

# METROPOLITAN



President Rtn Amita Nene Secretary Rtn Rajas Phadke Editor Anna Uday Subhedar

ISSUE 7

## January – Vocational Service Month

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2025

### January Calendar

2- Assembly

9- Young Cyclist PP Mukund

19 Sports Day

23 Vocational Service Project

### January कलायात्री

Rtn Amit Apte, Ann Shilpa Apte

Rtn Milind Sakunde, Ann Rajyashree Sakunde

Rtn Sujata Mhalgi, Anna Jayant Mhalgi

Rtn Harsha Halbe, Ann Pournima Halbe

Rtn Varsha, Anna Girish Bapat



## PRESIDENTIAL – Rtn Amita Nene



**My Dear RCPM family members,**

As we step into the New Year, we also step into the 2<sup>nd</sup> half of Rotary year 24-25. It has been a remarkable half year behind us with a lot of good work, great camaraderie, exceptional friendship and fellowship and heartfelt contribution by all of you with your

amazing ideas, your precious time given and your untiring commitment to our club.

The month of December saw us achieve some feathers in our cap and we made strides towards achieving what we have planned.

It gives me immense pleasure to announce that our club has crossed a significant milestone in its Foundation giving, surpassing the USD 10,000 mark. This achievement not only highlights the generosity of our members but also our commitment to the values of Rotary and the impact we continue to create globally. During the Foundation Seminar, our club was proudly awarded **Rank 3 in the Top Per Capita Annual Fund**, a recognition that speaks volumes about our dedication and collective efforts. In addition, we had the honour of recognizing our two major donors who have shown unparalleled commitment to supporting the Rotary Foundation. Three of our members were also lauded for being among the **Top Donors to the Annual Programs Fund (APF)**. Their contributions reflect the spirit of giving that is so integral to Rotary.

RCPM has reiterated its commitment to Polio eradication by donating to Polio fund and also co-hosting the **End Polio Concert**. This concert brought together the community for a cause that Rotary has championed for

years, and I heartily appreciate all our members who have lent their support to this noble endeavour.

We elected a very able **Nomination Committee** which worked as always towards ensuring a fair and transparent procedure for selecting the leadership of our club for the coming year. The Nomination Committee has worked diligently to ensure that the recommended team for 25-26 reflects the diverse strengths and vision of our club, setting us up for continued success. Let us all wish the Team 25-26 a lot of good luck for planning another great year ahead.

Our **Annual General Meeting (AGM)** was a resounding success. The session was marked by healthy discussions and unanimous decision-making, a testament to the unity and collaboration within our club. It is heartening to see that our members are fully engaged in shaping the future of the club.

Our club meetings were interesting as always. One such heart-warming event was the **Children's Day celebration**, where we witnessed wonderful performances by some grand moms and their grandkids. Additionally, we took a delightful trip down memory lane by recognizing our members through their childhood photos. A very enjoyable evening indeed!

Our **Heritage walk** through Kasba Peth was an eye-opening experience, offering insights into the rich yet unexplored cultural history of our city. It was a reminder of the importance of preserving our heritage and passing it on to future generations.

We wrapped up the year with a **vibrant Christmas celebration event**, learning and tasting some amazing

mock tails, followed by a lovely experience sharing session by Annet Farad.

As we look forward to the months ahead, let us continue to build on the strong foundation we have laid together. You all have given your best to RCPM so far, and with the continued support of each one of you, I am confident that we will achieve even greater heights in the coming months.

Thank you for your dedication, generosity, and unwavering commitment to RCPM. Let us continue to strengthen our bonds and continue to make a difference in our community.

I wish you all a very purposeful, meaningful, gratifying year ahead. May you achieve greater heights and success in all your endeavours and your callings. Together we will all achieve more!

With lots of warm wishes,

**Rtn Amita Nene**

**President RCPM RY 24-25**

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## RCPM PROJECTS

On December 2<sup>nd</sup>, a session was conducted by Ann Ashwini Joshi on behalf of RCPM on "Time Management" for the students of Renuka Swaroop Vocational Institute.

