



Baroda  
**Rotary**  
District 3060



AUGUST 2024 EDITION

# VISHWAMITRA

**BULLETIN FOR RI YEAR 2024-25**

**ROTARY CLUB OF BARODA**



RI PRESIDENT  
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DISTRICT GOVERNER  
TUSHAR SHAH

ASSISTANT GOVERNER  
RAJESH SHAH

PRESIDENT  
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HON. SECRETARY  
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EDITOR  
DR. AYSWARIA WARIAR



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## CLUB PRESIDENT'S MESSAGE

Dear Rotarian,

I am thrilled to welcome you to the second edition of our club bulletin! It's incredible to see how much progress we've made in such a short time, and it's all thanks to your enthusiasm, dedication, and support.



As we continue to grow and evolve, this bulletin will serve as a vital resource to keep everyone informed and engaged. In this edition, you'll find exciting updates on our recent activities, upcoming events, and highlights of the remarkable achievements of our members. We've also included some insightful articles and tips to help you make the most of your involvement with the club.

Looking back, I am proud of what we've accomplished together. Our collective efforts have not only strengthened our community but have also paved the way for even greater accomplishments. Let's build on this momentum and continue to support each other as we strive towards our goals.

I encourage you all to stay active, share your ideas, and get involved in the various initiatives we have planned. Your participation is what makes our club truly special.

Thank you for your continued commitment. Here's to another successful chapter in our journey together!

Warm regards,

Krunal Joshi

## EDITOR'S NOTE

Dear Fellow Rotarians,

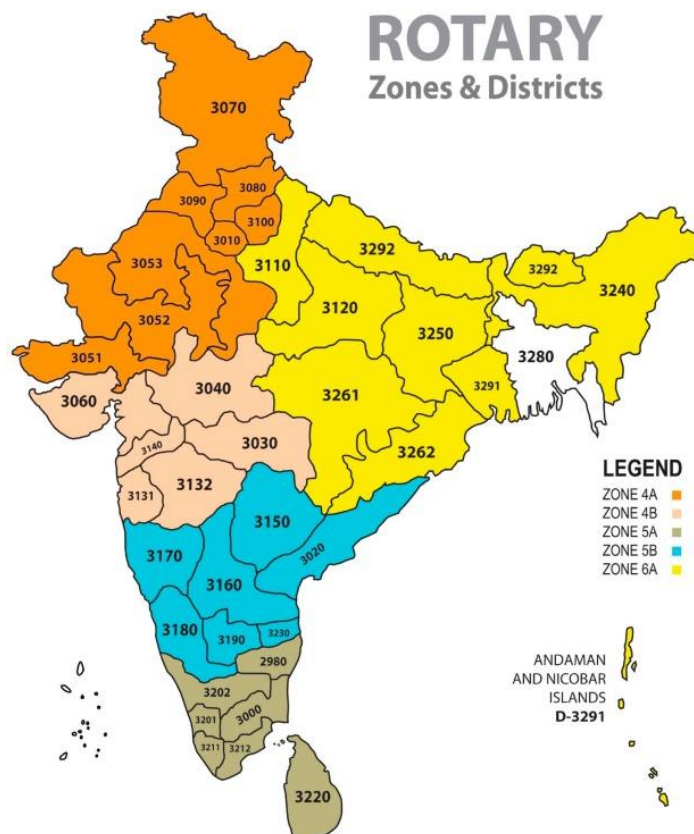
I thank you all for your overwhelming response to the first edition of this year's club bulletin. The month of August has been one of the toughest for us Barodians. Seeing our beloved city, Vadodara, inundated has been painful, not to mention the huge losses incurred by so many citizens at different levels. As always, our club members swung into action, providing assistance to the needy in the best possible way. Having faced the brunt of the rain gods, compounded by human folly and negligence, we can only hope that this situation serves as an eye-opener to all, inspiring all stakeholders to work towards averting future man-made disasters waiting to explode!



In this edition, we feature an inspiring story on leadership, which continues from an article published in our last edition. We also have an informative article on Reiki. The bulletin also covers the club projects and events. Wishing everyone a safe and productive month. Happy reading!

