

सांख्यिक

Friendship with Fellowship

Rotary **Vision** Statement

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE ACTION
TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITIES AND IN OURSELVES



R. I. PRESIDENT

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EMOTIONS

One fine day during one of my Counselling sessions I asked a small boy how do you feel today? He was like "Happy" with a very sad expression on his face. Again I reconfirmed is it exactly what you feel and he looked at me with a question in his eyes, as if is it ok if I say I am SAD.

And I looked back telling him yes it's completely fine to feel and say that. It's an Emotion and we all should acknowledge what we feel.

This happened during one of my sessions when I was connecting with an 8 year old. Not old enough with numbers however old enough to express his emotion. We many a times fail to understand the value of these small things and feelings in our lives and think that it's fine not to share as it defines us as a strong individual (as per the society). Why do people succumb to depression and anxiety? Do we really have the courage to open up about our feelings? Are we surrounded in an environment which is psychologically safe for us? We need to think and introspect.

Today as an individual we all need to understand the mechanism to cope with stressful situations around us. If we are mastering with technology on one hand, are we not loosing to emotions on the other hand? Are we getting so involved that we have forgotten the emotional connect in our relationships which was an investment once upon a time (often heard about this from our parents)

Let us all connect and create an awareness for sharing, venting out, being non-judgmental and above all accepting each other the way we are. When we fall sick the doctor prescribes an ABC juice, similarly there is an ABC(Awareness, Balance, Control) therapy which we need to understand before the stress or emotions reach a level where we can't manage them.

There is a Concept in Japan called Yutori which means to consciously slow down, no rush, no pressure, consciously breathe to create a space for our mind to feel the beauty of nature and life. Interesting isn't it?

I am sharing this short read as a part of an initiative towards mental wellbeing.

ANN NIMISHA PAREKH



EVENTS GONE BY

- Closed Body Meeting
- International Women's Day Celebration
- Sudama Ni Jholi | • Creating Smiles (Happy School) at Jaspur Primary School
- HUMF | • Rotary WASH Ambassador Program at Jalaram School
- RCBC recognizes Young Talent Certificate Distribution
- Movie Night Fellowship
- Rotary Wash Ambassador Program at Krushi Primary School
- RCBC Recognizes Young Talent @ Krushi Primary School (Certificate Distribution)
- Creating Smiles 2.0 (Happy School) at Jaspur Primary School
- Rotary WASH Ambassador Program at Jaspur Primary School,
- WASH Drawing Competition at Jalaram Primary School

CLOSED BODY MEETING

A Closed Body Meet was conducted over breakfast on Sunday, 2nd March, at Jagdish Farsan.

Rtn. Arpit Bharal, Rtn. Deepali Dholakia, Rtn. Shubhra Singh Mehta, Rtn. Shital Parikh, Rtn. Ranjan Aiyer, Rtn. Niraj Patel, Rtn. Vijay Vora, Rtn. Govind Pande, Rtn. Ashok Patel, Rtn. Parag Buch, Rtn. Maulesh Dholakia, Rtn. Sandeep Parikh and Rtn. Prakash Masand attended the meeting. Major upcoming events like Food Treasure Hunt, WASH Ambassador Programs, Movie Night Fellowship, Women's Day Celebration etc were discussed in the meeting.



INTERNATIONAL WOMEN'S DAY CELEBRATION

The ladies of Rotary Club Baroda Cosmopolitan Celebrated Women's Day with great enthusiasm and zeal at the House of Earthmonk on March 8th.

The event was a joyous fellowship filled with surprises, including super fun games organized by Rtn. Poorva Nimkar and Ann Aarti Nimkar.

Club Secretary Rtn. Deepali Dholakia surprised the ladies with heartfelt Women's Day messages from their husbands, while Rtn. Mansi Rana and the Nimkar squad treated everyone to a delicious menu.

First Lady Ann Shruti Bharal beautifully read out the lovely messages, adding a touching moment to the celebration.

The day ended with a pre-Holi celebration, which the Cosmo ladies enjoyed wholeheartedly. A huge thank you to everyone involved for making this Women's Day celebration unforgettable!



SUDAMA NI JHOLI: RCBC'S MONTHLY SERVICE PROJECT

On March 9th, RCBC visited Kushnapara village, Sindhrot, to distribute a month's worth of groceries to 27 widows. We are deeply grateful to Rtn. Jeetmanyu Vin and Ann Mira Vin for their generous donation, making this project execution smooth. Special thanks to Rtn. Arpit Bharal, Rtn. Vijay Vora, Rtn. Maulesh Dholakia, Rtn. Jeetmanyu Vin, Ann Mira Vin, and Rtn. Deepali Dholakia for their presence and unwavering support. Together, we are making a difference in our community!