म.ए.सो.  
रेणुका स्वरूप इन्स्टिट्यूट ऑफ करिअर कोर्सेस  
आणि  
रोटरी क्लब ऑफ पुणे मेट्रो  
यांच्या संयुक्त विद्यमाने  
प्रशिक्षणार्थीसाठी कार्यशाळा  
विषय  
"Time Management: यशाची गुरुकिल्ली !"  
वक्त्या- मा. अश्विनी जोशी  
(Rotary Club of Pune Metro)

सोमवार,  
2 डिसेंबर 2024  
वेळ - दु. 12.30

मएसो भाचे प्राथमिक शाळा हॉल  
सदाशिव पेठ, पुणे.



On December 7<sup>th</sup>, Team Youth had planned a day for Youth Engagement Activities on 7th Dec at our new interact school – Poona School for Blind, Koregaon Park. Students from Mansukhbhai Kothari School also joined this activity. For them visiting a school for blind and spending a day jointly with blind students was itself an interesting and enriching experience. Interesting activities by Rtn Vrunda Walimbe, percussion session with drums, self-defence session and meditation session by our own Rtn. Anagha Joshi were successfully conducted on this occasion.

Convener PP Rtn Altaf and co convener Rtn Aparna planned the day meticulously. Our ex member Rtn Pradnya was a great support for this activity.



- Rtn Anagha Joshi

On December 13<sup>th</sup>, a special event was planned under Rotary School of Pune Metro RY 23-24 Happy School Project at PMC School (Pathare) in Kharadi.

Rotary Club of Pune Metro, with the help of a generous CSR grant from Atos Prayas Foundation, completed the third and final school's infrastructure and e-learning systems upgrade project at the Kharadi School and formally handed over the project to the school today.

A spacious toilet block for girl students, 12 additional wash basins, underground and overhead water tanks, repair and rejuvenation of a bore well with new pump, electric and water piping systems, drinking water purification and storage system with secured installation, piping to bring in PMC, bore well, and tanker water supply into the newly constructed underground water tank were some of the civil work components completed at this school. Additionally, 11 new e-learning systems, a desktop computer and two printers, large maps for each classroom, and meeting room chairs are also provided.

Approximately, Rs. 28.5 Lakh worth infrastructure and educational system upgrades are provided to the Pathare School that will benefit over 1,300 students who largely come from economically weaker communities.

RCPM 23-24 President Surekha Deshpande, PP Seema Deshpande, and Service Project Director Reshma Sambare were joined by Atos Prayas Foundation members: Delcy Ajit, Deepti Bandisode and Rajani Karkad. Hon. MLA Bapusaheb Pathare was the chief guest of the program and was accompanied by his colleagues who are active in the Kharadi community.

Contractor Pharate, Principal Kadam Madam, Principal Ghodke Madam, and entire team of teachers and staff organized and conducted the handover function flawlessly.

RCPM completed and handed over the first two phases of this project at PMC School in Khulewadi and Blind Girls' School in Kothrud in June 2024.

- Rtn Reshma Sambare





On December 16<sup>th</sup> a group from RCP Metro (Pres Amita, Rtn Sunil, Ann Anagha Gokhale, Rtn Prerana, PP Mukund, Ann Yogeshree and self) visited 14 Trees Foundation (14TF) site near Rajgurunagar.

14 Trees Foundation is an NGO that is on a mission to convert barren hills in Ambegaon and Khed Talukas to green forests. **Thus far they have planted 250,000 trees over 1500+ acres of land.** Kudos to Pravin Bhagwat, the founder of 14TF for what they have achieved in terms of demonstrating at scale the concept that barren hill tops/slopes with degraded soil can be converted into evergreen forests without any external inputs (water, fertilizer etc.). Water, is the input that is most in short supply. 14 TF provides for that through rainwater harvesting. In the project area, eighty-five ponds have been dug up that store rain water throughout the year. After planting the saplings, local tribal employed by 14 TF, take care of watering and other care for three to four years. This results in very high survival rates for the saplings (90+ %). In the process, 14TF is also able to provide employment to the locals who have become partners in the development process.

