



UNITE FOR GOOD



ROTARY CLUB OF BARODA
COSMOPOLITAN

RCBC BULLETIN
2025-26
ISSUE NO. 3

MAITREE

FRIENDSHIP WITH FELLOWSHIP

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THE FOUR WAY TEST
OF THE THINGS WE THINK, SAY, DO

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIP**?
- 4 Will it be **BENEFICIAL** to all concerned?

RI DISTRICT 3060 - CHARTER NO. 51327 - CHARTER DATE 17/06/98



Dear Fellow Cosmotarians,

If last month's bulletin was a burst of colour, this one is a full-blown fireworks show!

What a month it's been - packed with service, celebration, and stories that shine brighter than a Navratri night!

We've had our busiest and most fulfilling stretch yet — with RCBC members leading meaningful projects, touching countless lives, and proving once again that when it comes to making a difference, this club doesn't just show up, it shows off (in the best way possible!).

From annets and members pushing their limits in fitness and spirit, to those who took the stage — or the spotlight — to inspire us all, this issue celebrates those shining moments that make us beam with pride.

And of course, what's a Maitree without a little mischief? This edition brings you more Titbits and Trivia, a dose of Rotary Horoscopes, and glimpses of Navratri magic — the RCBC way, where every garba step and every project beat in perfect rhythm.

So grab your chai, flip through these pages, and relive a month that had it all — purpose, passion, and plenty of sparkle.

With warmth, wit, and endless cheer,

Ann. Ulka Patel - Bulletin Editor 2025–26





NANHI DRASHTI - 3RD EDITION

RCBC proudly carried out the third edition of its flagship eye check-up camp, Nanhi Drashti, at Satya Narayan School, Samta, Vadodara.

62 students of Grade 9 were screened during the camp.

25 children were identified as needing spectacles.

7 children were administered eye drops to treat infections.

The initiative once again highlighted RCBC's commitment to safeguarding the health and vision of young students — ensuring that no child's learning is hindered due to poor eyesight.

A heartfelt thank you to Rtn Vijay Vora for his presence and encouragement at the camp.

With each edition, Nanhi Drashti continues to brighten young futures — one pair of eyes at a time.



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EVENTS THAT SHAPED US



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TRAFFIC SAFETY & AWARENESS TALK

RCBC successfully organized an awareness session on Traffic Safety at Jalaram School, aimed at instilling the importance of road discipline and safe practices among young students.

The session was led by RTO Officer Chetanbhai, whose impactful and interactive presentation kept the students engaged and left a strong impression. To extend the learning beyond the classroom, informative flyers were also distributed — encouraging children to take the message home and share it with their families.

A special thank you to Rtn. Deepali Dholakia for her presence and constant support in making the initiative a success.

Through such programs, RCBC continues to empower the next generation with knowledge that not only protects them but also helps create safer roads for all.





EVENTS THAT SHAPED US



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AWARENESS SESSION ON MENSTRUAL HEALTH & HYGIENE

RCBC organized an informative and interactive session on Menstrual Health and Hygiene at Baliyadav Vidhya Mandir, Itola.

The session was conducted by Dr. Chaitali Patel, who spoke on the key aspects of puberty and menstrual hygiene in a simple, relatable, and engaging manner. The atmosphere was open and encouraging, allowing the girls to participate wholeheartedly — asking questions, clearing doubts, and sharing their thoughts without hesitation.

Nearly 150 girls from Std. 6 to 12 benefitted from the talk, leaving better informed and more confident to manage this important phase of their lives.

With such initiatives, RCBC continues to spread awareness, break taboos, and empower young girls with knowledge that will stay with them for a lifetime.





EVENTS THAT SHAPED US





SUDAMA NI JHOLI SHARING WITH SMILES

Under its flagship project Sudama Ni Jholi, RCBC distributed 25 grocery kits to selected parents of children of Arpan Charitable Trust.

This small gesture of care and compassion brought warmth and relief to the families, reinforcing our club's commitment to serving the community with heart.

A special note of gratitude to Rtn Arpit Bharal, whose generous contribution made this initiative possible. He graced the occasion along with his father, adding even more meaning to the act of giving. We also thank Rtn Ami Shah for her presence and support. 🙏

Sudama Ni Jholi continues to be a reminder that service, when shared with love, multiplies joy. 💙



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EVENTS THAT SHAPED US



UNIFORM DISTRIBUTION AT VELAM PRIMARY SCHOOL, JAMBUSAR

On 22nd September, RCBC carried out a heartwarming initiative by donating three pairs of uniforms to each of the 63 children of Velam Primary School, Jambusar. The sets included two pairs of regular school uniforms along with one pair of sports track pants and a t-shirt.