CREATING SMILES (HAPPY SCHOOL)

Rotary Club Baroda Cosmopolitan (RCBC) brought smiles to approximately 300 students at Jaspur Primary School on March 10th!

We distributed oil pastel colours and Aqua Magic colouring kits, filling the school with joy and creativity. We are Grateful to our donors Rtn. Rajvi Makol and Ann Nidhi Makol for their generous contribution.

Rtn. Deepali Dholakia introduced the students to Rotary Club and its activities, while Rtn. Vijay Vora shared valuable insights on Rotary's 4-Way Test.

We are thankful for Interactor Aishwarya's presence, who announced an upcoming WASH Session at the school on March 19th. Special thanks to Rtn. Vijay Vora, Rtn. Arpit Bharal, Rtn. Deepali Dholakia, and Interactor Aishwarya Rao for their support and making this event a success!



HUMF

Our monthly Healthy Uterus Mother Foetus (HUMF) service project was successfully organized on March 10th at Padra.

We distributed 50 packets of nutritious Khajur-Chana to newly delivered mothers and pregnant ladies, promoting healthy motherhood.

We extend our heartfelt gratitude to our generous donors, Rtn. Neerav Goswamy and Ann Smita Goswamy. Special thanks to Rtn. Vijay Vora, Club Secretary Rtn. Deepali Dholakia, and Interactor Aishwarya Rao, Vice President of Interact Club of AVV Cosmopolitan, for their presence and unwavering support. Together, we're making a difference in the lives of mothers and mothers-to-be!



ROTARY WASH AMBASSADOR PROGRAM AT JALARAM SCHOOL

As part of the Rotary District 3060's initiative, our club organized a successful WASH (Water, Sanitation, and Hygiene) awareness session at Jalaram School for students of grades 5-8.

The program, which is part of the Rotary WASH Ambassador Program, aimed to promote hand hygiene, safe drinking water, and sanitation awareness among students. The session was conducted on 11th March by Interact Club of AVV Cosmopolitan and was well-received by the students and school staff.

Through interactive awareness sessions, they empowered the students with life-saving hygiene practices, emphasizing the importance of washing hands, proper sanitation, and safe drinking water.

We thank the management of Jalaram School, Club Secretary Rtn. Deepali Dholakia, Rtn. Vijay Vora, Interact President Intr Shikha Dholakia, Interact Vice President Intr Aishwarya Rao and Interact Functional Chair Intr Navya Dave, for their presence and support.





RCBC RECOGNIZES YOUNG TALENT CERTIFICATE DISTRIBUTION

On March 11th, Rotary Club of Baroda Cosmopolitan (RCBC) proudly awarded certificates from the District, to the winners of the 4-Way Test Essay Competition held at Sharad Kanya School. The competition took place on February 7th wherein 50 enthusiastic students from Gujarati and Hindi mediums had participated. The Essays were judged by Club Service Project Chair Rtn. Hirna Shah.





RCBC MOVIE NIGHT FELLOWSHIP

Our Rotary Club Baroda Cosmopolitan (RCBC) organized a Movie Night Fellowship on March 14th at PVR Cinema! Approximately 45 Cosmotarians joined in for the thrilling movie, The Diplomat - which was based on a true story. Kudos to President Rtn. Arpit Bharal and Rtn. Vishal Parikh for meticulously planning the fellowship along with refreshing interval treats! As always, it was an unforgettable evening of fun, friendship, and fellowship!



ROTARY WASH AMBASSADOR PROGRAM AT KRUSHI PRIMARY SCHOOL, ITOLA

As part of the Rotary District 3060's initiative, our club organized a successful WASH (Water, Sanitation, and Hygiene) awareness session at Krushi Primary School for students of grades 5-8.

The program, which is part of the Rotary WASH Ambassador Program, aimed to promote hand hygiene, safe drinking water, and sanitation awareness among students. The session was conducted on 18th March by members of Interact Club Of AVV Cosmopolitan and was well-received by the students and school. Through interactive awareness sessions, they empowered the students with life-saving hygiene practices, emphasizing the importance of washing hands, proper sanitation, water conservation and safe drinking water.

We thank the management of Krushi Primary School, Club Secretary Rtn. Deepali Dholakia, Rtn. Vijay Vora, Interact President Intr Shikha Dholakia and Interact International Relation Chair Intr Krishiv Nimavat for their presence.