During our visit, Pravin shared with us his vision and how he has gone about expanding the scope of 14TF that started with a four-acre plot. According to Pravin this was his first experiment that has turned once barren, degraded patch of four acres into a lush green forest with huge biodiversity. The journey was not easy as there were many road blocks, but through perseverance, they have succeeded. Once the initial success was obtained on the first four acres, 14TF scaled up the model to 1500+ acres!! When you walk around the site (which we did pretty much the entire morning) you can see how the landscape has begun to change.

During Rotary Year 2020-21 we had created a Rotary Grove where we had provided support to plant 139 saplings. We also visited the Rotary Grove. **The saplings are all alive and have**

grown well despite the harsh environment that the plants experience. This is testimony to the care that 14TF team takes of the trees. Earlier the farmer who owns that land used to routinely burn the grass. 14TF team has convinced him to stop doing so. As a result, the tree cover in the adjoining area belonging to Forest Department too has improved. This is a benefit that was unanticipated but is there to see now.

Ours was the first Rotary Club to support this effort. After our support, several Rotary Clubs from our District have also supported 14TF.

Considering the success of our initial support to 14TF, I feel we should take up supporting this activity on an on-going basis. Besides supporting a very worthy cause that furthers two of the Rotary focus areas, outing to the 14TF is also a very enjoyable and fulfilling experience. There is also an interesting story behind the name 14 Trees Foundation. But to hear that story you will have to visit the site to hear it from Pravin himself.



- President Amita Nene

In one of the unique developments in this month, we have received Charter for our RCC - Rotary Community Corps of Phalode Metro

Our RCC will be functioning in Phalode Village Cluster to sustain and carry forward the work accomplished under GG Phalode.

Great work by Projects Director Anjali ..... towards formation of this RCC.



## RCPM MEETINGS

### AGM 5 Dec 2024

It was a well organised and crisp AGM, with apt points put up for discussion and effective participation by all members who presented their views. The result was some essential decisions being reached with consensus.

All members showed their commitment towards the long term wellbeing of our club. It was a very healthy and stimulating AGM proceedings.

The BOD for RY 2025-26 was formally announced in the same meeting.



--Anna Uday Subhedar

## Pune Heritage Walk by Rotary Club of Pune Metro

On 22 December 2024, Rotary Club of Pune Metro had organised a Pune Heritage Walk in Kasba Peth, Pune. The day started with a lovely breakfast at Gandharva Hotel followed by a truly wonderful and historical tour of the by-lanes of Somwar Peth and Kasba Peth.

It was very ably guided by truly passionate historian, knowledgeable about the and Pune in general. Mr profession to dedicate his history of Pune. He learnt script as a lot of history is He has published books which is a monochrome



**Mr Mandar Lawate**, a who was very history of the temples Lawate left his life to research the Farsi and the Modi written in Modi script. like Pune Ekekali memoir of Pune,

Takachi Modi Patre and Punyachi Smaranchitre Shatakapurvi V Aata. Due to his vast knowledge Pune's rich heritage was brought alive and the walk became even more enjoyable. Along the way he also shared various snippets about the Peshwas and other temples in Pune. What a great introduction by Bhushan .....

The day started at the **Trishund Ganpati temple** in Somwar Peth. It is a beautiful decorative temple in the middle of Pune and what a gem! Each carving on the temple has a story to tell from depicting the British capturing Bengal and Assam through carvings of British soldiers and the rhinoceros cleverly representing Assam to Goddess Laxmi's abhishek by elephants and the dwarpaals guarding the door to the temple. Even the outer walls around the temple had carvings of Natraj and a Shivalinga. The Shivalinga, one of its kind, represents a fascinating story of the power struggle between Vishnu, Brahma and Shiva.



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Shiva (represented by the ling and appears in the story as a pillar of light) challenges Brahma and Vishnu to find the source of the light. Vishnu assumes the form of the Turtle to search below Shiva's feet and Brahma becomes a swan to fly above Shiva's head. Both fail in their mission to find the source and accept the supremacy of Shiva.