Though small in size, the school put together a wonderfully warm and well-organized function to mark the occasion. The program began with the traditional lamp lighting ceremony and a soulful prayer song by the students, and was further dignified by the presence of local government officers.

The highlight of the day was the sparkle of joy — the priceless smiles on the children's faces as they proudly wore their new uniforms. ✨

A heartfelt thank you to Rtn Prakash Masand for thoughtfully planning and executing this meaningful project. 🙏



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EVENTS THAT SHAPED US



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HUMF - SUPPORTING MOTHERS, NURTURING FUTURES

Today, RCBC continued its impactful flagship project HUMF with the distribution of nutritional kits to 25 pregnant women at the Urban Primary Health Centre, Akota.

The initiative aims to ensure that expectant mothers receive the nourishment they need during this vital stage of life, promoting both maternal health and healthy beginnings for their babies.

A warm thank you to Rtn Ami Shah for her support and gracious presence at the event.

Through HUMF, RCBC reaffirms its belief that strong mothers build stronger communities.



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DAILY ESSENTIALS KITS DISPATCHED TO PUNJAB

On 15th September, District 3060 extended timely relief by sending daily essentials kits to families affected by the devastating floods in Punjab.

RCBC is proud to have contributed ₹60,000 towards this noble cause, standing in solidarity with those in need during this difficult time.

A heartfelt thank you to Rtn Milap Parekh, Rtn Dr. Maulesh Dholakia, and Rtn Kartik Baviskar for their generous donations and support in making this contribution possible.

Through collective action, we reaffirm that together, we can bring comfort and hope where it is needed most.



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ESSAY COMPETITION ON ROAD SAFETY

RCBC organized an Essay Competition on 'Road Safety' for students of Grades 5–7 and Grades 8–10 at Jalaram Vidyalaya on 20th September.

The competition followed an impactful talk by an RTO Inspector held earlier on 12th September — allowing students to reflect on what they had learned and express their understanding creatively.

Nearly 60 students participated enthusiastically, penning thoughtful essays on safe driving habits, traffic rules, and civic responsibility. The event was graced by our Vice-President Rtn. Deepali Dholakia, whose presence encouraged the young writers.

The essays will be evaluated by Rtn. Vijay Vora, and prizes will be awarded to three winners from each group next week.





GOOD TOUCH - BAD TOUCH AWARENESS

RCBC hosted Awareness Session on Good Touch & Bad Touch at Surbhi Blind Girls School

Today, RCBC organized an enlightening session on Good Touch & Bad Touch at Surbhi Blind Girls School. The session was led by Ms. Sonal Bhavsar, who engaged the students through interactive and thoughtful activities, ensuring the topic was both educational and impactful. The girls actively participated, gaining valuable insights on personal safety and awareness.



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EVENTS THAT SHAPED US



SECOND CLOSED BODY MEET

The second Closed Body Meeting of RCBC took place today at the elegant NEXA Showroom, Kalali, hosted by Rtn Alpa & Rtn Suket Jain.

All points on the agenda were discussed in detail, with valuable inputs from members. The minutes of the meeting will be circulated shortly for everyone's reference.

A big thank you to Suket and Alpa for their warm hospitality and excellent arrangements, and to all members for their active participation and presence.

Meetings like these remind us that strong discussions and collective decisions are what keep RCBC moving forward with vision and purpose.





ROTARY YOUTH EXCHANGE 2025-26

SHIKHA DHOLAKIA - OUTBOUND STUDENT TO TAIWAN

Watching her friends go on Rotary Youth Exchange inspired Shikha Dholakia to dream of her own journey abroad. Now, as she prepares to spend a year in Taiwan, her story is one of excitement, gratitude, and the joy of representing India on a global stage.

“The idea of spending an entire year away from home, exploring a new country, living like a local, and sharing India’s rich and diverse culture really drew me in. I knew I wanted to be a part of it.”

From the moment she was selected, Shikha embraced the whirlwind — starting an Instagram series that unexpectedly went viral, crossing 3.6 million views and garnering immense support from people across India. Through her posts, she’s documented the preparations, struggles, and little joys leading up to her exchange.

She has already connected with her host family in Taiwan, who have warmly welcomed her, and she feels comforted knowing she has a second home waiting. She’s also bonded with other exchange students from around the world, already experiencing the beauty of Rotary’s global family.

Contrary to popular belief, Shikha notes that exchange is not just a vacation. “We’re representing our whole country;





how we talk, act, and share our culture really matters.” She will be taking Chinese literature as a subject and has already begun learning Mandarin with the help of a tutor — a challenge she is embracing with enthusiasm.

