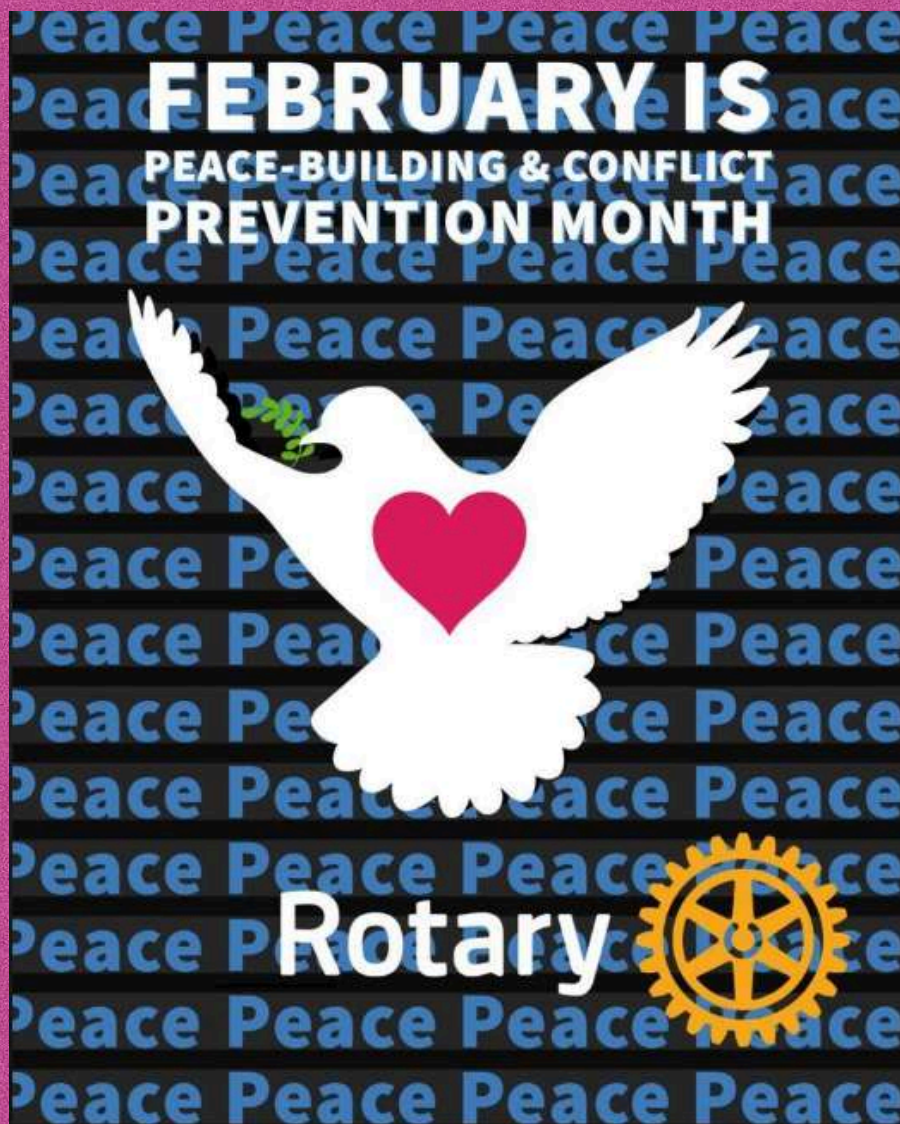


# SAYAJI SWAR

MONTHLY NEWSLETTER OF ROTARY CLUB OF BARODA SAYAJINAGARI

// ISSUE 07 // JANUARY 25-26 //



**FEBRUARY IS PEACE-BUILDING &  
CONFLICT 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. Shamit 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 the coming month, we do so with renewed enthusiasm, fresh perspectives, and a strong sense of purpose. Every new month brings with it an opportunity to pause, realign, and move forward with clarity and confidence. It is a time to build on our efforts, reflect on our journey so far, and prepare ourselves to create even greater impact as a Rotary family.

This month encourages us to stay focused on action — transforming ideas into meaningful initiatives and intentions into visible outcomes. With the collective energy of our members, we have the power to set a positive tone and continue strengthening the foundation of service and fellowship that defines our club. Each project we undertake and every moment we spend together adds value not only to our community but also to our shared Rotary journey.