Warm regards,

Dr. Aishwarya Warriar



## MESSAGE FROM PUBLIC IMAGE COORDINATOR- ZONE-4

Warm Rotary Greetings,

Rotary is an ocean of opportunity.

Rotary is a big ocean without boundaries. A Rotarian is a person who sees endless possibilities in every challenge. Rotary is an opportunity to serve, to grow, to connect and to create lasting



change. Just the ocean is made of countless drops of water, so is Rotary made up of millions of Individuals, each contributing their tie, talents, money and energy. Just like we had an opportunity to eradicate Polio from our country.

Our Rotary Foundation transforms our gifts into service projects. Which changes lives to both close to our home and around world. Our Rotary foundation has spent more than 4 billion USD on life changing sustainable projects.

It is said that we make a living by what we get but we make life by what we give!!!

When we partner with 1.4 million members it amplifies our impact, elevates our brand, improve community and gain access to global connection. So, I believe Rotary is an ocean, you have to dive in it to swim with ample opportunities in your life.

Warm regards,

PDG Pinky Patel





## THE SEVEN AREAS OF FOCUS FROM ROTARY INTERNATIONAL

All projects run by any Rotary Club is to align with at least one of these seven areas of focus

- 1** Peace
- 2** Disease prevention and treatment
- 3** Water, sanitation and hygiene
- 4** Maternal and child health
- 5** Education and literacy
- 6** Economic development at a community level
- 7** Environment

## ROTARY'S TWO OFFICIAL MOTTOES

Service Above Self and One Profits Most Who Serves Best, Rotary's official mottoes, can be traced back to the early days of the organization.

In 1911, the second Rotary convention, in Portland, Oregon, USA, approved He Profits Most Who Serves Best as the Rotary motto. The wording was adapted from a speech that Rotarian Arthur Frederick Sheldon delivered to the first convention, held in Chicago the previous year. Sheldon declared that "only the science of right conduct toward others pays. Business is the science of human services. He profits most who serves his fellows best."

The Portland gathering also inspired the motto Service Above Self. During an outing on the Columbia River, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, USA, talked with Seattle Rotarian J.E. Pinkham about the proper way to organize a Rotary club, offering the principle his club had adopted: Service, Not Self. Pinkham invited Rotary founder Paul Harris, who also was on the trip, to join their conversation. Harris asked Collins to address the convention, and the phrase Service, Not Self was met with great enthusiasm.



Arthur Frederick Sheldon, the Rotarian whose convention speech inspired Rotary's secondary motto, One Profits Most Who Serves Best



At the 1950 Rotary International Convention in Detroit, Michigan, USA, two slogans were formally approved as the official mottoes of Rotary: He Profits Most Who Serves Best and Service Above Self.

The 1989 Council on Legislation established Service Above Self as the principal motto of Rotary because it best conveys the philosophy of unselfish volunteer service. He Profits Most Who Serves Best was modified to They Profit Most Who Serve Best in 2004 and to its current wording, One Profits Most Who Serves Best, in 2010.



# PROJECTS FOR AUGUST 2024

## 1. C.A & DOCTORS FELICITATION

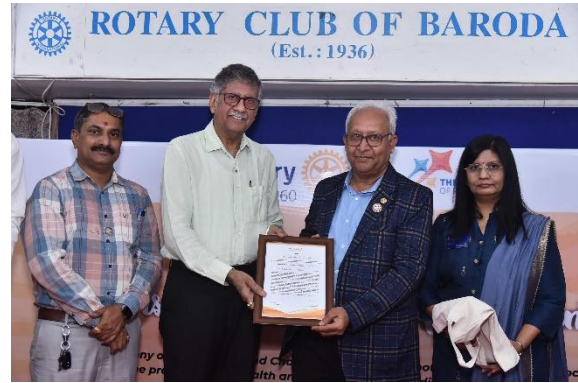
On Friday, August 2, 2024, the Rotary Club of Baroda and the Rotary Club of Baroda Sunrise came together to honor the dedicated doctors and chartered accountants of the Central Zone, District 3060. Held at the Rotary Hall, this Felicitation Event was a remarkable occasion, celebrating the outstanding contributions of these esteemed professionals.



The evening was marked by inspiring speeches and heartfelt awards, highlighting the significant impact of our chartered accountants and doctors. It was a memorable night dedicated to recognizing and celebrating excellence in our community.



