

# SAYAJI SWAR

MONTHLY NEWSLETTER OF ROTARY CLUB OF BARODA SAYAJINAGARI

// ISSUE 05 // OCTOBER 25-26 //



December is Disease  
Prevention and  
Treatment 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

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

## COMMITTEE CHAIR

<b>Public Image Chair</b> Rtn. Deval Shastri	<b>Minor Surgery Chair</b> Rtn. Dr. Ashwin Shah
<b>Maternal and Childcare</b> Rtn. Seema Thakur	<b>Bulletin Editor</b> Ann. Charmi Shah
<b>Diseases and Prevention Treatment</b> Rtn. Dr. Devendra	<b>Birthdays and Anniversary Wishes</b> Ann. Vaishali Bhayani
<b>Literacy Chair</b> Rtn. Krupa Mali	
<b>Avoidable Blindness</b> Rtn. Dr. Niketu Shah	
<b>Information and Technology</b> Rtn. Bharat Desai	
<b>Rotary Community Corps</b> Rtn. Dattesh Shah	
<b>Anandgram Project Chair</b> 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 December arrives, it brings with it a spirit of warmth, gratitude, and joyful anticipation. This time of year encourages us to pause for a moment, breathe deeply, and appreciate the countless moments — big and small — that have shaped our journey as a Rotary family.

December is special in many ways. It carries the magic of festive lights, the comfort of togetherness, and the gentle reminder that kindness is the most meaningful gift we can offer. Whether in celebrations, in quiet reflections, or in our acts of service, this season teaches us the beauty of giving from the heart.

Throughout this Rotary year, we have shared inspiring experiences, strengthened our bonds, and carried out impactful initiatives. Each project, each meeting, and each gesture of support has contributed to a collective story we can all be proud of. Your dedication and enthusiasm continue to reflect the true spirit of Rotary — service, fellowship, and unwavering compassion.

As the year draws to a close, December becomes a bridge between what we have accomplished and the possibilities that lie ahead. It invites us to dream, to plan, and to move forward with renewed purpose. Together, let us continue to bring hope where it is needed, joy where it is missing, and warmth where hearts are waiting for it.

May this beautiful season fill your homes with peace, your gatherings with laughter, and your hearts with gratitude. And as we step toward a new year, may our collective light shine even brighter, guiding us toward greater service and deeper connections.

Let's continue to light not just lamps, but hearts.



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

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

**Rotary Club of  
Baroda Sayajinagari**

## *Editor's Page*

The season of celebrations is upon us, a time when joy, togetherness, and new beginnings fill the air. Weddings and festivities remind us of the beauty of unity, the warmth of shared moments, and the magic of creating memories that last a lifetime.

In Rotary, this is a wonderful opportunity to carry the spirit of celebration beyond ceremonies — through acts of service, compassion, and community care. Every initiative we take can be a way to spread joy, strengthen bonds, and touch lives with kindness and purpose.

May this season of celebrations bring happiness, meaningful connections, and moments of gratitude into every heart we encounter. Let's celebrate not just events, but the spirit of togetherness and the joy of making a difference in the lives of others.

Happy Reading!



**Ann. Charmi Shah**

**Bulletin Editor**

**Rotary Club of  
Baroda Sayajinagari**



# *RCBS PROJECTS*

## *Handing Over of Dialysis Machine under DMGG Project “Sanjivani Dialysis Machine Project 2” - 01/11/25*



Glad to share that a Dialysis Machine was handed over to Ramkrishna Paramhans Hospital, Vadodara — a charitable trust operated by Shroff Management — on 1st October 2025.

The ceremony was graced by DG Amardeep Singh Bunet, First Lady Kamaljeet Bunet, and Donor Rtn. Kishore Shah, who dedicated this contribution on the occasion of his birthday.

The machine has been provided under the District Managed Global Grant Project 2024–25 — “Sanjivani Dialysis Machine Project 2”, GG2577129, made possible through the generous support of the Donor, our International Partner Club Rotary Club of Edjeba, and matching funds from The Rotary Foundation.