Our club's true strength lies in unity, dedication, and the willingness of our members to step forward whenever there is a need. Whether through service projects, meetings, or fellowship activities, the commitment shown by each Rotarian reflects our shared belief in making a difference. Small efforts, when driven by sincerity and teamwork, lead to lasting change.

As President, I look forward to working closely with each one of you in the weeks ahead. Let us focus on deepening our impact, expanding our outreach, and upholding the core values of Rotary — integrity, leadership, fellowship, and service above self. Together, we can embrace new ideas, encourage participation, and continue serving with compassion and responsibility.

This upcoming month is a reminder that consistent effort and positive intent pave the way for progress. Let us move ahead with optimism, collaboration, and determination, confident that our collective actions will create meaningful outcomes.

Wishing all members a fulfilling and productive month ahead. May it bring good health, shared success, and renewed motivation as we continue to serve and grow stronger together.



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

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

**Rotary Club of  
Baroda Sayajinagari**

## *Editor's Page*

Every month tells its own story — a story shaped by service, fellowship, and the people who come together with a shared purpose. As we turn the pages to the upcoming month, we pause to reflect on the moments that defined us recently and look ahead to the opportunities waiting to be created.

This bulletin brings together snapshots of our collective efforts, highlighting projects, initiatives, and gatherings that reflect the true spirit of Rotary. Each contribution, whether big or small, adds meaning to our journey and strengthens the bond we share as a Rotary family. These stories are reminders that service is not just about action, but about intention, consistency, and heart.

Wishing all our members a fulfilling and inspiring month ahead. May it bring positivity, meaningful engagement, and moments worth remembering. Let us move forward with gratitude and shared spirit, continuing to make a difference together.

Happy Reading!



**Ann. Charmi Shah**

**Bulletin Editor**

**Rotary Club of  
Baroda Sayajinagari**

# *RCBS PROJECTS*

## *Millet Festival - 04/01/26*



The Rotary Club of Baroda Sayajinagari, along with five other Rotary clubs, enthusiastically participated in the Millet Festival organized by the Rotary Club of Vadodara Heritage on 04/01/2026 at Shakti Greens. The event was a vibrant and meaningful initiative aimed at promoting healthy living through traditional and nutritious food practices.

On Day 1, Ms. Rekha Divekar delivered an insightful session highlighting why millets are true game-changers for health. She explained the benefits of incorporating millets such as ragi and amaranth into daily diets and emphasized the nutritional value of traditional combinations like ghee, gud, and sesame seeds. The festival also featured attractive millet product stalls and a variety of delicious millet-based food stalls, making the experience both informative and enjoyable. The event was attended by Ann Kruti Shah, Ann Neetu Shah, Rtn Sneha Ramani, Rtn Minal Shah, and Rtn Sanyogita, and overall stood out as a perfect blend of knowledge, taste, and healthy living.

# *RCBS PROJECTS*

*HUMF - 07/01/26*



The Rotary Club of Baroda Sayajinagari (RCBS) continues its commitment to maternal and newborn healthcare through Project HUMF, a permanent and impactful initiative. On 07/01/2026 at GMERS Gotri Hospital, Vadodara, a total of 76 mothers benefitted from this program. As part of the initiative, RCBS distributed essential post-partum care items including sanitary napkins, panties, and maternity gowns, ensuring comfort, hygiene, and dignity for new mothers during a crucial phase of recovery.

The event was graced by the presence of Rtn Seema Thakur, Rtn Minal Shah, Ann Manjoo, Rtn Krupa, and Ann Anu, whose encouragement added warmth and support to the initiative. The project was successfully executed at a total cost of ₹21,425, made possible through the generous support of Ann Pinky Aggrawal, Rtn Seema Thakur, Rtn Sanyogita, and an RCBS well-wisher. Project HUMF stands as a meaningful step toward strengthening maternal health care and supporting new mothers within the community, truly reflecting the spirit of service above self.

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



# *RCBS PROJECTS*

## *Eye Checkup Camp - 08/01/26*



The Eye Checkup Camp was successfully organized at Ganga Jamuna Hospital on 08/01/2026, providing essential eye care services to the community. A total of 20 patients benefitted from the camp, receiving timely consultations and guidance for better eye health.