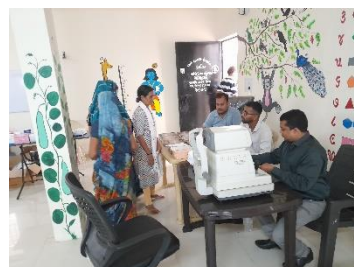






## 2. MEDICAL CAMP

On 4<sup>th</sup> August, Sunday, we conducted a Medical Camp at our Rotary Hall. The medical camp aimed at providing essential healthcare services to the community. The Rotary Club of Baroda had an excellent turnout for their general medical and eye check-up camp at PM Awas Yojna, near Aghora Mall, Ratri Bajar, Baroda. The response was tremendous, with more than 132 patients attending. They had their medical histories taken, and basic medicines were provided to them afterward. This event was a great success, offering much-needed healthcare services to the community.





### 3. EVENING WITH MUSIC

On Friday, August 9, 2024, the members of our club enjoyed a delightful evening of music and camaraderie at the Rotary Hall. The event, titled “Evening With Music,” featured a vibrant performance by the musical group Sur Sarita Vrund.

Everyone in attendance had a wonderful time singing along and reveling in the musical performances, making it an enjoyable and memorable night for all.





#### 4. INDEPENDENCE DAY CELEBRATION

The 15<sup>th</sup> of August 2024 marked India's 77<sup>th</sup> anniversary of Independence from the British rule. It was a day to commemorate the efforts of many freedom fighters and revolutionaries due to whose sacrifices our country is today a Sovereign Democratic Republic. This day was jointly celebrated along with the Rotaract and Innerwheel club of Baroda. Attended well by all members, this day we truly paid our respects to our motherland as proud Indians.





## 5. PRESENTATIONS BY INCOMING AND OUTGOING INTERNATIONAL YOUTH EXCHANGE (IYE) CANDIDATES

The Rotary Club of Baroda recently hosted a warm welcome for incoming IYE student Owen Bass from the United States and extended heartfelt congratulations to Kamakshi Bhagat, the outgoing candidate from our club.

Owen impressed everyone with an engaging presentation about his home state of Ohio, offering a fascinating glimpse into American culture. Meanwhile, Kamakshi, who is set to depart for France in August, delivered an insightful presentation on the diverse cultures and traditions of India. It was an evening filled with cultural exchange and shared experiences, showcasing the vibrant spirit of our Rotary community..







## 6. TB PROJECT

As a part of our ongoing TB eradication project, on the 21<sup>st</sup> of August at Navidharti PHC Centre, 100 patients were distributed nutrition kits. WHO representative Dr. Hardik too attended the event and shared valuable information on prevention and cure of TB. This ongoing TB eradication project is aimed at supporting TB patients in their recovery by ensuring they receive essential nutritional support. The event was shared by the Gujarat Health Department on their official X account.





## 7. ROTARY OPEN VADODARA COOKING COMPETITION

The Rotary Open Vadodara Cooking Competition, a collaborative initiative by five Rotary clubs of Vadodara; RC Vadodara Heritage, RC Vadodara One, RC Baroda Sunrise, RC Baroda & RC Baroda Greens was a grand celebration of culinary talent across five distinct categories. The event held on the 23<sup>rd</sup> of August, featured enthusiastic participation from young teenagers, male contestants, and senior citizens, each bringing their unique flavors and creativity to the table.

The competition was a vibrant showcase of Vadodara's diverse culinary heritage, with participants demonstrating exceptional skills and innovation. The categories allowed for a wide range of entries, from traditional recipes to modern culinary experiments. The inclusion of young teenagers and senior citizens emphasized the importance of cooking as a life skill and a means of cultural expression, while the male participants brought fresh perspectives to the competition.



The event not only highlighted the culinary talents of the participants but also fostered a



spirit of community and inclusivity. The collaborative effort of the Rotary clubs ensured the success of the event, making it a memorable occasion that celebrated the joy of cooking and the unity of the community.









