથી પાણીપુરી શરૂ થઈ અને ચીનના મુસાફરો આવ્યા તેમણે પણ નોંધ કરી... સારું છે ચાણક્યે પાણીપુરીનો ઉલ્લેખ કર્યો નથી, બાકી રાજનીતિ અને ઇકોનોમી પણ પાણીપુરી જેવી ટેસ્ટી થઈ ગઈ હોત...

પાણીપુરી આખા ભારતમાં અલગ અલગ નામથી અમીર ગરીબ સૌના હૈયે વસી ગઈ છે.

આપણા સાહિત્યમાં પાંચ પ્રકારના ભોજનની વાત કરવામાં આવે છે. શુદ્ધ ભારતીય ભોજન સમારંભમાં આ પાંચ પ્રકારનું ભોજન બનાવવામાં આવતું, જેમાં તમામ ઉંમર અને ગમતું ભોજનનો સમાવેશ થઈ જતો.

આ પાંચ પ્રકાર છે : ભક્ષ્ય, ભોજ્ય, લેહ્ય, ચોષ્ય અને પેય..

ભક્ષ્ય એટલે જેને ચાવીને ખાવું પડે, ભોજ્ય એટલે સેમી લીક્વીડ, જેમાં દાંતને બહુ શ્રમ ન પડતો હોય એટલે કે ખીચડી.... લેહ્ય એટલે જેને ચાટીને ખાવું પડે. ચોષ્ય એટલે યૂસીને ખાવું, કેરી.... છેલ્લે પેય એટલે પાણી કે સૂપ.....

એકાદ પ્રકારનો ઓછો વત્તો ઉપયોગ સાથે આ પાંચ પ્રકારના ભોજનનો સમન્વય એટલે પાણીપુરી.

બાકી છ પ્રકારના સ્વાદ પણ પાણીપુરી એક જ વાનગી છે, એમાં મળે. એવું પણ માનવામાં આવે છે કે પાણીપુરીના પોષક તત્ત્વો વાત, પિત્ત અને કફથી દૂર રાખે છે...તો હવે બાકી શું રહ્યું?

આપણા સાહિત્યમાં શાકભાજી દેવી નામનું પુસ્તક છે, જેમાં મા દુર્ગા શાકથી જગતના તમામ વ્યક્તિઓનું પોષણ કરે છે. શાકપાર્થિવ પુસ્તકમાં શાકનું મહત્ત્વ લખ્યું છે.

સીતાજીના ત્યાગ પછી જનક રાજા પુત્રીને મળવા ગયા ત્યારે ફળોનું શાક બનાવવાની વાત લખવા છતાં પંડિત જગન્નાથ લખી નાખ્યું કે રોજ રોજ શાક ખાવું એ નિમ્ન મધ્યમ વર્ગની મેન્ટાલિટી છે. બોલો, હવે પાણીપુરી જ ખવાયને? આપણો કોઈ વાંક? બાય ધ વે, આપણા કામશાસ્ત્ર યુગના સાહિત્યમાં શાકના પણ દશ પ્રકારનો ઉલ્લેખ છે.

પુરાણોમાં ઉલ્લેખ છે કે, ભોજનનો ખરો સ્વાદ તેને સુંદર રીતે સજાવટ સાથે પીરસવાથી આવે છે, આ બધું એક જ વાનગીમાં આવી જાય....

પાણીપુરીની ડીશને કશું કહેવું પડે? રસ્તા પર પડીયામાં પાણીપુરી પીરસતો ભૈયો પણ શાનદાર સર્વ કરતો લાગે અને લગ્ન સમારંભમાં સૌથી વધુ ગીરદી ધરાવતું કાઉન્ટર પણ પાણીપુરીનું, પાણીપુરી જાતે જ સજાવટ ધરાવે છે એને વળી બાહ્ય સજાવટની શું જરૂર?