Our heartfelt appreciation goes to DRFC Prashant Jani, IPDG Rtn. Tushar Shah, and the entire team for their dedicated efforts in successfully implementing this DMGG project.

This new dialysis machine will now enable treatment for seven additional CKD patients every week, bringing hope, healing, and improved access to care for many more lives.

The event was graced by:

Rtn. Kashyap Shah, Rtn. Bhavin Shah, Rtn. Chetan Dedhia, Rtn. Malay Bhayani, Ann Vaishali Bhayani, Rtn. Sanyogita, Rtn. Moksha Shah, Rtn. Manish Gandhi, Rtn. Hetal Gandhi, Rtn. Manish Parekh, Rtn. Rachana Parekh, Rtn. Nisha Amin, Rtn. Rajendra Shah, Rtn. Birju Dikshit, Rtn. Krupa Mali, Rtn. Meeta Shah, and Rtn. Vrunda Desai.

# *RCBS PROJECTS*

## *Vocational Training Workshop - 04/11/25 to 29/11/25*



### 🎓 Vocational Training Workshop – RCBS

#### 📊💻 Successful Completion of the TallyPrime & Analytical MIS Training Program

RCBS is pleased to announce the successful completion of its TallyPrime & Analytical MIS Training Program, conducted from 4th November to 29th November. The workshop saw the enthusiastic participation of eight dedicated Rotary members, who engaged wholeheartedly throughout the one-month training.

During the program, participants received step-by-step, in-depth instruction across a range of essential topics, including:

- 📑 Fundamental accounting concepts
- 💻 Advanced features of TallyPrime
- 📊 Analytical MIS report creation
- 🏢 Practical applications in business operations

Members demonstrated exceptional involvement, asking thoughtful questions and gaining a thorough, well-rounded understanding of every concept covered. Their commitment reflects RCBS's culture of continuous learning, professional development, and skill enhancement.

RCBS extends heartfelt appreciation to Rtn. Rajendra Shah for generously sponsoring this valuable training initiative, and to TallyPower IT Solution Pvt. Ltd. for delivering structured, comprehensive, and impactful sessions throughout the program.

Congratulations to all participants for their dedication, discipline, and active engagement! 🎉🌟

RCBS remains committed to empowering its members through ongoing knowledge and skill-building opportunities.

# RCBS PROJECTS

## Artificial Leg Donation - 4/11/2025

**Gift of Mobility**  
**A signature project of Rotary District 3060**

Let's change life of some one who has lost one or both legs; whether below or above knee joint..



**Rtn Bhargav Bhatt of Rotary Club of Baroda Sayaji Nagari identified a person who had lost both legs above knee. On 4-11-2025, the beneficiary was sent to Bhavnagar to get "PRABHA Foot" above knee artificial leg, with knee joint. Now he can move around without wheel chair, can walk like a normal person and can also climb stair or drive a bicycle !**

**If you see any one who need an artificial leg (above knee or below knee) or who need an artificial hand (below elbow) you can contact Rtn Sharad Sheth (9979969595) - Chairman - Project Gift of Mobility of Rotary District 3060**



Rotary Club of Baroda Sayajinagari, along with US India Seva Club, gifted artificial legs with knee joints to Mr. Alpesh Parmar, helping him regain mobility and supporting his journey towards independence.



# *RCBS PROJECTS*

## *HUMF - 05/11/25*



POn 5th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) continued its commitment to maternal and newborn wellness through its permanent initiative, Project HUMF. During this activity, 78 mothers received essential postpartum support aimed at promoting their health, comfort, and recovery. RCBS distributed key postpartum necessities, including sanitary napkins, panties, and maternity gowns, ensuring that each beneficiary felt cared for and supported.