## 8. MEDICAL CAMP FOR FLOOD AFFECTED

This monsoon the city of Vadodara saw massive flooding from the 26<sup>th</sup> of August to the 29<sup>th</sup> of August. Many areas across the city was inundated in water with people stranded without food, drinking water and electricity. Soon as the flood waters receded our club was quick to spring to action by setting up medical camps in different parts of the city. This camp conducted by the BRCS was held in collaboration with the Vadodara Municipal Cooperation.



## WELCOMING NEW MEMBERS

We extend a warm hearty welcome to our new members !



Rtn. Kirit Desai



Rtn. Deven Joshi



Rtn. Dr. Shyamsunder  
Kapdi



## ROTARY INTERNATIONAL PRESIDENT FOR 2026-27

Sangkoo Yun, of the Rotary Club of Sae Hanyang, Seoul, Korea, is the selection of the nominating committee to become Rotary International's president for 2026-27. He will be officially declared the president-nominee on 15 September if no other candidates challenge him.



Yun received his bachelor's and master's degrees from the Syracuse University School of Architecture in the U.S. and an

honorary doctoral degree from The University of Edinburgh, Scotland. He is the founder and CEO of Dongsuh Corp., which engineers and markets architectural materials, and the president of Youngan Corp., which operates in real estate and financial investment. He is involved in many civic organizations and has a special interest in the preservation of cultural heritage.

A Rotary member since 1987, when he was a charter member of the Rotary Club of Sae Hanyang, Yun has served Rotary International as a director, trustee, committee member and chair, and RI learning facilitator. He served for eight years as co-chair of the Keep Mongolia Green Project, by Korean members of Rotary. His RI committee roles include the Board Administration Committee (2013-15, vice chair 2014-15), the International Assembly Committee (vice chair, 2020-21), and the End Polio Now Countdown to History Campaign Committee (regional vice chair, 2023-27). He also served on The Rotary Foundation's Executive Committee (2019-22, chair 2020-21) and Programs Committee (2019-22, chair 2020-22).

Yun received The Rotary Foundation's Distinguished Service Award in 2021-22. He was appointed an Officer of the Most Excellent Order of the British Empire by Queen Elizabeth II, awarded the Friendship Medal by the president of Mongolia, and recognized for distinguished services by the president and prime minister of Korea. He is a veteran of the Republic of Korea Army and an emeritus elder at Andong Presbyterian Church.

Yun and his spouse, Eunsun, are Rotary Foundation Benefactors, Major Donors, and members of the Arch Klumph Society, the Paul Harris Society, and the Bequest Society. They have two children.<sup>1</sup>

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<sup>1</sup> [https://www.rotary.org/en/.Sangkoo Yun is selected to be 2026-27 Rotary International president | Rotary International](https://www.rotary.org/en/.Sangkoo%20Yun%20is%20selected%20to%20be%202026-27%20Rotary%20International%20president%20Rotary%20International); article by Etelka Lehoczkzy

## RC BARODA SPONSORED RYI 2024-25 STUDENT

Kamakshi Bhagat, the Rotary International Youth Exchange Student for RI Year 2024-25, reached her host club in Cahors, France, on August 27, 2024. She is the daughter of our IPP Jayesh Bhagat (Rotary Club of Baroda, District 3060, where he



has been a member since 2012) and Sneha Bhagat (District Secretary, International Inner Wheel, District 306). Kamakshi is participating in a



Long-Term Student Exchange Program that will last until June 2025. She was greeted by Rotarians of RC Cahors and her host family at Toulouse International Airport.

District 1700 is located in the South West of France, and the host club, Cahors, is in the Occitanie region. This year district 1700 has hosted 22 students from over countries located in North America, South America, Central America, Asia and Europe. During her



stay, Kamakshi will



participate in several gatherings of District 1700 and Club as well. She participated in the District 1700 Inbound Program “2024 Integration Stay” at Revel

near Toulouse from 29<sup>th</sup> Aug-24 to 31<sup>st</sup>

Aug-24. During her stay, she exchanged the flag of the Rotary Club of Baroda with the Rotary Club of Revel. She has also briefed the Rotary Club of Baroda’s Permanent Projects and Activities as well as Performed “Ganesh Vandana” - Bharatnatyam Classical Dance and explained the importance of “Ganesh Vandana” at the event. During the three-day trip, they visited Montpellier and Revel, famous tourist destinations in France.