Our next stop was at the 700 years old **Nageshwar Temple** which exists since the time of Sant Dnyaneshwar and Tukaram. The sabha mandap has an intricately carved ceiling and an idol of Nandi. Inside the sanctum is the sacred Shivalinga.



We then proceeded to the **Juna Kalbhairav and Yogeshwari** temple which is considered to be a jagrut devasthan. It is one of the oldest temples in Pune.

The other temples we visited were

- The **Navkal Bhairavnath Temple** which has the idols of Bhairavnath and Yogeshwari on a horse.
- In the **Suryamukhi Siddhivinayak Mandir** the idol of Ganpati is sitting on the floor and the idols of Ganpati and the Shivalinga are carved from the same stone.
- The **Gundacha Ganpati** which is another jagrut devasthan.

These temples are a small snippet of our rich heritage. At the end of the morning all of us were left wanting more and making plans for our next visit to Kasba Peth. It was an eye opener that there is so much history at our doorstep and although we have lived in Pune for most of our lives we are unaware of our rich history.

So, three cheers to the Rotary Club of Pune Metro for organising this wonderful event.

--Rtn Dr Amruta Hiremath

## On December 26<sup>th</sup>, RCPM had its X Mas party.

Everyone loves a party setting.... All the 48 members of the RCPM family who were present today definitely do so!!

And what a fun time for one and all.... We had the perfect bartenders today to give us the most classy mocktails demo. And each of their 3 creations were worthy to be on the menu of any chic restaurant. 3 cheers to Yogeshree and Makarand. They really went great lengths to give us this fancy pampering experience.

Varad's conversation with the audience was easy flowing, engaging and intriguing. His talk was full of freshness and his passion to do something different in life was for all to see. It was fun listening to some of his quirky experiences as he grew alongside his business.

Dinner Menu was delicious and totally apt for the Christmas - New Year setting.

The Christmas decoration by Shubhada J and Ananya was very cheerful and peppy.

It was a vibrant joyful evening for each one of us... Loads of applause once again to the Programs and Fellowship teams!

During the same meeting Major and Significant Donors were recognised and also birthday and anniversary celebrations of Decembers were also made.

-- President Amita Nene







## RCPM NEWS

- Ann Radhika Keskar lost her father during this month. RCPM family is deeply saddened by this loss. We pay our heartfelt condolences. May his love and memories stay with Keskar family forever.
- PP Mukund Chiplunkar successfully completed the 3444 km Cycling Team Journey.



- Tejas Mhalgi completed the Sinhadgad –Rajgad –Torna 53km grueling marathon in 10 hrs 45 min ranking 25<sup>th</sup> in the grp of 293...
- RCPM congratulates proud Parents Ketaki & Varun Joshi, and proud Grandparents Neelkanth & Shubhada in welcoming BABY Aayushi
- PP Sneha & Uday Subhedar performed at the International Fellowship of Rotarian Musicians Quarterly event. Sneha's poems were published in their maiden bulletin



-Anna Uday Subhedar

## परफॉर्मन्स..

अप्पा बळवंत चौकाजवळच्या नूमवि शाळेमधली सर्व जागा, प्रेक्षकांनी तुडुंब भरली होती. त्या दिवशी भीमसेन जोशी यांचे गायन आणि नंतर हरिप्रसाद चौरासियांची बासरी, अशा कार्यक्रमासाठी रसिकांनी गर्दी केली होती. कार्यक्रम करण्याआधी, भीमसेनजींनी स्टेजवर त्यांच्या शेजारी बसलेल्या, एका पांढरा कुर्ता घातलेल्या तरुणाची ओळख करून दिली. तो पण भीमसेनजींना तबला साथ करणार होता.



भीमसेनजी यांनी आधी बडा ख्याल आणि एक रचना सादर केली. त्यानंतर सुरु झाली ओघवती अभंगवाणी. त्यातही नवा तबलजी टिकून होता. बहारदार अभंगवाणी नंतर दहा मिनिटांत मध्यंतर झाले.