The event was further enriched by the presence and involvement of Rtn. Seema Thakur, Ann Mona Patel, Rtn. Minal Shah, and Ann Manjoo, whose encouragement added warmth and compassion to the initiative. With a project cost of ₹21,450/-, this activity was made possible through the generous contributions of Ann Tejal Shreyansh Mehta, Ann Pinky Aggrawal, Rtn. Seema Thakur, and Rtn. Sanyogita Pradhan.

Through Project HUMF, RCBS continues to uphold its mission of serving, supporting, and strengthening maternal healthcare within the community, fostering a culture of care and dignity for every mother.



# *RCBS PROJECTS*

## *Eye Screening Update- 12/11/25*



On 12th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS), in collaboration with Sankara Eye Hospital, successfully conducted comprehensive eye screening sessions at two schools—T.R. Patel Vidyalaya and Nutan Vidyalaya. A total of 114 students at T.R. Patel Vidyalaya and 126 students at Nutan Vidyalaya underwent detailed eye check-ups aimed at assessing their vision and identifying any early signs of visual impairment. Students found in need of corrective glasses will receive them free of cost at the earliest, ensuring prompt support for their eye health.

RCBS extends its sincere appreciation to Sankara Eye Hospital for their dedicated medical support and expertise. Special acknowledgment is also given to Rtn. Sanyogita, Rtn. Nisha Amin, and Rtn. Mona Mankad, whose presence and involvement added strength and encouragement to this impactful Eye Care Program. Through initiatives like these, RCBS continues to promote preventive healthcare and enhance the well-being of young students in the community.

# *RCBS PROJECTS*

## *PET Bottles Collection Drive Update - 14/11/25*



As part of its ongoing PET Bottles Collection Drive, the Rotary Club of Baroda Sayajinagari (RCBS) successfully collected PET bottles from the Polo Club along with contributions from several supportive Rotary family members. All collected bottles were responsibly handed over to the Kachre Se Azadi Foundation for recycling and sustainable waste management. This initiative reinforces RCBS's commitment to environmental stewardship—showcasing how small, consistent actions can collectively make a significant impact toward a cleaner and greener future. 🌍💚♻️🌱✨

# *RCBS PROJECTS*

## *HUMF - 19/11/25*



On 19th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) continued its commitment to enhancing maternal and newborn healthcare through its ongoing permanent project, Project HUMF. In this recent activity, 73 mothers were supported with essential postpartum care items, including sanitary napkins, panties, and maternity gowns—ensuring comfort, dignity, and well-being during their recovery period.

The presence and encouragement of Rtn. Seema Thakur, Ann Mona Patel, Ann Anu Shrivastava, and Rtn. Sanyogita added compassion and warmth to the initiative. With a project cost of ₹20,075/-, the program was made possible thanks to the generous support of Ann Suvarna Purandare, Ann Pinky Aggrawal, Rtn. Seema Thakur, and Rtn. Sanyogita.

Through Project HUMF, RCBS continues to uphold its mission of serving, supporting, and strengthening maternal health within the community—ensuring meaningful impact, one mother at a time. 🌸🤝💙



# RCBS PROJECTS

## Service Update - 22/11/25



On 22nd November 2025, Rtn. Darshan Vyas visited Anami Parnu, an NGO devoted to the care and well-being of orphaned children. During his visit, he extended heartfelt support by donating a preloved crib, toys, and clothes in excellent condition, along with new sweaters and blankets to help keep the children warm and comfortable. His thoughtful contribution brought joy, comfort, and reassurance to the little ones, beautifully embodying the Rotary principle of Service Above Self. 💙🌟

# *RCBS PROJECTS*

## *RBS & Uric Acid Health Camp Update- 22/11/25*



On 22nd November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) conducted an RBS (Random Blood Sugar) and Uric Acid Health Camp at Ganga Jamna Hospital, providing essential screening services to 20 patients. The initiative enabled timely health awareness, early detection of potential concerns, and encouraged individuals—many of whom may have otherwise delayed such tests—to take proactive steps toward their well-being.