Above all, Shikha expresses deep gratitude: “This exchange means a lot to me. The fact that it’s actually happening still feels a bit unreal. I want to thank my parents for supporting this little dream of mine, and I’m grateful to District 3060 and the Rotary Club of Baroda Cosmopolitan for believing in me and giving me this chance.”

With excitement, a touch of nervousness, and heartfelt gratitude, Shikha is ready to begin this new chapter — one that promises growth, friendship, and unforgettable memories. All the best, Shikha — RCBC is proud of you!





SHINING MOMENTS



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FROM REEL TO REAL: HOW I FINISHED MY FIRST HYROX ~ PAYAL

I had never imagined that I would actually sign up for a Hyrox race. A few months ago, I casually pointed at a reel and told my trainer, “I want to do this.” What followed was a month of sweat, sleds and extra workouts at the gym I signed up especially for hyrox.

Race day in Mumbai was far from perfect. Right from the start, the mind chatter was..... “Wrong shoes”, “not the best attire”, “cramps are kicking in”, “why am I still dehydrated after all that liquid IV”, “why am I tired even after all that carb loading “and to top it off ... I walked into the start tunnel with zero warmup. Not exactly textbook prep and that too after bingeing on a million hyrox reels! The first kilometre nearly broke me. I was parched, panicking and wondering if I’d made a huge mistake.

But then something shifted. As the stations unfolded..... the SkiErg, sled push and pull, burpee broad jumps, rowing, lunges, wall balls..... the runs in between were the longest 1km runs I had ever done..... but still, I found myself oddly smiling through the pain. It felt like I knew all along what I was getting myself into and it was finally coming true. I was getting to do what I love so may as well enjoy it !

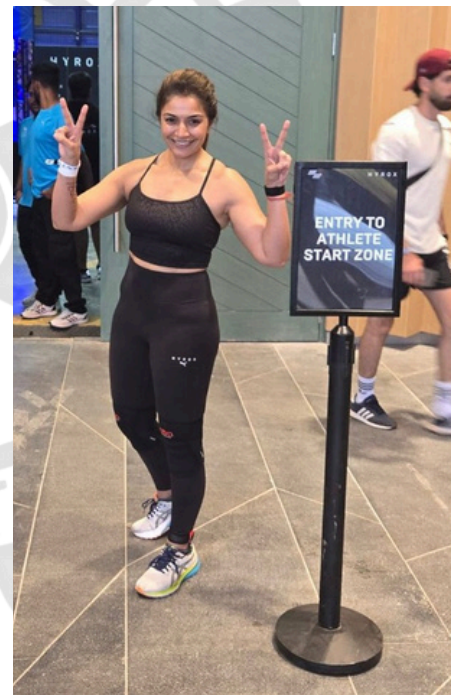




SHINING MOMENTS

I crossed the finish line in 2 hours 16 minutes. Not the fastest, not even the smoothest, but extremely fulfilling. Sometimes I feel like I do this to prove to myself time and again that anything is possible if you put your mind to it and just don't quit.

I'm grateful to my coaches who refused to let me slack. Hyrox reminded me that you don't need perfection, but what you do need is discipline, resilience and a little humour and that's what will carry you across that finish line.





FROM HELL NO, TO HYROX HERO - SMASHING LIMITS AT 50! ~ NEHA

HYROX — a global indoor fitness race combining 8 km of running with 8 functional workout stations — sounded like a hard pass at first. Nearing 50, I'd promised myself "no more competition, no more injuries." But when my trainer said, "Madam, mujhe bharosa hai — ho jayega aap se," something in me decided to trust the process.

The training was tough — early mornings, sore muscles, and a lot of self-doubt. But gradually, the weights felt lighter, and the workouts became something I looked forward to. On race day, with cramps, chaos, and nerves in full swing, I reminded myself of one thing: I wasn't racing others — I was racing the version of me who once didn't believe she could.

I finished my first HYROX Women's Solo in 2 hours 34 minutes, penalty-free! 🎉 It wasn't about perfection; it was about showing up, pushing through, and proving to myself that resilience always wins.

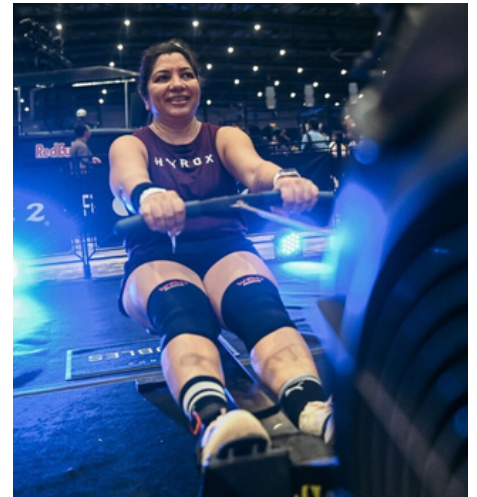
With the unwavering support of my family — Niraj, Riya, and Rishabh — and my HYROX buddies who made every rep count, I achieved my two goals: Finish strong. Have fun.