The Rotary Club extends its heartfelt gratitude to Dr. Ashwinbhai for his valuable support and dedicated service, which played a key role in making this initiative possible. This camp marked a small yet meaningful step toward clearer vision and improved health, truly reflecting the spirit of community care and service above self.

# *RCBS PROJECTS*

## *Pulmonary Function Test Camp - 09/01/26*



The Pulmonary Function Test (PFT) Camp was successfully organized on 09/01/2026 at Ganga Jamna Hospital, Vadodara, in association with the Rotary Club of Baroda Sayajinagari (RCBS) and under the guidance and sponsorship of Rtn Dr. Ashwin Shah. The camp focused on promoting respiratory health through timely diagnosis and awareness.

Pulmonary Function Tests are non-invasive procedures that assess how well the lungs function by measuring airflow and lung capacity, providing a comprehensive evaluation of the respiratory system. During the camp, a total of 23 patients underwent testing and received proper guidance. Patients requiring further evaluation were carefully advised and guided by Dr. Karan Shah.

The Rotary Club gratefully acknowledges the continued support of Ganga Jamna Hospital, Ellora Park, Vadodara, for consistently extending its facilities for such meaningful healthcare initiatives. Special appreciation is extended to Rtn Dr. Ashwin Shah for his dedication in sponsoring and organizing this important camp, contributing significantly to better respiratory care and community well-being, in the true spirit of Service Above Self.

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



# *RCBS PROJECTS*

## *Mega Health Check-Up Camp - 12/01/26*



The Mega Health Check-Up Camp was successfully conducted on 12/01/2026 at Ganga Jamna Hospital from 10:00 AM to 12:00 PM, with the aim of promoting preventive healthcare and early diagnosis. The camp included essential medical tests such as Uric Acid, Random Blood Sugar (RBS), Lipid Profile, and HbA1c, providing a comprehensive health assessment for the participants.

A total of 30 patients benefitted from the camp and received valuable insights into their health status. The Rotary Club extends its heartfelt gratitude to Dr. Ashwin Shah for his kind support and cooperation, which played a vital role in the successful execution of this meaningful healthcare initiative.

# *RCBS PROJECTS*

## *Supporting Digital Education*



Rtn Chandrajit and Rtn Hetal Shah are generously supporting the monthly salary of the Computer Teacher at Dongreji Maharaj School, contributing an amount of ₹8,000 per month. Their continued support is playing a vital role in strengthening digital education at the school and empowering students with essential computer skills that are crucial for their future growth. The Rotary Club extends its heartfelt appreciation for their thoughtful contribution toward supporting education and shaping young minds.

# *RCBS PROJECTS*

## *HbA1C & Blood Pressure Camp - 20/01/26*



The HbA1C & Blood Pressure Camp was successfully organized on 20/01/2026 at Nilamber Bellissimo – 1 for the community staff, in association with the Rotary Club of Baroda Sayajinagari (RCBS) and generously sponsored by Rtn Dr. Ashwin Shah. The camp aimed at promoting preventive healthcare by assessing average blood glucose levels over the past 2–3 months through HbA1C testing, along with regular blood pressure monitoring, thereby enabling early detection and awareness of lifestyle-related health conditions.

A total of 35 community staff members from the campus benefitted from this initiative. A nominal token charge of ₹50 was collected from participants. Ganga Jamna Hospital, Ellora Park, Vadodara, once again extended its wholehearted support for the smooth conduct of the camp. The event was attended by Rtn Dr. Ashwin Shah, Rtn Milind Gogate, Rtn Sanyogita, and Rtn Moksha Shah. The Rotary Club expresses its heartfelt gratitude to Rtn Dr. Ashwin Shah for his valuable contribution and dedication toward community health and well-being, making this initiative a meaningful step toward preventive healthcare and community wellness.



# *RCBS PROJECTS*

## *HUMF - 21/01/26*



Under Project HUMF 2, the Rotary Club of Baroda Sayajinagari carried out a meaningful maternity care initiative on 21 January 2026 at the GMERS Hospital Maternity Ward. As part of this service project, maternity gowns, undergarments, and sanitary napkins were distributed to mothers of newborns, with the aim of providing care, comfort, and dignity during a crucial phase of motherhood.

