



Rotary Club of Baroda **Greens**

NEWSLETTER

July , 2024 EDITION



President: Rtn. Dr. Ruchi Shrivastava

Secretary: Rtn. Nikhil Shah

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About the Club

The Rotary Club of Baroda Greens is a local chapter of Rotary International, which is a global service organization focusing mainly on Green Vertical. Rotary clubs work on various community service projects, Empowering Health and Wellness, Investing in Education, Women's Empowerment, Eco-Friendly Alternatives Promoting the use of sustainable, biodegradable products, the club encourages the community to adopt eco-friendly practices and Building a Greener Future promoting high ethical standards in business and professions, and advance international understanding and peace.

The "Baroda Greens" chapter is based in Baroda (also known as Vadodara), a city in Gujarat, India.

Our Sarathi- the Board Members

Rotary R.C. Baroda greens THE MAGIC OF ROTARY

President Elec
Rtn. Dr. Ruchi Shrivastava
Team for RY 24-25
GO GREEN...Before Green Goes...

Rtn Dr Ruchi Shrivastava
President

Rtn Nikhil Shah
Secretary

Rtn Vivekh Srivastav
Membership Chair &
Treasurer

Rtn Dr Suneet Dabke
Service Chair

Rtn Neetu Jain
Public Image Chair

Rtn Manish Naik
TRF Chair

Rtn Kaustubh Gokhle
Sergent at Arms

Rtn Prachi Patni
Joint Secretary

Rtn Amit Sharma
Vice President

Rtn Shreya Dalwadi
Green Project Chair

Message from President Desk

Rtn. Dr. Ruchi Pankaj Shrivastava



Dear Rotarians and Friends,

As I step into the role of President of the Rotary Club of Baroda Greens, I am deeply honored and committed **to upholding our core values of service, fellowship, and integrity**. Our club has made a positive impact in our community, and I pledge to continue this legacy with dedication and enthusiasm.

Our goals for this Rotary year include initiatives focused on environmental sustainability, healthcare, education, women's empowerment, and community well-being. I believe that through our collective efforts, we can create meaningful change and improve the lives of those around us.

I am excited about the opportunities ahead and look forward to working alongside each of you to achieve our shared vision. **Together, let's embrace the Rotary motto of "Service Above Self" and make a lasting difference.**

Thank you for your trust and support.

Warm regards,

Rtn. Dr. Ruchi Pankaj Shrivastava

President, Rotary Club of Baroda Greens

Installation Ceremony of President and Secretary



On 19th July 2024 the Rotary Club of Baroda Greens held its installation ceremony for the Rotary year 2024–25. Rtn. Dr. Ruchi Pankaj Shrivastava was officially installed as the 5th President by DG Tushar Shah, while Rtn. Nikhil Shah took on the role of Secretary.

The ceremony was marked by the prestigious honor of granting an honorary membership to DCP Abhay Soni, recognizing his contributions to the community.

Welcoming the New Members to RC Baroda Greens Family

The club proudly welcomed four new members: Dr. Vaidehi Raole, Prof. Sonal Pujara, Ms. Soumya Akshat, and Mr. Jiger Thakker and honorary member DCP Abhay Soni.



Installation of Interact Club of PIET DS Baroda Greens
Sponsored by
Rotary Club of Baroda Greens RI 2024-25