પાણીપુરી હોય શું? દોઢ ઇંચનો ડાયા અને દોઢ ઇંચ હાઇટ... એમાં નાનકડું સ્વાદિષ્ટ સ્વર્ગ. થોડી તોડેલી પુરીમાં મસાલેદાર પાણી સાથે ચણા બટાકા સાથેનો મસાલો.... સોરી, અગત્યનું લારી પર પાણીપુરીનું ભોજન પતી ગયા પછી યૂરો ખાવાનું છે. જે વધુ ક્વોન્ટિટી અને ક્વોલિટીમાં યૂરો આપે એને રીપીટ કસ્ટમર મળે, મેનેજમેન્ટ અને કોર્પોરેટ જગત માટે મહત્ત્વનું લેશન.

વેદકાલિન યુગમાં પણ કોરોનાયુગની જેમ આખું પરિવાર રસોઈ બનાવતું, તે સમયે રાજાઓ, ધનિકો અને ઉચ્ચ ગણિકાઓના કિચન અવનવી આઇટમો બનાવવા ધમધમતા રહેતા, પુરાણોના યુગમાં લગ્નના ભોજન સમારંભમાં ગણતરીમાં ભૂલ પડે એટલી વાનગીઓ મૂકવામાં આવતી, એવા ઉલ્લેખ આપણા સાહિત્યમાં છે.

પાણીપુરી પતે એટલે દહીં પુરી હોય, દહીંનો ઉલ્લેખ પણ રામાયણ માં હતો, ચાર પ્રકારના દહીંનો ઉલ્લેખ છે. મીઠું, તીખાશ સાથે, ચટપટું અને ખાટું, તો દહીં પુરી એ સમયે હોઈ શકે... દહીં અને જવમાંથી બનતી વાનગી સત્તુનો ઉલ્લેખ છે.

પાણીપુરી તો વાતો લખવાનું એક બહાનું છે, ઘણી પૌરાણિક ગૌરવ થાય એવી વાતો લખી. સાથે સાથે ખાલી આટલી જ વાત કહેવી હતી જે ઋગ્વેદમાં પણ લખવામાં આવી છે કે "હે અન્ન, દેવોના મનમાં અપ્સરાની જેમ તમે રહેવા છો, ઇન્દ્ર પણ અસુરોનો સંહાર કરે છે એ માટેની શક્તિ તમારામાંથી જ પ્રાપ્ત કરે છે, તમને વંદન..."

માણસ અને દેવો અન્ન બાબતે સમાનતા ધરાવે છે, કોરોનાનો સંહાર કરવો હોય તો અન્ન જ હથિયાર છે. સારું જમો, આનંદપૂર્વક ભોજન લો અને જરૂરતમંદને ખાસ જમાડો...

**Good wishes to RCBS members who abide from Covid-19 with a great spirit.
Rtn Sunil Dabke is sharing his thoughts (Mann ki Baat) with us.**

Now with the lockdown withdrawn from Gujarat, the business has started to resume as well the movement of people. Being in a profession of health, sanitation, and waste management I have to work and help people physically, not virtually.

This pandemic trapped me in its web and I got my first symptom on 28 th August which was a mild fever of 99 degree F. This temperature game of 99 degree continued for 3 days. As per advice of my family doctor, I waited till 30 th August but as I had an important meeting in Gandhinagar after 3 days, so I decided to get myself tested and got the award of being Corona Positive. Like everyone say after being positive: "Arrey How Can I be Covid Positive yaar".

This question did come in my mind too...but nothing can change. Further I was shocked as I was Positive with high Viral Load (CT 16) but I thanked God that I did some good job of isolating myself from my family from 28 th August itself or else it would have been more dangerous. I did for some time started pressing my panic buttons but I quickly composed myself and kept me cool to take important decision as where to get admitted and handing over of my responsibility, signing few cheques in advance etc. After tested Positive, My CT Scan reports were normal. So doctor advise me to go for strict home quarantine else shift to hospital.