A total of 75 mothers benefitted from this initiative. The activity was attended by Rtn. Minal, Ann Anu Srivastava, and Ann Moona Patel, whose presence added warmth and encouragement to the program. The project was generously sponsored by Ann Pinky Aggarwal, Rtn. Seema Thakkur, and Rtn. Sanyogita along with her friends, and was successfully executed at a total cost of ₹20,625. This thoughtful gesture of compassion truly reflected the spirit of Service Above Self and made a meaningful difference in the lives of new mothers.

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

## *RCBS PROJECTS*

### *Donation of Stationery Kits for Inter-School Storytelling Competition - 23/01/26*



On 23rd January 2026, the District Institute of Education and Training (DIET) organized an Inter-School Storytelling Competition for Vadodara District, aimed at encouraging creativity and communication skills among students. The Rotary Club of Baroda Sayajinagari (RCBS) actively supported this educational initiative through the Donation of Stationery Kits for participating students. Each registration kit comprised colour pencils, crayons, erasers, foot rulers, and other stationery items as recommended by the organizing authorities.

RCBS was represented by Rtn Sanyogita Pradhan, Rtn Minal Shah, and Rtn Col Milind Gogate, who further enriched the event by motivating and inspiring the young participants through the narration of a Panchatantra story, adding both joy and learning to the program. The stationery kits were generously sponsored by Dr. Parag and Rtn. Minal Shah. A total of 65 students benefitted from this project, which was successfully completed at a cost of ₹5,000, marking a meaningful step toward nurturing creativity, confidence, and a love for storytelling among young minds.

# *RCBS PROJECTS*

## *SWAMAN Store - Dignity of Giving in Action- 23/01/26*



The Rotary Club of Baroda Sayajinagari (RCBS) successfully conducted the SWAMAN Store community initiative on 23/01/2026 at Deendayal Nagar, Gotri-Laxmipura Road, from 2:30 PM to 4:30 PM, under the Keshav Seva Project. The initiative was thoughtfully designed to uphold the dignity of giving by allowing individuals to purchase clothes and toys at nominal prices ranging from ₹10 to ₹50.

Within a span of just two hours, the store collected ₹3,670, which will be utilized to support underprivileged families, further reinforcing RCBS's commitment to meaningful community service. The club extends its heartfelt gratitude to all Rotarian friends for their generous support and active participation, which made the initiative a success. The event was attended by Rtn Purvi Shah, Rtn Vrunda Desai, Rtn Swati Patel, Rtn Minal Shah, Rtn Vaishali Shah, Rtn Moksha Shah, and Rtn Sanyogita, making it a beautiful example of compassion, dignity, and service in action.



# *RCBS PROJECTS*

## *Republic Day - 26/01/26*



On the occasion of Republic Day on 26th January 2020, a community lunch was organized at Manjrol Prathmik Shala for students and members of the local community. The lunch menu included Manchurian, rice, noodles, and laddu, which was thoroughly enjoyed by all present.

The program saw the enthusiastic participation of 250 students, along with more than 250 teachers, parents, and relatives. Additionally, sweets were distributed to all students and participants, spreading joy and enhancing the festive spirit. With a total project cost of ₹45,000, the event beautifully reflected the values of unity, patriotism, and shared happiness, making the Republic Day celebration truly memorable for everyone involved.

# *RCBS PROJECTS*

## *Sweet Distribution on Republic Day - 26/01/26*



On the occasion of Republic Day on 26th January 2026, the Rotary Club of Baroda Sayajinagari (RCBS), in collaboration with the US India Seva Club, carried out a heartfelt service initiative by distributing 500 packets of ladoos to families living on street pavements and to the girls of Surabhi Lions Blind Girls School.

This thoughtful gesture spread festive joy, warmth, and smiles among the underprivileged and specially-abled children, beautifully reflecting the spirit of unity, compassion, and service on this national celebration.

# *RCBS PROJECTS*

## *E-Waste Management Drive - 28/01/26*



The E-Waste Management Drive was successfully conducted by the Rotary Club of Baroda Sayajinagari (RCBS) on 28/01/2026 at 2:30 PM during the BITA EXPO. The initiative focused on the collection, safe disposal, and recycling of electronic waste, ensuring responsible handling of electronic products while helping recover valuable materials and reduce environmental hazards.