## READERS' PAGE

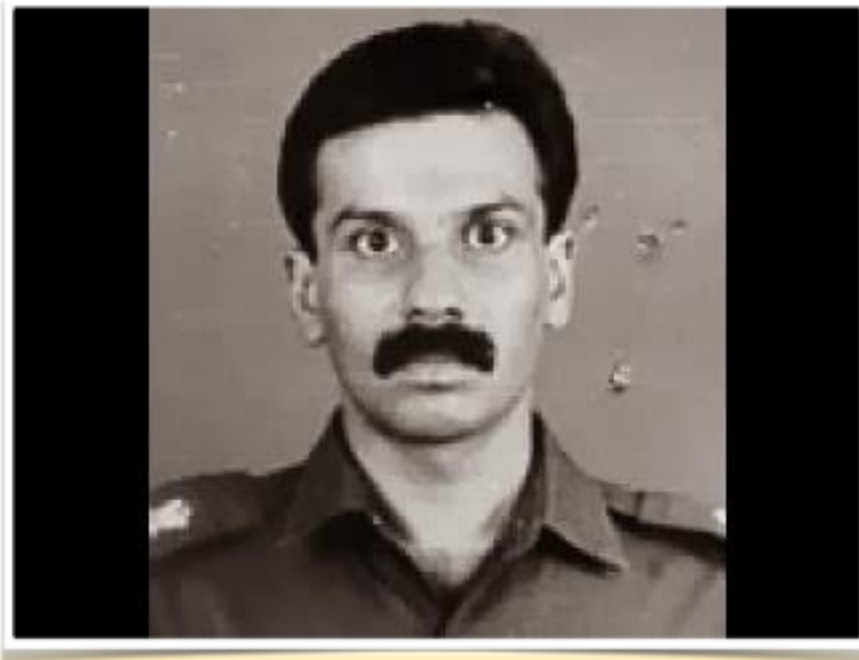
### 1.0 8 POINT LEADERSHIP (Part II)

- VK MADHAV MOHAN

- Continued from the previous edition

AN INSPIRING STORY OF LEADERSHIP FROM THE KARGIL WAR 1999

**LT. COL. R. VISWANATHAN IC-39584M 18 Grenadiers Vir Chakra (POSTHUMOUS)**



Tololing, 16000 ft overlooking Drass town was witness to some of the greatest displays of leadership and courage in the annals of modern Indian history. On 22nd May 1999 the 18th battalion of the

Grenadiers of the Indian Army was tasked to capture the naked mountain: the mountainside was bereft of all vegetation and the path to the top was clearly visible to the enemy ensconced on the peak. The 18 Grenadiers reached the battle theatre only on 7th May 1999 and were not acclimatised. They wore just canvas parkas, woollen trousers and jungle boots because cold weather clothing had not yet arrived. Nobody really expected the enemy to be as well prepared and well entrenched as he was. Therefore, the first three assaults on Tololing failed decisively. The 18th Grenadiers were humiliated not just by the setbacks but by the berating they received from superior officers.



Lt.Col.R.Vishwanathan couldn't stand by and see the competence and courage of his men be questioned any more. So he decided to personally lead the assault on Tololing on the night of 2nd June 1999. Before he left camp he ordered his troops to call their families on the satellite telephone.

Being a great leader, he chose to be last in line to call home. But when it was his turn the phone battery died and he could not make that last call. He wrote a poignant letter to his father asking him to take care of the family; he wrote that he was leading the assault "for his honour and the honour of the men he commanded; nothing else mattered". Shortly thereafter he led his unit into the bitterly cold, inhospitable night. After climbing 6 hours he did not even stop to rest and ordered the attack. It was a do or die mission. He did take the post but his name was at the top of the list of martyrs. He attained veeraswarga on that fateful night on the slopes of the formidable mountain.

Lt.Col.R. Vishwanathan IC-39584M,18 Grenadiers, Vir Chakra (posthumous) is undoubtedly one of India's greatest sons and most inspiring leaders.