Top Secret..Please don't tell to anyone: To my surprise I had not taken COVID insurance...but had taken Covid insurance of all my ground staff...Reality bites..

So the cool advice of doctor was enough to boost my confidence of home quarantine and the famous dialogue "ALL IJ WELL" was really working for me. As with one word I got an empty flat just opposite my flat which was enough for me to have an experience life like a sadhu. No T.V, No Stylish bed, No A.C, No Fridge. Free from all Moh Maya. But the major problem was yet to come, which were as following.

- 1) People start distancing from you... even on phone u can feel...
- 2) Level of cooperation goes down. They have more fear than me.
- 3) Some had start advising. But more of the advice is to implant fear which is by telling negative Side of Covid
- 4) Social organization which claim to do social work, distances from yourself
- 5) Tiffin service provider, say no to deliver. But all this didn't dither our family rather I could see many positives. As my 83 year Old Father and my 13 year Old daughter took the responsibility in their hand. Oh I forgot to say my wife Swapnali was also tested positive

My opinion on my personal experience as "How you or we can do better" to help other COVID Patients.

- 1) Stop calling patients to give your advice unless you have personally experienced
- 2) Don't forward negative news and facts
- 3) Don't be a Doctor (If you are not professional qualified)
- 4) Forward Comedy Video, or interesting General Knowledge information.
- 5) If still want to call then talk to them on topic of their interest. Incase if any patient don't want to talk and take rest ten politely cut call without getting offended. Best is first message him and then call. Ask for any type of help.
- 6) Gift him tender coconut, Oranges, flowers in a good gesture.

What Government can do...Exercising my freedom of speech and opinion..

- 1) Increase quarantine centres, More than hospital we require healthy and happy quarantine Centres
- 2) More consulting or help centres having Psychologist and Psychotherapist who can motivate and help patient. I hope you all have seen Munnabhai MBBS...so we want more munnabhai who can help more on phone calls.

Final closure note from my side

Engage yourself in your best activity, just forget you are covid patient and just check, temperature, Oxygen saturation, pulse etc only 3 times a day, Morning, afternoon and evening. Don't do every hour...

Again I say, it's only you who can save yourself. I engaged myself in developing new composting skills and could do composting of my fruit peels in empty tender coconut shell.

Covid 19 has bought me bunch of positive point's then negative point. To know more call me.

OBITUARY



All the members of Rotary Club of Baroda Sayajinagari deeply mourn the sad demise of **Shri Shantibhai C. Bhayani**, father of **PP Rtn Malay Bhayani**. RCBS family expresses sentiments of deep condolence to his family.

Let's pray to God that his soul rests in peace.



All the members of Rotary Club of Baroda Sayajinagari deeply mourn the sad demise of **Shri Vasantbhai M. Mehta**, father of **PP Rtn Shreyans Mehta**. RCBS family expresses sentiments of deep condolence to his family.



RCBS offers heartfelt condolences and prayers on the sudden demise of **Ms. Nalini Chhotalal Pancholi**.

Naliniben was associated with RCBS being the principal of Asha School for special children - and RCBS has been doing various projects and activities with the school since past 10 years.

We deeply mourn for her untimely heavenly abode.

Meet Backbone of our RCBS Rtn Minal Shah

Rtn Minal Shah in a real sense of back bone of our club, always ready to help anyone at any time. She is B.Sc. graduate, has Passion of Gardening, Cooking and Travelling. She loves photography. She Joined RCBS in 2009 to make new friends and learnt to give back to society by way of service. Community service for under privileged became her priority. She feels Rotary is one of the best platform where one can serve, connect with the world at the same time.

Rtn Dr Parag Shah is a Skin Specialist, consultant Dermatologist. He is practising since 35 years in Baroda. He Completed his M.D. (Skin, V.D from Baroda Medical college) He is an active member of IAVDL, IMA.



He is an Organising Chairperson at State Conferences, Committee member IMA Vadodara for many years, chaired many academic meets. Travelling, reading, and Gardening are his passion.