This drive strongly promoted the principles of a circular economy, encouraging sustainable practices and greater environmental responsibility within the community. The Rotary Club extends special thanks to Dr. Suneet Dabake for his leadership and support in making this important environmental initiative a success, reinforcing Rotary's commitment to community care and sustainable living.



# *ROTARY INTERNATIONAL NEWS*

## Visionary Generosity: A Landmark Moment for Rotary - 13/01/26



The 2026 Rotary International Assembly witnessed an extraordinary moment that truly embodies the spirit of Service Above Self. Ravishankar Dakoju and Paola Dakoju of the Rotary Club of Bangalore, India, announced a historic pledge of US\$50 million (approximately ₹4.5 billion) to The Rotary Foundation during the Assembly held in Orlando, Florida.

This remarkable act of generosity stands among the largest single contributions ever made by an individual Rotarian. A prominent Indian developer and a committed Rotary member, Rtn. Ravishankar Dakoju described philanthropy as a duty, reflecting the deep values that Rotary strives to uphold. The pledge, made jointly with his wife Paola Dakoju, who is also a Rotarian, underscores the power of shared vision and commitment to global good.

Such visionary giving will significantly strengthen Rotary's ability to create lasting impact across its focus areas—peacebuilding, disease prevention, education, water and sanitation, and economic development—touching lives across continents.

As Editor, it is both inspiring and humbling to share stories like these, which remind us that Rotary is not just an organization, but a global movement driven by individuals who dare to dream big and give selflessly. This gesture reaffirms that when dedication meets generosity, the ripple effects can transform communities worldwide.

Indeed, this is Rotary at its very best. 🌍✨

# *ROTARY INTERNATIONAL NEWS*

## Inauguration of the Rotary Peace Center - 26/01/26



The inauguration of the Rotary Peace Center at Symbiosis International Deemed University (SIU) on 26 January 2026 marks a meaningful milestone in Rotary's continued commitment to peace, education, and global development. Established through a shared vision and values of Rotary International and Symbiosis, the center is located on the expansive and serene Lavale campus in Pune, providing an ideal environment for learning, reflection, and leadership development.

The Rotary Peace Center offers a fully funded one-year postgraduate diploma in Peace and Development Studies, thoughtfully designed for mid-career professionals engaged in peacebuilding and development work across Asia and Asian communities. By combining academic rigor with ethical leadership and real-world application, the program aims to equip professionals with the skills and perspective needed to address complex global challenges.

Highlighting the importance of institutional support in building sustainable peace, Rotary International President (2025–26), Francesco Arezzo, emphasized that peace must be actively cultivated through education that empowers individuals to think beyond borders and divisions. The establishment of this center reflects Rotary's long-term vision of nurturing leaders who act with integrity and contribute meaningfully to both regional and global peacebuilding efforts.

As Editor, it is inspiring to share initiatives like these that reinforce Rotary's role as a catalyst for positive change worldwide. The Rotary Peace Center at SIU stands as a testament to the power of collaboration, education, and shared responsibility in shaping a more peaceful and inclusive future.

For more details, readers are encouraged to explore Rotary Peace Centers and Peace Fellowships through Rotary's official platforms.

# *ROTARY DISTRICT NEWS*

## Proud Moment for Rotary Club of Baroda

### Sayajinagari

31/01/26

Rotary District 3060 organized a prestigious Mrs. 3060 Beauty Pageant to celebrate the confidence, grace, and inner beauty of the talented and inspiring ladies of the district.

The Mrs. 3060 Audition Round was held on 11th January 2026, witnessing enthusiastic participation from 45 contestants across Rotary District 3060.

From Rotary Club of Baroda Sayajinagari, four members—Mrs. Aarti Shah, Mrs. Moona Patel, Mrs. Moksha Shah, and Mrs. Sonal Amin—participated in the auditions. We are proud to share that three of them qualified among the Top 10, bringing immense pride and honor to RCBS.

Further, Mrs. Moksha Shah and Mrs. Sonal Amin represented RCBS at the Grand Finale held during the Agra Conference on 31st January 2026.

Although they did not secure a title, they truly won hundreds of hearts with their confidence, grace, and inspiring presence. Their journey was enriching and empowering, offering valuable exposure, self-growth, and unforgettable experiences. Heartiest congratulations to all four participants, with special appreciation to Mrs. Moksha Shah and Mrs. Sonal Amin for reaching the finals.