Charter Date: 8/7/2024

Club ID: 229653

Installation date: 19/7/2024

Summary of the Events in Month of July 2024

Sr No.	Date of Event	Name of Activity	Sponsored by / Collaboration with
1	01-Jul-24	Yoga for Mental Health	Parul University
2	03-Jul-24	Yoga for Mental Health	Parul University
3	03-Jul-24	Feeding Young Minds: Food Packet Distribution	RCBG
4	03-Jul-24	Say No to Plastic- at Madhavnagar Village	Kachre se azadi Foundation
5	03-Jul-24	Say No to plastic at swati market	Kachre se azadi Foundation
6	03-Jul-24	Say no to plastic at Baska market	Kachre se azadi Foundation
7	04-Jul-24	Hydrating the Homeless	RCBG
8	06-Jul-24	Give the gift of life- Blood Donation camp	Red Cross Blood Bank
9	07-Jul-24	Bird Adoption Drive at Sayaji Zoo	ROTARY CLUB
10	09-Jul-24	Nutritional Food Distribution	JALARAM PROVISION STORE
11	14-Jul-24	Establishing Miyawaki forest at Sevathirth trust	RCBG
12	15-Jul-24	door-to-door plastic waste collection drive	Kachre se azadi Foundation
13	18-Jul-24	School bag distribution at sevathirth trust	RCBG
14	20-Jul-24	Workshop on Eco bricks making	Kachre se azadi Foundation
15	22-Jul-24	Medicine Distribution for Child Health and Mental	Parul Institute of Ayurveda
16	22-Jul-24	Medicine Distribution for Child Health and Mental	Parul Institute of Ayurveda
17	22-Jul-24	Medicine Distribution for Child Health and Mental	Parul Institute of Ayurveda
18	23-Jul-24	Blood Group Detection Camp	Parul Institute of Ayurveda
19	24-Jul-24	Blood Group Detection Camp	Parul Institute of Ayurveda
20	24-Jul-24	YOGA FOR MENTAL HEALTH	Parul University
21	26-Jul-24	Seed ball-making activities for ecofriendly flag	Kachre se azadi Foundation
22	27-Jul-24	Distribution of Stationery to Housekeeping Girls	Rtn Nikhil Shah
23	29-Jul-24	Blood group detection camp	Parul Institute of Ayurveda
24	30-Jul-24	"Energy Conservation in the Workplace,	Parul University
25	31-Jul-24	Poster Making Competition-India Independence Day	Parul University
26	31-Jul-24	Awareness talk on Chandipura Virus and diseases	Parul University
27	31-Jul-24	First Aid Box Kit distribution by RC Baroda Greens	RCBG

Yoga for Mental Health Workshop and Expert Talk Hosted by The Rotary Club of Baroda Greens in Collaboration with PIET-DS

An expert talk and workshop on yoga for mental health were successfully organized by The Rotary Club of Baroda Greens in collaboration with the Parul Institute of Engineering & Technology - Diploma Studies (PIET-DS). Held as part of District 3060's July theme focusing on maternal and child health, the event was attended by students, faculty, Rotarians, and community members. The session was led by renowned yoga experts, who provided valuable insights and practical demonstrations on the impact of yoga on mental health, particularly in children.



Expert Talk and Workshop on Yoga for Mental Health by Rotary Club of Baroda Greens in Association with PIET-DS

Food Packet Distribution for Young Minds Held on July 3, 2024 by Rotary Club of Baroda Greens

The distribution of food packets to schoolchildren in Shankarpura Village was carried out to ensure adequate nutrition for their growth and development. By providing the necessary energy for learning, the initiative is expected to enhance concentration and academic performance. The overall health of the children is supported, leading to reduced absenteeism due to illness. Food insecurity among underprivileged families is alleviated, contributing to a more stable and thriving community. The effort also fosters a sense of care and support, thereby boosting the children's morale and well-being.



Feeding Young Minds: Food Packet Distribution

Hydration for the Homeless Provided on July 4, 2024 by Rotary Club of Baroda Greens

In a heartfelt initiative to provide relief to the homeless, the Rotary Club of Baroda Greens organized a buttermilk distribution drive. The event aimed to offer a refreshing and nutritious drink to those in need during the intense summer heat. Volunteers actively engaged with the community, ensuring that every participant received a cool and revitalizing serving of buttermilk. The drive not only quenched thirst but also promoted a sense of care and compassion among all involved. This initiative highlighted the impact of community efforts in making a tangible difference in the lives of those who are less fortunate.