They Have 2 children, Parija and Achal.

Parija did her M. Tec. (CEPT), B.Arch. (Guj. Univ.) She is an Assistant Professor at SAL School of Architecture, Ahmedabad. Reading and Travelling are her hobbies. Her husband **Pratik** heads firm Re-vert, practising as an Architect, interior designer and green buildings planning and development.

Achal has done MBA HR (SIBM), B.E Mech. Currently he is working as talent advisor and Coach for a consultancy firm in Pune. He is one of the Charter members of Rotaract Club of Vadodara Sayajinagari. He is on board as the Professional Service Director. He is a photography enthusiast, innately spiritual in nature and his core interest lies in helping people achieve their potential.

Minal ben and Parag bhai recently became nana nani of a 4-months old cute baby doll **Ruhi**.

Meet our Rotarian Jayeshbhai who makes our fellowships more joyful!

Rtn Dr Jayesh Shah (Past President Year 2004-05)

He did his masters in Dental Surgery (Endodontist) and he is a practising dentist. Rather he is a first endodontist in Baroda.

He gives training to fresh Dental graduates where they are exposed to latest treatment and how to run a clinic.

He likes to listen music, Sports, Socializing, Meditation, Watching movie.

Ann Mira Shah has done her B.Sc. and is handling administration work of Dental clinic. Fitness, Yog, Sports, Internet Surfing, watching movies are her hobbies. She is always ready help in RCBS service projects.



They have two sons Sarthak and Parth.

Elder son **Sarthak** has done masters in biotechnology, MBA with Marketing. He is working as a salesperson in Pharma Company, Canada. He loves Sports, Fitness, playing musical instrument, keeping track current affairs. He had lead University cricket team as Captain in Canada, Won trophies in different tournaments.

Younger son **Dr Parth** is M.D. Physician, working as a Physician assistant in Oklahoma (USA). Sports, Fitness, and Yog are his hobbies. He won many trophies and prizes in different sports and academic excellence at school and university level.

Meet calm, fun loving person Rtn Inder Matai.

The Matais joined Rotary in 2009-10.

Rtn Inder Matai has done his B.Sc. from M.S university. He is an Industrial Contractor and is the CEO of 'Associated Constructions'. In his free time, he likes to play badminton, swim and listen to classics from the 80s and 90s.

Ann Sangita Matai with a Bachelors in Psychology from St. Xaviers was a teacher in Tejas Vidyalaya for a few years. She likes to call herself a 'home chef' as she is fond of cooking and baking. While her hobbies include reading novels, painting and listening to music. **Her new found love for writing poetry is something which we all have seen on our bulletins.**

They have two beautiful daughters Tanya and Natasha.

Elder daughter **Tanya** has done her B.Sc in Biotechnology from Vidyanagar, then her Master of Communication studies from M.S university, and finally PGD in Advertising from Northpoint. She is settled in Mumbai with her husband **Himanshu Varandani**. Himanshu has done his engineering from MIT and his MBA from GLIM.

Younger daughter **Natasha** has done her B.A. L.L.B from MS University. She has also completed her CS Executive and is planning to pursue the next level. She recently completed her Master in Corporate and Commercial Law from Mcquire university in Sydney. She has also acted in an upcoming web series in Sydney called 'Comic Timings of Life' which is all set to release in November 2020.



Meet our silent asset RCBSIAN Rtn Ajay Purandare

Rtn Ajay Purandare has done his B. Sc. (flying). He is an ex Indian Air Force. Professionally he deals with defence technology. Aviation is his passion. He loves reading in his free time. He has received Vishishth Seva Medal from the President in the year 2009.

Ann Suvarna Purandare has done her B.Com., B.Ed., PG HRM, PG IRPM. She is Self Employed, likes to spend more time in her reading area.

They joined Rotary in the year 2016-17.

Elder son **Akshay** is pursuing BBA LLB from OP Jindal Global University, Delhi. Football is his passion, has Played at National level.