✨ You have made RCBS immensely proud! ✨





# *ROTARY DISTRICT NEWS*

## Inspired by Heritage, United in Service

The Rotary District Conference 3060 – “Sang-e-Marmar”, the 56th District Conference, was held in Agra from 30th January to 1st February. The Rotary Club of Baroda Sayajinagari was proudly represented by President Rtn. Kashyap Shah, Secretary Rtn. Sanyogita Pradhan, along with fellow club members.

Set against the rich heritage of Agra, the conference proved to be an enriching and memorable experience, featuring inspiring speaker sessions, meaningful fellowship, and the much-anticipated Mrs. 3060 competition. The event truly reflected the spirit of Rotary—celebrating leadership, service, and unity. ✨



# ROTARY DISTRICT NEWS



Rotary  
District 3060

**SINDHU 2.0**

मैत्री, प्रेम और सेवा का संगम  
• 57<sup>th</sup> ROTARY DISTRICT CONFERENCE •

**CREATE  
LASTING  
IMPACT**



**Nilesh R. Shah**  
DISTRICT GOVERNOR  
2026-27



**Olayinka H. Babalola**  
RI PRESIDENT  
2026-27



**Parag S. Doshi**  
CHAIRMAN  
2026-27

**HOST**

**Rotary Club of Vapi Riverside**

**CO-HOST CLUBS**

Vapi | Vapi West | Dadra & Nagar Haveli | Daman  
Tarsadi Kosamba | Sarigam | Umbergaon

**08-09-10**  
— Jan 2027 — | **SILVASSA**

**APJ Abdul Kalam Auditorium**  
Amli Road, Dokmardi,  
Silvassa, Dadra & Nagar Haveli





# *RCBS HAPPENINGS*

## *Mega Housie Night - Fun with a Purpose - 10/01/26*



The Rotary Club of Baroda Sayajinagari successfully organized Mega Housie Night – Fun with a Purpose on 10 January 2026 at the Polo Club, Vadodara, as a combined fundraising and public image initiative. The event witnessed enthusiastic participation from over 500 people and raised an inspiring total of ₹15 lakh, which included ₹4 lakh towards expenses, with the remaining ₹11 lakh donated to Kashibai Children’s Hospital.

The event was made possible through the dedicated efforts of a core team of seven members who worked tirelessly for fifteen consecutive days to meticulously plan and execute the program. On the day of the event, the program ran smoothly from 7:00 PM to 11:00 PM, generating nearly 2,000 community man-hours of active engagement. A significant highlight was that the majority of the audience comprised non-Rotarians, making it a strong public image initiative for Rotary. During every break, LED screens showcased various Rotary projects and initiatives, effectively highlighting Rotary’s values, impact, and commitment to service. The funds raised will be utilized for the Pediatric Department of Kashibai Children’s Hospital, contributing to improved healthcare services and the overall well-being of children, truly reflecting the spirit of service meeting community.



# *RCBS HAPPENINGS*

## *Mega Housie Night - Fun with a Purpose - 10/01/26*





# *RCBS HAPPENINGS*

## *Pickleball Night - 21/01/26*



An Evening of Pickleball, Fellowship & Dinner was hosted by the Rotary Club of Baroda Sayajinagari in association with Equitywala on 21st January, from 7:00 PM to 10:00 PM, at P90, followed by dinner at Poca Restaurant. The pickleball fellowship witnessed enthusiastic participation from over 50 Rotarians and members, who enjoyed a lively evening filled with sport, friendship, and true sportsmanship.

The evening concluded with a delightful dinner, further strengthening bonds and fellowship among members. The Rotary Club extends its heartfelt gratitude to Equitywala for generously sponsoring the pickleball tournament and supporting this joyful and engaging fellowship event, truly reflecting the spirit of togetherness and Service Above Self.

# Post-Wedding Detox Reset - Rtn Swati Patel

**“Weddings feed the soul, but the body sometimes needs a board meeting to realign.”**

## **Purpose**

A practical 3-day reset to manage post-wedding bloating, fatigue, acidity, and sugar spikes—without extreme restrictions.