Rotary Club of Baroda Greens Organizes Buttermilk Distribution Drive for the Homeless in Association with PIET-DS

Blood Donation Camp Held by RC Baroda Greens in Collaboration with Upper Crust Wealth, IFFCO-Tokio, and Red Cross Blood Bank

A successful blood donation camp was organized by RC Baroda Greens in collaboration with My Advisor, Upper Crust Wealth, IFFCO-Tokio, and the Red Cross Blood Bank. Over 70 generous individuals participated, resulting in the collection of 35 units of life-saving blood. Each donation has the potential to save multiple lives, underscoring the invaluable support received. Special recognition was given to Mr. Vivekh Shrivastava for leading the project with dedication and passion. Heartfelt thanks were extended to all participants for their contribution to the event's success. The camp benefited 35 individuals, involved 32 man hours, and had 4 members actively participating.





Give the Gift of Life: Blood Donation Camp Held on July 6, 2024

RC Baroda Greens Distributes Nutritional Food Packets with PIET DS at Sevathirth, Tarsali

On July 9, 2024, RC Baroda Greens undertook a significant initiative by distributing nutritional food packets at Sevathirth, Tarsali. Supported by Parul Institute of Engineering & Technology - Diploma Studies, this effort aimed to provide essential nourishment to the underprivileged, made possible through sponsorship from Jalaram Kirana Store.

The project owes its success to the invaluable contributions of Daxsheshji and Nikhilji, whose support was crucial in ensuring the seamless execution of the initiative. This noble endeavor exemplifies the spirit of community service and solidarity, reflecting RC Baroda Greens' commitment to making a positive impact in society.

Nutritional food packets are crucial as they provide concentrated nutrients essential for health, particularly in treating severe acute malnutrition. Their ease of use, long shelf life, and cost-effectiveness make them a practical solution for reaching and supporting vulnerable populations globally. Nutritional food packets are not just about providing calories; they are a comprehensive tool in the fight against malnutrition, offering a practical and effective solution to improve the health outcomes of individuals and communities worldwide.

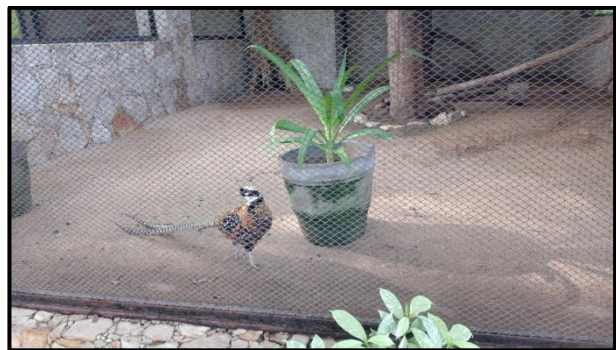




RC Baroda Greens Distribute Nutritional Food Packets with PIET DS

Rotary Club of Baroda Greens Adopts Reeve's Pheasant at Sir Sayajirao Zoo

The Rotary Club of Baroda Greens has adopted a Reeve's Pheasant at Sir Sayajirao Zoo in Vadodara, contributing to a new Rotary Pavilion aimed at increasing public visibility. This initiative aligns with the zoo's mission of nature conservation, reflecting a collective effort by 11 Rotary clubs in Vadodara. Established in 1875 by Sir Sayajirao III, the zoo attracts around 80,000 visitors annually. As part of the 2024-25 adoption drive, these clubs have collectively adopted 11 birds, underscoring their commitment to environmental stewardship.



Reeve's Pheasant Adopted by Rotary Club of Baroda Greens at Sir Sayajirao Zoo

Rotary Club of Baroda Greens Partners with Sevathirth Foundation Trust to Establish Miyawaki Forest on July 14, 2024

The Rotary Club of Baroda Greens, in collaboration with Sevathirth Foundation Trust, has launched a tree plantation drive to create a Miyawaki forest. The initiative aims to plant 750 trees, with 251 saplings already planted. The planting process involved strategically placing taller trees at 10-meter intervals and shorter ones at 2-meter intervals, with peat and compost used to fill the planting holes. The land for the forest was donated by Sevathirth Trust, and saplings were provided by the Vadodara Municipal Corporation. The Baroda Greens team will nurture the trees for the next two years through the Environmental Lovers group at Tarsali and RSS. This effort not only emphasizes community engagement and environmental stewardship but also highlights inclusivity by involving physically challenged children in the planting process, showcasing their valuable contribution to the project's success.