This focused health intervention reflects RCBS's continued dedication to community wellness, preventive healthcare, and the enduring Rotary spirit of Service Above Self. 🤝

## *RCBS PROJECTS*

### *TSH (Thyroid) Health Camp Update - 26/11/25*



On 26th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) organized a TSH (Thyroid) Health Camp at Ganga Jamna Hospital, providing essential thyroid screening for 15 patients. The camp helped ensure timely awareness, early diagnosis, and proper health guidance—especially for individuals who might have otherwise delayed undergoing these important tests.

This initiative once again highlights RCBS's unwavering commitment to community wellness, preventive healthcare, and the enduring Rotary ethos of Service Above Self. 🤝



# *RCBS PROJECTS*

## *Health Screening Camp Update - 27/11/25*



On 27th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) successfully organized a comprehensive Lipid Profile & Sarcopenia Screening Camp at Ganga Jamna Hospital, offering detailed assessments across key health indicators. The camp covered a full range of evaluations, including Lipid Profile testing, Sarcopenia screening (muscle strength assessment), BMI measurement, metabolism analysis, protein level evaluation, and body fat percentage checks.

This initiative provided participants with meaningful insights into their overall health, supporting early detection and promoting informed preventive care. RCBS continues to uphold its dedication to community wellness, preventive healthcare, and the enduring spirit of Service Above Self. 🤝💙🌟

# *RCBS PROJECTS*

## *Eye Screening Update - 28/11/25*



On 28th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS), in collaboration with Sankara Eye Hospital, successfully conducted an extensive Eye Screening Camp at P.P. Patel High School, Moxi. A total of 300 students from Standards 9 to 12 were screened, enabling early detection of vision-related concerns and ensuring timely guidance for eye health. Students identified as requiring corrective glasses will receive them free of cost at the earliest.

RCBS extends heartfelt appreciation to Sankara Eye Hospital for their steadfast support. Special acknowledgment goes to Rtn. Sanyogita for attending and contributing to the smooth execution of this comprehensive paediatric eye care initiative. 🙏🌟

# RCBS PROJECTS

## *Toy Bank - 29/11/25*



On 29th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS), in association with Interact Club of Baroda Sayajinagari, successfully carried out Project Toy Bank at Kashiba Children Hospital, Karelibaug, Vadodara. Educational toys, colouring books, storybooks, and paediatric walkers were distributed with warmth and joy to children from both the Disability Rehabilitation Center and the Playroom/Inpatient Ward. The initiative brought smiles, comfort, and encouragement to young patients, supporting their learning, confidence, and emotional well-being.

RCBS extends heartfelt gratitude to Rtn. Moksha Shah, Rtn. Nisha Amin, Rtn. Minal Shah, Rtn. Vrunda Desai, and Rtn. Sanyogita, along with the enthusiastic young ICBS team — Atharva, Aarav, Kanisha, Kayan, Aditya, Nicole, Evlyn, and Aarika — for their active participation and spirited involvement.

Together, they helped spread joy and nurture ability, care, and confidence among the children. 😊💙🌟



# ROTARY INTERNATIONAL NEWS



## To health and happiness

**T**his month's special issue of *Rotary* magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organisation report. Yet only 9 per cent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in

my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 per cent of their health budgets to mental health, and only 11 per cent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you really?"

As we transition to a new year filled with new possibilities, let us *Unite for Good* — for healing, friendship, and access to happiness.

**Francesco Arezzo**  
President, Rotary International

# *ROTARY INTERNATIONAL NEWS*

## RI Board Elects 2026–30 Rotary Foundation Trustees

At its October meeting, the Rotary International (RI) Board elected the following members to serve as Rotary Foundation Trustees for a four-year term beginning 1st July 2026. In accordance with RI Bylaws, trustees are nominated by the president-elect and elected by the RI Board in the year prior to taking office:

- Francesco Arezzo – Rotary Club of Ragusa, Italy
- Cynthia Covington – Rotary Club of South Jacksonville, Florida, United States
- Francis Tusubira – Rotary Club of Kampala-North, Uganda
- Ananthanarayanan Venkatesh – Rotary Club of Chennai Mambalam, India

These trustees will help guide and oversee the initiatives of the Rotary Foundation over the next term.