Younger daughter **Rutu** studies in class 8 Navrachana Sama. Dance is her hobby.



Meet our 'Treasure of RCBS' Rtn Dharmendra Amin

Rtn Dharmendra Amin has done BE Mechanical. He is engaged into business of Industrial Valves, Boiler mounting, Mechanical Power transmission, Flow meters and Industrial hardware.

Ann Sonal Amin has done B.Sc. Electronics. She is a House Maker. Designing attires is her passion.

They have two daughters Isha and Muskan.

Elder daughter **Isha** is pursuing Physician Assistant Program at Duke University, North Carolina, USA. She is going into her clinical year.

Younger daughter **Muskan** has completed her BBA, currently she is attending the University of New Mexico, USA. She is going into her senior year and will be serving as the President of the undergraduate student body of 15,000+ students.



October 2020

Global Handwashing Day 15th October



Celebrate Global Handwashing Day by Donating Hand Wash Station Etc. Preferably in Govt. Schools. Involve.



Handwash and Hygiene Training

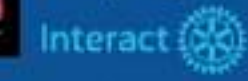
Handwash and Hygiene Training Preferably in Govt. Schools. Involve.



World Polio Day - 24th October



Celebrate World Polio Day with Polio Rath Car / bike Rally with Awareness Campaign. Involve.



Sweater Distribution

Sweaters will be provided by District at Cost of Rs. 200 approx. Preferably in Govt. Schools. Involve.



BIRTHDAYS FOR THE MONTH OF OCTOBER



06/10/2020	RTN AMIT SHRIVASTAVA
10/10/2020	ANN NITU SHAH
15/10/2020	RTN PANTUL KOTHARI
15/10/2020	ANN HETAL VYAS
15/10/2020	ANN KAJAL DOSHI
16/10/2020	ANN MIRA SHAH
19/10/2020	RTN KOKILA KOTHARI
20/10/2020	RTN DR. NIKUNJ CHAVDA
22/10/2020	ANN RUPAL KOTHARI
27/10/2020	RTN DR. BHARAT DESAI
31/10/2020	RTN AMBRISH SHAH

MEETINGS FOR THE MONTH OF OCTOBER

02 Oct	Inauguration of RCBS Omari India Plastic Waste Management
07 Oct	HUMF at GMERS hospital
10 Oct	Fellowship, Musical evening with Gujarati Songs and Gazals by Dhruvish Shah and his troop
11 Oct	Joint Club Speaker Meeting
15 Oct	Hand Wash Station Project
21 Oct	RCBS Women power series
24 Oct	World Polio Day Celebration
25 Oct	Sayaji Plugged in
30 Oct	Sweater Distribution

ANNIVERSARIES FOR MONTH OF OCTOBER



01/10/2020	RTN AJAY PURANDHARE & ANN SUVARANA PURANDHARE	26/10/2020	RTN MALAY BHAYANI & ANN VAISHALI BHAYANI
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1) What is the name of the District Seminar held on the 12th September 2020?

2) Nirmalaya Composting can be done with the help of which instrument?

3) What is the name of the Rotary Store?

Please submit your answers by clicking on this link: <https://forms.gle/Y6Nq7HrE1Le6SSbv6>

Name of the Member Who Attempted the Quiz

Rtn Kalpesh Shah	Rtn Nishant Ramani	Rtn Chetan Dedhia	Rtn Sneha Ramani
Rtn Vishal Doshi	Rtn Manish Parekh	Rtn Dr. Ashwin Shah	Ann Kashmira Shah
Rtn Kokila Kothari			



Club no.: 30298 / RID: 3060 Charter Date: 30.06.1994

President Rtn Vaishali Shah
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[f](#) Rotary Club of Baroda Sayajinagari 30298

[t](#) Rotary Club of Baroda Sayajinagari Service Above Self

[v](#) Rotary Club of Baroda Sayajinagari

[i](#) rcbarodasayajinagari

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