Miyawaki Forest Established at Sevathirth Trust on July 14, 2024

Rotary Club of Baroda Greens Distributes School Bags at Sevathirth Trust

The Rotary Club of Baroda Greens exemplified their dedication to community welfare by distributing 30 school bags to children at Sevathirth Trust. This generous initiative aims to support the educational needs of underprivileged students, equipping them with essential supplies. The distribution event was marked by smiles and gratitude from the children, highlighting the positive impact of the club's efforts. By prioritizing education and well-being, the Rotary Club of Baroda Greens continues to instill hope and opportunity in the community. This act of kindness underscores their steadfast commitment to making a meaningful difference in the lives of those in need.



School Bag Distribution at Sevathirth Trust on July 18, 2024

Rotary Club of Baroda Greens Promotes "Say NO to Plastic" with Cloth Bag Distribution

On July 3rd, at Swati Market, the Rotary Club of Baroda Greens commemorated "Say NO to Plastic" by distributing cloth bags to vendors and citizens. This initiative aimed to raise awareness about the harmful impact of plastic on the environment. Club members actively engaged with vendors and citizens, educating them on the significant benefits of reducing plastic use for environmental health. The event received enthusiastic participation, with many villagers committing to transitioning to more sustainable alternatives. This initiative underscores the club's ongoing dedication to promoting environmental sustainability and community education.



Rotary Club of Baroda Greens Promotes "Say NO to Plastic" with Cloth Bag Distribution at Swati Market

Also On July 3, 2024, the Rotary Club of Baroda Greens marked "Say NO to Plastic" at Baska Village by distributing cloth bags to local villagers.



Rotary Club of Baroda Greens Hosts "Say NO to Plastic" Event at Baska Market

Medicine Distribution Drive for Child Health and Mental Growth Held in Village Ropa

In a vital initiative aimed at enhancing the health and mental development of children, a medicine distribution drive was organized in Village Ropa Limda, Waghodia. The Rotary Club of Baroda Greens provided essential vitamins, supplements, and medications to support physical growth and cognitive development. The distribution included Tablet Smruti Sudha for mental health, Kushmand granules for malnutrition, Sharapunkhadi granules for anemia, Tablet Aurokid for autism, and Suvarna Prashan for boosting immunity.

This initiative, which offers free medicines to support memory, mental health, concentration, and general well-being, is a collaborative effort with the Department of Kriya Sharir. It is sponsored by the Parul Institute of Ayurveda, Parul Ayurveda Pharmacy Department, and the Faculty of Ayurveda at Parul University. The drive underscores a commitment to improving the overall health and development of school children in the region.



Medicine Distribution for Child Health and Mental at village Ropa

Medicine Distribution Drive for Child Health and Mental Growth Held in Mastapura

On July 22, 2024, a medicine distribution drive focused on child health and mental development took place in Village Mastapura, Limda, Waghodia. This initiative aimed to support the physical and cognitive growth of children by providing essential vitamins, supplements, and medications. The distribution included Tablet Smruti Sudha for mental health, Kushmand granules for malnutrition, Sharapunkhadi granules for anemia, Tablet Aurokid for autism, and Suvarna Prashan for immunity boosting.

Free medicines were offered to support memory, mental health, concentration, and overall well-being, addressing issues such as malnutrition, anemia, autism, and liver disorders. The initiative was organized in collaboration with the Department of Kriya Sharir and sponsored by the Parul Institute of Ayurveda, Parul Ayurveda Pharmacy Department, and the Faculty of Ayurveda at Parul University. This drive underscores a commitment to improving the health and development of school children in the region.