# *RCBS HAPPENINGS*

## *Movie Night - 13/11/25*



On 13th November 2025, the Rotary Club of Baroda Sayajinagari (RCBS) hosted an enjoyable Movie Night featuring Lalo – Krishna Sada Sahaayate at PVR Triumph, Nilamber Circle, Vadodara. The much-awaited fellowship event witnessed an excellent turnout, with 51 enthusiastic members from the Rotary family coming together for an evening filled with warmth, laughter, and camaraderie.

Members enjoyed the film in a lively and friendly atmosphere, enhanced by the thoughtful treat of hot coffee and fresh popcorn, creating the perfect setting for a memorable cinematic experience. The event beautifully captured the spirit of Rotary—celebrating togetherness, strengthening bonds, and creating joyful moments.

RCBS extends heartfelt appreciation to all Rotarians and Anns whose presence made the evening truly special and memorable.



# *RCBS HAPPENINGS*

## *PROUD MOMENT FOR RCBS!!*

*18/11/25 to 24/11/25*



We are delighted to share that Rtn. Swapnali recently showcased seven of her artworks at the prestigious Group Show EMERGENCE at the Nehru Centre Art Gallery, Worli (18–24 Nov).

It was an honour for her to exhibit alongside talented artists from across the country, with a special highlight being the inauguration graced by renowned artists and a visit from Superstar Aamir Khan, which added excitement and encouragement to all.

The experience was memorable and enriching, and she is grateful for the opportunity to share her artistic journey with a wider audience.

*Proud Moment!*

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

# RCBS HAPPENINGS

## PROUD MOMENT FOR RCBS!!

25/11/25 to 29/11/25



Senior artist Rtn. Moona Sandeep Patel proudly represented Gujarat at the prestigious 15th Anugoonj 2025, held from 25th to 29th November 2025 at Jawahar Kala Kendra (JKK), Jaipur.

Organized by the Kalakriti Foundation, the event brought together painters, sculptors, digital artists, photographers, and creative minds from across India for a grand showcase of artistic excellence.

Rtn. Moona Sandeep Patel exhibited her expressive and emotive artwork, known for its rich textures, vibrant storytelling, and deep connection to human experiences. Her art explores themes of nature, emotion, and inner reflection, capturing moments of life through intricate detailing and compelling visual expression.

The exhibition featured a variety of activities including art camps, workshops, cultural programs, and interactive sessions, offering a dynamic platform for artists and art lovers alike. With her exceptional contribution, Moona Sandeep Patel once again demonstrated her artistic brilliance, bringing pride to Gujarat's creative community.

# Congratulations

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

# *Eating Smart During the Indian Wedding Season*

*- Rtn Swati Patel*

The Indian wedding season often brings multiple events, late nights, and large buffet spreads. While the celebrations are enjoyable, they can lead to overeating, fatigue, and digestive discomfort if not approached mindfully. The following guidelines help individuals make balanced choices without compromising the festive experience.

## **1. Plan the Day's Meals Wisely**

On days with wedding events, it is beneficial to maintain structured and balanced meals. A light, protein-rich breakfast and lunch—such as curd, dal, sprouts, paneer, or eggs—support steady energy levels. Including vegetables or a small soup before leaving for an event can help maintain satiety and prevent impulsive eating.

## **2. Deploy the “Select-Sample-Savour” Approach at Buffets**

Weddings present visual and sensory overload. A structured approach helps maintain dietary governance:

- **Select:** Scan the buffet first. Decide what genuinely appeals to you.
- **Sample:** Take small tasting portions of high-calorie items instead of full servings.
- **Savour:** Eat slowly and mindfully; this reduces total caloric intake while preserving the experience.