*A true Indian hero and role model!*

**A few words about the author :-**

Rtn .PP VK Madhav Mohan is a former Rotary Ambassadorial Scholar, creator of Rotary's Total Literacy Mission concept, mentor to several RI Presidents and former member of RI's Strategic Planning Committee. He mentors CEOs and business owners. Currently he is also Chief of Missions-Ideation & Operations To The Honourable Governor of The State of West Bengal.



## 2.0 Reiki: The Usui System of Natural Healing

A holistic method for healing the body, mind, and soul, and achieving desired goals and intentions.

**What is Reiki?** Reiki, from Japanese, means ‘Universal Life Force Energy’ or ‘Cosmic Energy’. This energy sustains us, and any decrease in it can lead to illness. Reiki helps harmonize our energy centers. Reiki is not a religion, race, language, magic, hypnotism, mesmerism or related to any shastra or dharma

**History of Reiki:** Throughout history, various healing techniques have appeared and disappeared, all based on some form of energy. Reiki is omnipotent and omnipresent, helping to create and sustain harmony in our body and mind.

At the end of the 19th century, Dr. Mikao Usui of Japan rediscovered this healing knowledge through great effort, hard work, and penance. He named it Reiki and designed a procedure and system, teaching it only to those who genuinely sought improvement in their lives.

The sanctity of Reiki lies in its simplicity. It can be learned by anyone, regardless of gender, age, or literacy.

### How to Learn Reiki

REIKI is taught in two courses, each lasting two days. The first course is known as Primary (1st Degree) and the second as Advanced (2nd Degree). During both courses, an initiation (attunement) is performed, allowing the person to use REIKI immediately by simply thinking about it.

Once initiated, the person is known as a Reiki Channel. A Channel can use REIKI at any time, for any duration, and throughout their life. The greatest benefits of Reiki include the ability to self-treat and treat others.

### Effect of Reiki

Reiki benefits each individual uniquely, based on their needs. Common effects include:

- **Pleasant and Blissful Healing:** Accelerates the body’s natural healing ability.
- **Immune System Stimulation:** Cleanses toxins from the body.
- **Effective Treatment:** Helps with chronic and acute illnesses or injuries.
- **Revitalization:** Revitalizes body, mind, and soul.
- **Energy Flow:** Loosens blocked energy and promotes total relaxation.
- **Emotional Release:** Releases emotions and stress.

- **Holistic Functioning:** Works on mental, spiritual, bodily, and emotional levels.
- **Disease Causality:** Addresses the root causes of diseases.
- **Peace and Confidence:** Provides peace, confidence, and security.
- **Energy Balance:** Balances and amplifies the body's energies, increasing productivity.
- **Mental Clarity:** Enhances awareness, mental clarity, and creativity.
- **Spiritual Equilibrium:** Reestablishes spiritual equilibrium and mental well-being.
- **Anti-Aging:** Reverses the aging process.

Reiki, an ancient holistic healing art, complements medical treatment and does not conflict with religious beliefs. Advanced Reiki practitioners can heal from a distance using their third eye, enhancing intuition and telepathy.

Reiki is highly effective for relaxation and stress release, filling one with peace, vitality, joy, and a sense of security and confidence. It aids in self-awareness and enlightenment.

#### **Features of Reiki:**

1. **No Side Effects:** Reiki is a positive and neutralizing energy, causing no damage or side effects.
2. **Vitality:** Reiki is scientifically drawn by the person, providing ongoing vitality.
3. **Personalized Results:** Reiki works according to the individual's needs.
4. **Divine Energy:** No harm can come from Reiki as it is a divine energy.
5. **Energy Exchange:** based on the principle of 'Give & Take', a Reiki channel is charged with energy to the same extent and duration as the treatment given to another.
6. **Holistic Health:** Reiki ensures better physical and mental health, which are interdependent. It is taught and given only to those open to learning, promoting healing, peace, and relaxation.

#### **Reiki 2 Advanced Course: a brief on the world of possibilities for you**

In the Second Degree Seminar, you get attuned to higher levels of Reiki energy. This initiation is linked with the Ajna Chakra. The course, intensifies the effects of Reiki healing more than the First Degree.

With the Second Degree, you can heal or send treatment at a distance, anytime and anywhere, without physical contact.

Similar to the 21-day period after the First Degree, the 21-day period after the Second Degree is crucial for continued cleansing initiated by the Master in the classroom.