Medicine Distribution Drive for Child Health and Mental Development Conducted in Mastapura

Medicine Distribution Drive for Child Health and Mental Growth Held in Kamlapura

On July 22, 2024, a medicine distribution drive focusing on child health and mental development took place in Village Kamlapura, Limda, Waghodia. This important initiative aimed to enhance the physical and cognitive growth of children by providing essential vitamins, supplements, and medications. The distribution included Tablet Smruti Sudha for mental health, Kushmand granules for malnutrition, Sharapunkhadi granules for anemia, Tablet Aurokid for autism, and Suvarna Prashan for boosting immunity.

Free medicines were offered to support various aspects of health, including memory, mental well-being, concentration, and overall wellness, addressing conditions such as malnutrition, anemia, autism, and liver disorders. The initiative was organized in collaboration with the Department of Kriya Sharir and was sponsored by the Parul Institute of Ayurveda, Parul Ayurveda Pharmacy Department, and the Faculty of Ayurveda at Parul University. This drive underscores a strong commitment to improving the health and development of school children in the area.



Medicine Distribution Drive for Child Health and Mental Growth Held in Kamlapura

Successful Blood Group Detection Camp Held at Waghodia Nagar Prathmik Kumar Shala

On July 23, 2024, the Rotary Club of Baroda Greens, with support from the Kriya Sharir Department and sponsorship from the Parul Institute of Ayurveda, organized a Blood Group Detection Camp at Waghodia Nagar Prathmik Kumar Shala, Waghodia, Vadodara. In the first phase of the camp, 160 students were tested for their blood groups and received their blood group cards. The camp aimed to raise health awareness and underscore the importance of knowing one's blood group. The initiative received positive feedback from students, parents, and school administration, reflecting its success and impact. This event represents a significant advancement in promoting health awareness within the community.





Blood Group Detection Camp Held at Waghodia Nagar Prathmik Kumar Shala

Phase II of Blood Group Detection Camp Successfully Held at Waghodia Nagar Prathmik Kumar Shala

On July 24, 2024, the Rotary Club of Baroda Greens, in collaboration with the Kriya Sharir Department and sponsored by the Parul Institute of Ayurveda, conducted the second phase of their Blood Group Detection Camp at Waghodia Nagar Prathmik Kumar Shala, Waghodia, Vadodara. In this phase, 100 students were tested for their blood groups and received their blood group cards.



Phase II of Blood Group Detection Camp Held at Waghodia Nagar Prathmik Kumar Shala

Yoga for Mental Health: Enhancing Well-Being Through Ancient Practice

On July 24, 2024, the benefits of yoga for mental health were highlighted through a special session focusing on its holistic approach. Originating in India, yoga has gained widespread recognition for its positive impact on both physical and mental well-being. The practice integrates physical postures (asanas), breathing techniques (pranayama), meditation, and mindfulness to support overall health. Yoga has been shown to significantly reduce stress, anxiety, and depression by promoting relaxation and enhancing the body's natural stress response. Regular practice helps to regulate the nervous system, leading to a calmer and more balanced mind. Additionally, yoga encourages mindfulness, which can improve

emotional regulation, increase self-awareness, and foster a more positive outlook on life. This session underscored yoga's role in supporting mental health and well-being.



Special Session Highlights Yoga's Benefits for Mental Health

Stationery Distribution to Housekeeping Girls on July 27, 2024

On July 27, 2024, Mr. Nikhil initiated a special project to support the educational success of three housekeeping girls by distributing essential stationery and educational materials. This initiative aims to provide notebooks, writing materials, textbooks, study guides, art supplies, project materials, and other necessary items for the upcoming year.

The stationery was allocated to: 1) Yogi Rathod, a 10th-grade student 2) Snehal Patanvadiya, a 4th-grade student & 3) Heer Patanvadiya, a 1st-grade student

All three students attend Rameshwar School in Gotri. This generous support is intended to aid their educational journey and ensure they have the resources needed for a successful school year.