# *Eating Smart During the Indian Wedding Season*

*- Rtn Swati Patel*

## **3. Prioritise Smart Swaps Without Social Disruption**

Clients often fear seeming restrictive. Strategic swaps maintain social comfort:

- Prefer tandoori, grilled, roasted, steamed items over fried snacks.
- Skip refined-flour rotis/naans; instead, choose millet rotis, phulkas, or moderate rice portions.
- Replace sugary beverages with water, lime water, or jal-jeera without sugar.

This enables calorie management without calling attention.

## **4. Manage Desserts thoughtfully**

Indian wedding desserts are rich and tempting. Provide clear operational guidelines:

- Have only one dessert of choice, not a plateful.
- If multiple items look appealing, share tasting portions.
- Avoid pairing sweets with high-carb foods in the same sitting.

## **5. Exercise Moderation With Alcohol**

- Recommending not more than 1–2 drinks, preferably light mixers.
- Maintain a 1:1 hydration cycle (one glass of water after each drink).
- Eat protein first before consuming alcohol.

Mindful food choices and balancing enjoyment with moderation, ensures that the season feels joyful, energetic, and guilt-free.

# *OUR PARTNERS IN SERVICE*

*Interact Club of Baroda Sayajinagari*

*Pickleball Night at P90 - 15/11/25*



On Saturday, 15th November, P90 Pickleball Arena buzzed with excitement as players gathered for an energetic night of pickleball. The event welcomed beginners, regulars, and competitive players alike, offering fast-paced rallies, engaging doubles matches, and a lively atmosphere.

From intense games to friendly matches, participants displayed enthusiasm, skill, and great sportsmanship. The night was filled with laughter, cheers, and memorable moments, creating a truly enjoyable experience for all.

A heartfelt thank you to everyone who joined, supported, and contributed to making the event a resounding success.

# *OUR PARTNERS IN SERVICE*

## *Interact Club of Billabong High International School*

### *Mind Power Management session - 03/11/25*



The Interact Club of BHIS organized an insightful Mind Power Management session on 3rd November, aimed at helping students strengthen self-awareness, manage their thoughts, and cultivate a mindful outlook. Esteemed speakers Dr. Pramod Kumar and Brahma Kumari Sister Geeta guided students on mindful media consumption, emotional balance, and personal growth. The session saw enthusiastic participation, with discussions and reflective activities enabling students to learn simple yet impactful techniques for improving their mental and emotional well-being. Overall, it proved to be an enriching experience that inspired students to lead with mindfulness and make conscious choices for personal and collective growth.



# OUR PARTNERS IN SERVICE

*Interact Club of Billabong High International School*

*Mind Power Management session - 14/11/25*



On the eve of Children's Day, we had the privilege of hosting a truly inspiring Motivational & Public Speaking Guidance Session for the underprivileged boys at Don Bosco Snehalaya, organized by IIMUN Vadodara and wholeheartedly supported by our dedicated Interact volunteers.

We were honoured to welcome

Mr. Sendhil Rajan, renowned motivational speaker and public speaking mentor, and Miss Nikita Patel, influential youth icon—

who filled the room with wisdom, warmth, and uplifting energy. Their guidance ignited a spark in every child, reminding them that confidence, communication, and self-belief can transform lives.

A special thanks to the students of Billabong High International School for beautifully capturing the entire event, turning these moments into lasting memories.

This Children's Day, we celebrate by uplifting voices, empowering dreams, and spreading smiles.

Together, we make a difference. 🌟💖

# *OUR PARTNERS IN SERVICE*

*Interact Club of Billabong High International School*

*TRUPTI PROJECT - Empowering the Divyang Community -  
30/11/25*



“Disability is a matter of perception. If you can do just one thing well, you're needed by someone.” — Martina Navratilova

Inspired by this thought, on 30th November, the Interact Club of BHIS supported and empowered the Divyang community by organizing a ‘Meal Plan’ donation drive for the newly launched tiffin service by the Divyang Sakhi Saheli Trust, GIDC Road, Vadodara. Students contributed 25 tiffins, promoting this meaningful employment initiative and encouraging dignity through work.