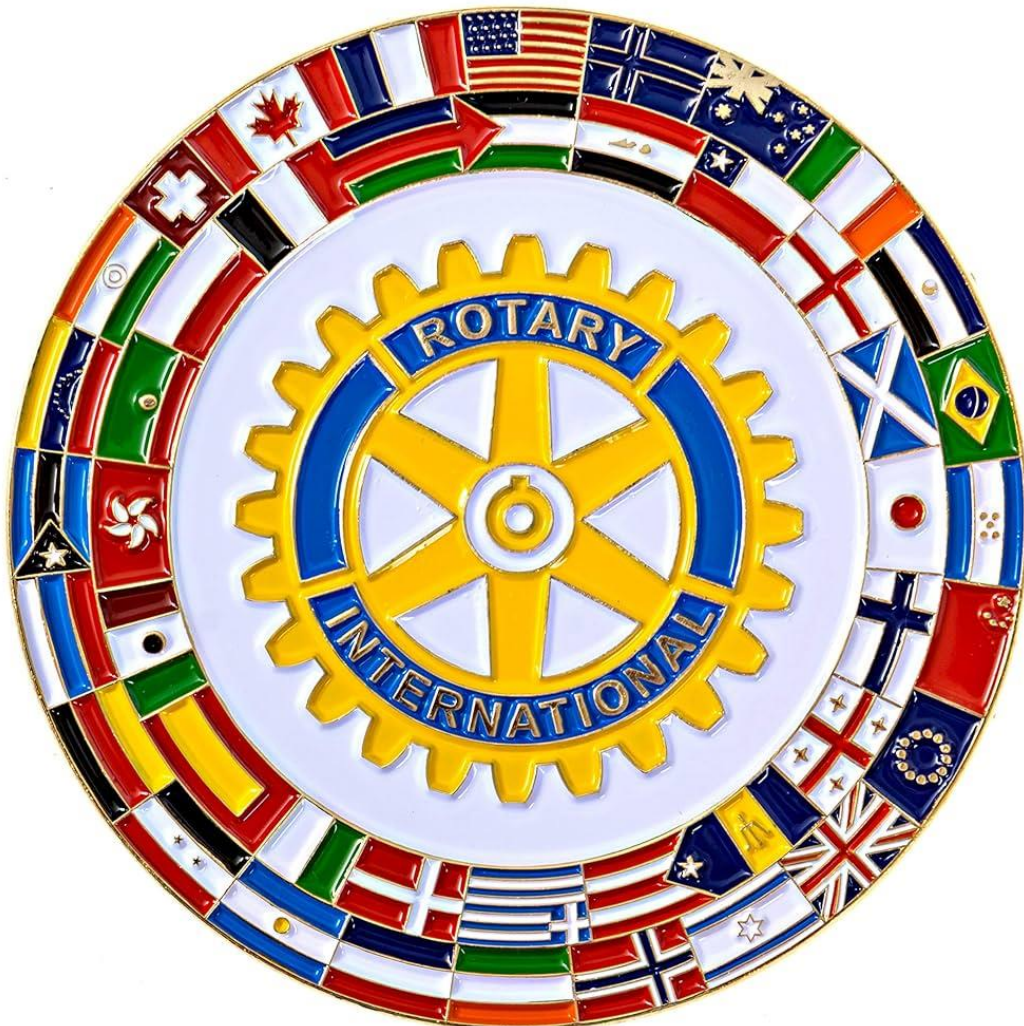


During this period, your body and mind will adjust to the higher vibrations of Reiki energy. Continued practice beyond the 21 days will help you master total calmness and bliss.



**A few words about the author:-**

Haren Patel a senior Rotarian at the Rotary Club of Baroda, has a degree in Microbiology, and has worked in the Pharmaceutical Company for more than 40 years. Since 2000 September he has been a Reiki Master healing and training more than 10,000 participants. More than 75 of his students are currently practicing Reiki Masters.



# VISHWAMITRA



**Whatever Rotary may mean to us,  
to the world it will be known by  
the results it achieves.**

**-Paul Harris, Rotary founder**

**FOR MORE DETAILS PLEASE CONNECT ON 89051 55714/ 92743 43435**