RCBC RECOGNIZES YOUNG TALENT @ KRUSHI PRIMARY SCHOOL (CERTIFICATE DISTRIBUTION)

On March 18th, Rotary Club of Baroda Cosmopolitan (RCBC) proudly awarded certificates from the District, to the winners of the 4-Way Test Essay Competition held at Krushi Primary School, Itola, on February 6th. Out of them, one student's essay caught everyone's attention as he mentioned about the history of 4 Way Test, which many of the members weren't aware of. The student was asked to read out his essay to all the school students during certificate distribution on 18th March. The Essays of Itola School were judged by Ann Rupal Buch. Grateful to Rtn. Vijay Vora, Club Secretary Rtn. Deepali Dholakia, Intr Shikha Dholakia and Intr Krishiv Nimavat for their presence and support.



CREATING SMILES 2.0 (HAPPY SCHOOL)

Rotary Club Baroda Cosmopolitan (RCBC) and Interact Club of AVV Cosmopolitan, brought joy to the students of Class 7th & 8th of Jaspur Primary School, on March 19th!

We distributed tiffin's to Class 7th students and water bottles to Class 8th students, filling their hearts with gratitude! A huge thank you to our generous donors, the Dholakia family and their anonymous friends, for making this possible! The students proudly presented Rotary's 4-Way Test in Gujarati, witnessed by Rtn. Deepali Dholakia and Rtn. Vijay Vora. Special thanks to our enthusiastic Interactors - Intr Shikha Dholakia, Intr Krishiv Nimavat, and Intr Navya Dave - for distributing the gifts and supporting this initiative!

Together, we're creating smiles and making a difference!



ROTARY WASH AMBASSADOR PROGRAM

As part of the Rotary District 3060's initiative, our club organized a successful WASH (Water, Sanitation, and Hygiene) awareness session at Krushi Primary School for students of grades 1-8 on 19th March. The program, which is part of the Rotary WASH Ambassador Program, aimed to promote hand hygiene, safe drinking water, and sanitation awareness among students. Led by members of the Interact Club of AVV Cosmopolitan, the session emphasized hygiene practices and water conservation through interactive activities. We thank the management of Jaspur Primary School, Club Secretary Rtn. Deepali Dholakia, Rtn. Vijay Vora, Interact President Intr Shikha Dholakia, Function Committee Co-Chair Intr Navya Dave and Interact International Relation Chair Intr Krishiv Nimavat



WASH DRAWING COMPETITION

RCBC organized a drawing competition on 21st March, at Jalaram Primary School, as a part of the WASH session on the topic "भारी व्यक्तिगत स्वस्थानी आदतो" (My Personal Hygiene Habits).

The competition was organised in collaboration with Interact Club of AVV Cosmopolitan. Students of Class 5-8 expressed their creativity by illustrating good hygiene practices like washing hands, nail trimming, bathing, and maintaining cleanliness. Through their artwork, they highlighted the importance of personal hygiene in daily life. The competition aimed to spread awareness and encourage students to adopt healthy habits. Competition will be judged by Rtn. Poorva Nimkar. Congratulating all the participants for their wonderful efforts!





UPCOMING EVENTS

29 th March	WASH Ambassador Session at Sindhrot Primary School
29 th March	4 Way Test Essay Certificate Distribution at Sindhrot Primary School
1 st April	Prize Distribution of WASH Drawing Competition at Jalaram School
5 th April	Sudama ni Jholi
6 th April	Closed Body Meeting
11 th April	Food Treasurer Hunt 'BEAT THE HEAT'
Coming Soon	HUMF
Coming Soon	WASH Ambassador Session at Maa Bharti Primary School
Coming Soon	4 Way Test Essay Certificate Distribution at Akota Primary School
26 th April	IYE Farewell Party

The **FOUR** Way Test

- 1** Is It **TRUTH**?
- 2** Is it **FAIR** to all concerned?
- 3** Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4** Will it be **BENEFICIAL** to all concerned?

Birthdays

Rtn. Nishit Jiwan	1st April
Ann Dr Shwetali Baviskar	1st April
Ann Monal Jiwan	4th April
Annet Ria Shah	5th April
Annet Kaavya Patel	5th April
Rtn. Kartik Baviskar	9th April
Annet Sia shah	11th April
Rtn. Vishal Parikh	21st April
Annet Janvi Shah	21st April
Rtn. Kartik Shah	25th April
Annet Shaurayaraj Patel	29th April

Anniversary

Rtn. Kartik and Ann Dr Shwetali Baviskar	20th April
Rtn. Rajvi and Ann Nidhi Makol	29th April