## **Early Morning**

Warm water + soaked methi or sabja seeds

## **Morning Beverage**

Jeera / Ajwain water or herbal tea

(Avoid tea or coffee on an empty stomach)

## **Breakfast**

- Vegetable oats or dalia
- Moong dal chilla
- 2 idlis with sambar
- Light fruit bowl (papaya, apple, pear)

## **Mid-Morning**

Coconut water or one seasonal fruit

(Avoid banana & mango)

## **Lunch**

Dal or legumes + multigrain roti or small portion of brown rice

Cooked vegetables + simple salad

## **Evening Reset**

Green tea or lemon-ginger infusion

Roasted chana or makhana

## **Dinner (Early & Light)**

Vegetable soup / Moong dal khichdi (½ tsp ghee)

OR steamed vegetables with dal soup

## **Before Bed**

Warm haldi or jeera water

Prioritise 7–8 hours of sleep

For 3 Days, Kindly Avoid

Sugar, alcohol, fried foods, bakery items, excess salt, late dinners, and mindless snacking.

## **Closing Note**

This is a digestive and metabolic recalibration, not a crash diet.

✨ Consistency over intensity delivers results.



# *OUR PARTNERS IN SERVICE*

## *Interact Club of Baroda Sayajinagari*

### *Pickleball fundraising event - 13/01/26*



On 13th January 2026, a pickleball fundraising event was successfully held at P90 – The Pickleball Club from 5:00 PM to 8:00 PM. The event featured 8 teams and over 80 players, creating an energetic and engaging atmosphere filled with enthusiasm and sportsmanship. A pre-tournament team auction added excitement and played a significant role in raising funds.

The event was organized with the objective of supporting Kashiba Children Hospital in association with the Rotary Club of Baroda Sayajinagari (RCBS). A total amount of ₹2,79,000 was raised, out of which ₹1,50,000 was donated to Kashiba Children Hospital, while the remaining amount was utilized towards organizing the pickleball tournament. Overall, the event beautifully combined sports, teamwork, and social responsibility, making a meaningful contribution toward healthcare support.

# *OUR PARTNERS IN SERVICE*

*Interact Club of Baroda Sayajinagari*

*Pickleball fundraising event - 13/01/26*



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



# *OUR PARTNERS IN SERVICE*

## *Interact Club of Billabong High International School*

### *Spread the Warmth Drive - 17/01/26*



On 17th January 2026, the BHIS Interact Club organized the “Spread the Warmth Drive” across various areas of Vadodara, with the aim of extending care and compassion to the underprivileged. Students were divided into ten teams of 3–4 Interactors, each accompanied by a teacher or parent to ensure safety and smooth coordination throughout the drive.

The teams covered key locations including Makarpura, Railway Station, Lalbaug, Pratapnagar, Maneja, Manjalpur, Gotri, Vasna, and Manisha Chowkdi. A total of 100 blankets were distributed, bringing warmth, comfort, and hope to those in need. The heartfelt gratitude and smiles of the beneficiaries made the experience deeply meaningful for the students. This initiative strongly reflected the Interact Club’s values of service, empathy, and social responsibility. Special appreciation is extended to the teachers and parents for their generous donations and unwavering support, which played a crucial role in the successful execution of this drive.