And yes, I did both — with a smile and a sweaty high-five!





SHINING MOMENTS



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KANKU PAGLA - TRADITION MET TECHNO!

To celebrate the vibrant spirit of Navratri, RCBC members stepped into their festive best for the Kanku Pagla event — a one-of-a-kind Garba experience that brought together devotion, rhythm, and pure Vadodara energy!

This wasn't your regular Garba night — it was a fusion of the old and the new! The traditional Sheri Garba style, reminiscent of village streets, beautifully intertwined with high-energy techno and electronic beats, creating a soundscape that had everyone twirling with joy. From the serene Sandhya Aarti to the powerful beats of Dakla and the breathtaking Maha Aarti under the open sky — the evening was an experience of culture, connection, and collective celebration.

Each member walked away with tired feet, full hearts, and the same thought — this was Garba like never before!





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ROTARY HOROSCOPES

♈ Aries (Mar 21 – Apr 19)

You'll volunteer before you even realize what's happening. By next week, you'll be chairing a committee you didn't know existed.

♉ Taurus (Apr 20 – May 20)

Stubborn as ever, you'll clap last at every speech — not because you disagree, but because you like perfect timing.

♊ Gemini (May 21 – Jun 20)

You'll give two brilliant ideas at the meeting. Sadly, you'll also contradict yourself in the same breath.

♋ Cancer (Jun 21 – Jul 22)

Your emotional vote of thanks will leave half the room teary-eyed... the other half will think you're announcing your retirement.

♌ Leo (Jul 23 – Aug 22)

You were only supposed to light the lamp. Somehow, you ended up giving a keynote speech too.

♍ Virgo (Aug 23 – Sep 22)

You corrected the spelling in the bulletin. Congratulations — you're now the unofficial editor.





♎ **Libra (Sep 23 – Oct 22)**

Forever balancing diplomacy, you'll manage to agree with both sides of a heated debate. Nobody notices you also had no idea what the debate was about.

♏ **Scorpio (Oct 23 – Nov 21)**

Mysterious and intense, you'll reveal a "secret project idea" that everyone already saw in last month's minutes.

♐ **Sagittarius (Nov 22 – Dec 21)**

You'll enthusiastically sign up for three projects, only to end up leading all of them. Typical.

♑ **Capricorn (Dec 22 – Jan 19)**

Your meticulous planning means the event starts on time. Naturally, everyone else still arrives 20 minutes late.

♒ **Aquarius (Jan 20 – Feb 18)**

Your "radical" suggestion will be adopted — but only after five years, when someone else proposes it.

♓ **Pisces (Feb 19 – Mar 20)**

Your dreamy speech about service will inspire the room. Sadly, you forgot it was actually your turn to give the Treasurer's report.

Whatever your sign, in Rotary the stars always align... usually into another committee!





UPCOMING EVENTS - OCTOBER HIGHLIGHTS!

October is looking brighter (and busier!) than ever — so keep your RCBC diaries open and your enthusiasm high!

Distribution of Workbooks

 10th October, Friday | 1:00 PM

 Sardar Vallabhbhai Vidyalay, Ajwa Road

Team Achievers brings smiles and stationery together! Let's join hands to empower young minds with the tools they need to shine.

Sudama Ni Jholi

 12th October, Sunday | 10:30 AM

 Sayaji Baug, Vadodara

Our beloved flagship project returns — spreading warmth, kindness, and care through grocery kits for those in need. Service with a smile never goes out of style!

Diwali Party

 16th October, Thursday | 7:30 PM

 Rtn Ashokbhai's Green Acres Farm

Light, laughter, and loads of sparkle! Join us for an evening under the stars as we celebrate Diwali — Cosmo style. Expect fun, food, and fabulous fellowship!



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BIRTHDAY BELLS & ROTARY RINGS



BIRTHDAYS



1 October	Payal Patel
1 October	Pratiksha Shah
1 October	Hiral Matalia
4 October	Suket Jain
5 October	Avi Patel--Nirav Patel
7 October	Aarti Verma--Jaideep Verma
9 October	Stuti Niral Dave
10 October	Alpa Jain
14 October	Vedant shah--Kartik Shah
20 October	Avi Atul Patel
22 October	Sweta Shah
23 October	Ujjwal Shah--Manish Shah
27 October	Kirti Shah
27 October	Hirna Shah
29 October	Niraj Patel
30 October	Devashree Nimkar--Yogesh Nimkar



ANNIVERSARIES



24 October	Aarti Nimkar - Yogesh Nimkar
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