The event was graced by Ms. Amandeep Kaur, President of the Centre, whose dedication to inclusivity has inspired many Divyang individuals to build livelihoods. Her insights deeply motivated the students and added value to the interactive and heartfelt drive.

This initiative, part of the ‘TRUPTI PROJECT’, not only strengthened empathy within the school community but also created employment opportunities for those often unheard, symbolizing dignity, warmth, and empowerment. It exemplifies how true service is about uplifting and walking alongside those who need support the most.

# *OUR PARTNERS IN SERVICE*

## *The Cygnus Interact Club Community Outreach with Bhoomi Hospital*



The Interact Club of Cygnus World School has launched a thoughtful long-term community outreach initiative in collaboration with Bhoomi Hospital, Vadodara. As part of this project, the Club has adopted 14 senior citizens from the Old Age Home Centre, with the aim of fostering companionship and intergenerational bonding.

The initiative began in October with an engaging Ice-Breaking Session, where 15 students from Grades 9, 11, and 12 connected with the elderly residents through activities such as “Two Truths and a Lie – Senior Edition” and “Memory Lane” Object Sharing. These interactive sessions encouraged conversation, laughter, and heartwarming storytelling.

In November, the project moved into its second phase, with Interact members beginning one-on-one buddy visits, each adopting a senior citizen as their companion. The Club plans to continue with a series of activities designed to strengthen relationships, develop life skills, and offer emotional support in the months ahead.

This initiative reflects the school’s strong commitment to cultivating empathy, service, and meaningful community engagement among its students.



# *SPECIAL DAYS OF RCBS 25-26*

## **BIRTHDAYS**

- 03/12/25 – Ann. Toral Bhatt
- 09/12/25 – Rtn. Rajendra Shah
- 10/12/25 – Rtn. Manish Gandhi
- 11/12/25 – Rtn. Vaishali Shah
- 14/12/25 – Rtn. Divyesh Dholakia
- 18/12/25 – Rtn. Jatin Shah
- 20/12/25 – Ann. Deepika Dholakia
- 21/12/25 – Rtn. Dr. Parag Shah
- 27/12/25 – Rtn. Deval Shastri
- 28/12/25 – Ann. Bhavna Desai
- 28/12/25 – Rtn. Kamal Agrawal
- 28/12/25 – Ann. Alka Bhardwaj
- 31/12/25 – Ann. Pranjal Shah

## **UPCOMING EVENTS**

- 03/12/25 – HUMF
- 17/12/25 – HUMF
- 17/12/25 – Breast and Cervical cancer check up camp.

## **ANNIVERSARIES**

- 02/12/25 – Rtn. Inder & Ann. Sangita Matai
- 04/12/25 – Rtn. Dr. Niketu & Ann. Purvi Shah
- 05/12/25 – Dr. Ashwin & Ann. Dr. Parul Shah
- 07/12/25 – Rtn. Pinakin & Ann. Bhavna Shah
- 09/12/25 – Rtn. Kruti & Pulin Shah
- 12/12/25 – Rtn. Ambrish & Ann. Charmi Shah
- 12/12/25 – Rtn. Chandrajit & Rtn. Hetal Shah
- 15/12/25 – Rtn. Dr. Bharat & Ann. Bhavana Desai
- 23/12/25 – Rtn. Birju & Ann. Natasha Dixit
- 28/12/25 – Rtn. Mabel & Stanley Coelho



**Rtn. Kashyap Shah**

**President, 2025-26**

**Rotary Club of Baroda Sayajinagari**

**Email: [iamkashyap@live.com](mailto:iamkashyap@live.com)**

**Mobile: 9825007278**