Stationery Distribution to Housekeeping Girls

Seminar on "Energy Conservation in the Workplace" Held on July 30, 2024

On July 30, 2024, the PIET DS Seminar Hall hosted a successful seminar on "Energy Conservation in the Workplace," attended by 115 students. The event, organized by the Rotary Club of Baroda Greens in collaboration with the Parul Institute of Engineering & Technology - Diploma Studies, ran from 11 am to 1 pm.

Dr. B.G. Desai led the seminar, delivering insightful information on the importance of energy conservation. Dr. Ruchi Shrivastava, President of RC Baroda Greens and Principal of PIET-DS, provided valuable guidance on practical strategies for implementing energy-saving measures in the workplace. The seminar emphasized the critical role of sustainability and energy efficiency, inspiring attendees to contribute to a more eco-friendly future.



Seminar on "Energy Conservation in the Workplace"

Rotary Club of Baroda Greens Distributes First Aid Kits to Waghodia Nagar Prathmik Kumar Shala

On July 31, 2024, the Rotary Club of Baroda Greens distributed eight First Aid Box kits to Waghodia Nagar Prathmik Kumar Shala in Waghodia. This initiative highlights the club's ongoing commitment to enhancing child health and safety. The distribution was met with appreciation from the school administration, who expressed their gratitude for the support.

The Rotary Club of Baroda Greens has pledged to continue its efforts to support the health and well-being of students. This distribution is part of a broader mission to promote health awareness and safety within schools.



Rotary Club of Baroda Greens Distributes First Aid Kits

Awareness Talk on Chandipura Virus and Monsoon Diseases Conducted by RC Baroda Greens

On July 31, 2024, the Rotary Club of Baroda Greens organized an informative awareness session on the Chandipura virus and related monsoon diseases. The event provided crucial information on the Chandipura virus, malaria, typhoid, and the impacts of flooding, along with basic flood care tips.

The session was well-received by the school community, who actively participated and gained valuable insights into health and safety measures. This initiative aimed to raise awareness and promote effective health practices during the monsoon season, contributing to better overall community health.

The Rotary Club of Baroda Greens' initiative has been well-received, contributing to greater awareness and preparedness among the community. This session is part of a broader effort to promote effective health practices and ensure the well-being of residents throughout the challenging monsoon season.



Awareness Talk on Chandipura Virus and Monsoon Diseases

RC Baroda Greens Hosts Poster Making Competition to Celebrate India's Independence Day

In a vibrant display of creativity and patriotism, RC Baroda Greens organized a Poster Making Competition at Ankhoh Prathmik School to honor India's Independence Day. The event, held on July 31, saw enthusiastic participation from students who crafted eye-catching posters centered around themes of freedom and national pride.

The competition provided a platform for young artists to express their love for the country and their understanding of its historical significance. The posters, bursting with colors and imaginative designs, conveyed deep messages about India's journey to independence and the values it upholds. Overall, the Poster Making Competition was a joyous occasion, reflecting both the creativity of the students and the enduring spirit of patriotism. RC Baroda Greens' initiative succeeded in

highlighting the significance of Independence Day while inspiring the younger generation to cherish and uphold the values of freedom.



Poster making Competition to Celebrate India's Independence Day

Successful Phase-III Blood Group Detection Camp Held at Waghodia Nagar Prathmik Kumar Shala

Waghodia, July 29, 2024 — The Rotary Club of Baroda Greens, in collaboration with the Kriya Sharir Department and sponsored by the Parul Institute of Ayurveda, successfully conducted a Phase-III Blood Group Detection Camp at Waghodia Nagar Prathmik Kumar Shala on July 29, 2024.

The camp tested 120 students, providing them with personalized blood group cards. The initiative aimed to promote health awareness and underscore the importance of knowing one's blood group. This phase of the camp was well-received, with positive feedback from students, parents, and school administrators alike.



Phase-III Blood Group Detection Camp Held at Waghodia Nagar Prathmik Kumar Shala