# *SPECIAL DAYS OF RCBS 25-26*

## **BIRTHDAYS**

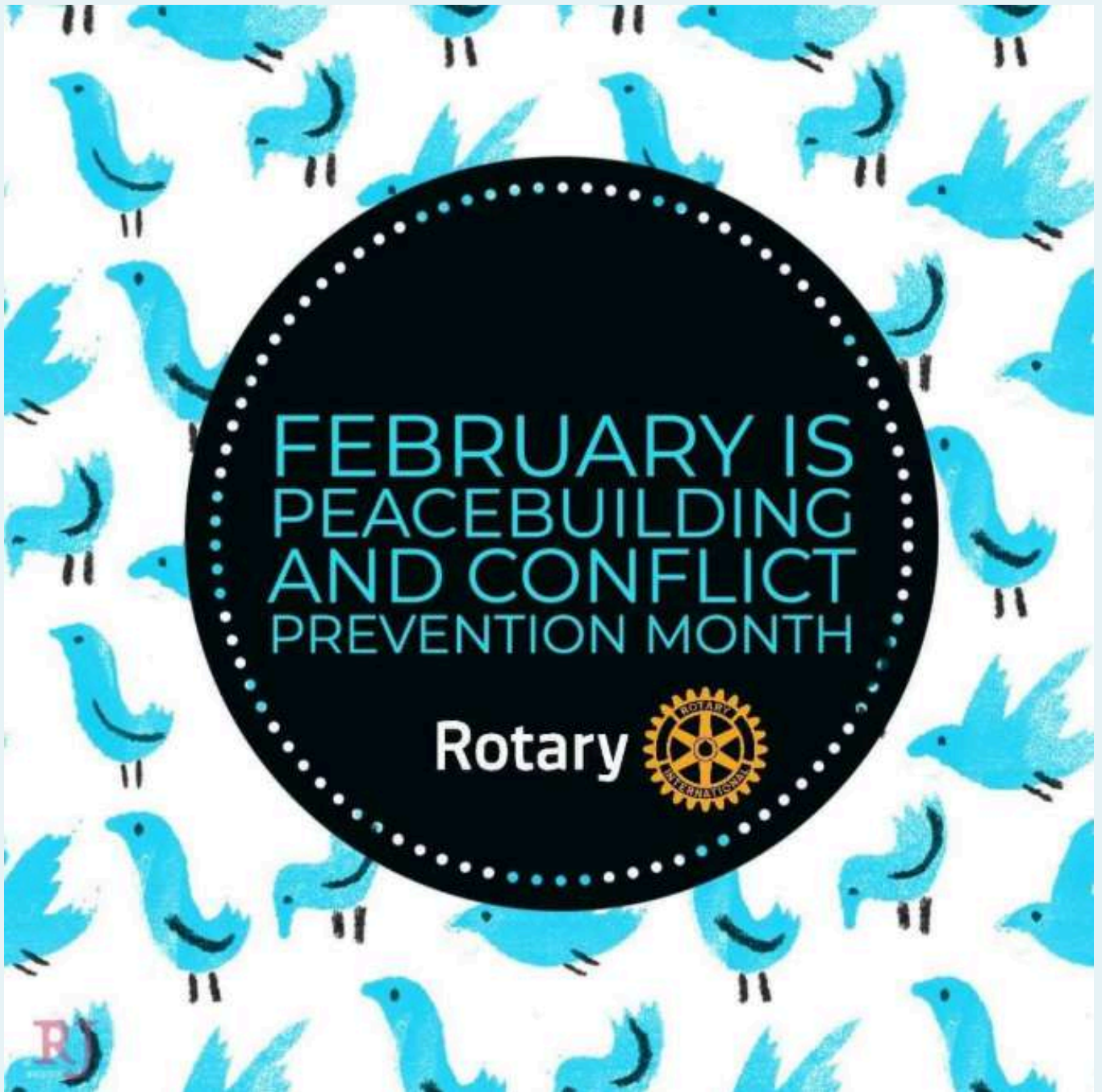
- 08/02/26 – Rtn. Hitesh Mali
- 15/02/26 – Ann. Minal Aggarwal
- 21/02/26 – Rtn. Sanjay Shah
- 28/02/26 – Rtn. Jay Shah

## **UPCOMING EVENTS**

- 14/02/26 – DG visit( OCV )

## **ANNIVERSARIES**

- 03/02/26 – Rtn. Neeta Shah & Kalpesh Shah
- 04/02/26 – Rtn. Nishant Ramani & Rtn. Sneha Ramani
- 05/02/26 – Rtn. Kokila Kothari & Pantul Kothari
- 07/02/26 – Rtn. Amit Shrivastav & Ann. Anu Shrivastav
- 11/02/26 – Rtn. Vaishali Shah & Rtn. Kalpesh Shah
- 13/02/26 – Rtn. Kamal & Ann. Minal Aggarwal
- 14/02/26 – Rtn. Deval & Ann. Hema Shastri
- 20/02/26 – Rtn. Shamit Patel & Ann. Mamta Patel
- 22/02/26 – Rtn. Sanjay Shah & Ann. Pranjal Shah



**Rtn. Kashyap Shah**

**President, 2025-26**

**Rotary Club of Baroda Sayajinagari**

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**Mobile: 9825007278**