पुढच्या कार्यक्रमासाठी स्टेजवर हरिप्रसादजी आले. त्यांना तबला साथ पण तोच नवा तबलजी करणार होता. तेव्हा आम्ही सवाई मधलं गाणं ऐकून जेमतेम वाद्य संगीत, जरासा जास्त कान देऊन ऐकायला लागलो होतो. कार्यक्रम सुरु झाला आणि काही मिनिटातच मैफल जरा सरसावून बसली. कारण तबलासाथ खरोखर रंगत भरू लागली. मुक्तपणे डोकं हलवून मैफिलीचा रंग अधिक गहिरा करणाऱ्या, या तरुण तबला वादकावर पुण्यातली सगळी जनता एकदम फिदा झाली. असा उन्मुक्त तबला याआधी जणु ऐकायलाच मिळाला नव्हता.



तबलावादक मैफिलीत असतात, पण त्यांचं अस्तित्व, साथीच्या रेषेच्या आतच असते. हरिजींना साथ करणारा हा तरुण, वादनातल्या बारकाव्याने श्रवणीय प्रदर्शन करत होताच. पण त्याच बरोबर, हरिजींच्या वादनाला अगदी सहजपणे साथ देऊन, एकूण वादनाचा आनंद स्वतः सुद्धा घेत होता. उपस्थित प्रेक्षक या तरुणाचे एकाच झटक्यात चाहते बनून गेले.

हा तरुण म्हणजे तबला नवाज अल्लारखा यांचे सुपुत्र, झाकीर होते. त्याच्या कुरळ्या, वैशिष्ट्यपूर्ण केसांमुळे जास्त लक्ष वेधले जात होते. हरिजी मधेमधे झाकीरला त्याचं वादनकौशल्य दाखवण्यासाठी मुक्त सोडत होते. नंतर नंतर तर ते सुद्धा त्याचं वादन स्वतः एन्जॉय करत होते. एकदा तर वाटलं की कार्यक्रम नक्की कुणाचा सुरु आहे? पण कार्यक्रमाची रंगत झाकीरने चढती ठेवली होती. कार्यक्रम सुरु होताच काही मिनिटांत तरुण झाकीरने सगळ्यांचे हृदय काबीज केले होते.



मुख्य कलाकाराच्या वादनात बहत करुनही, स्वतःचं कौशल्य दाखवणाऱ्या या नव्या दमाच्या तबला वादकाला, पुणेकरांनी तेंव्हापासून मनापासून कायमचं आपलसं करुन टाकलं. हा झाकीर हुसेन यांचा पुण्यामधला पहिलाच परफॉर्मन्स होता.

-अण्णा राहुल जोशी

# MY WILDERNESS SAFARI IN ZAMBIA

When my Rotary friend Anil Damle informed me about his intended visit to Zambia in August 2010 for Wild Life safari, I immediately registered for the trip. I had been to Kenya and South Africa for Wild life safaris a few years ago as a tourist but Anil promised that this will be different – stay in the Wilderness in Huts, walking around for few tourists.



Another major destination-camp at Kafue remote area of Mcbride and his have spent last and research on known world famous books on **White Lions**. Spending four family and go with safari' in the highly exciting and time tour was 12 persons - age group 25 to



attraction was our called McBrides' Bush National park in a Zambia. Mr Chris wife Charlotte 50 years in study Lions and are over for their days with McBride him for 'Walking wilderness was enticing. By the finalized, we were including 6 Ladies 75.



Visiting Africa is always filled with uncertainties about the travel. Although it creates anxiety, it also throws up many challenges and can be persons had days early 'Great Kenya and



exciting as well. 10 from our group planned to go 3-4 to witness the Migration' in Victoria Falls in Zambia and two of us myself and Rtn Ajit Damle were to join them at Lusaka ( Zambia's capital) at a specified date and time. We were to travel Mumbai – Nairobi- Lusaka by Kenya Airways. As it turned out, Kenya airways flights to Mumbai were getting delayed during those days

and we learnt about it 2 days prior to our date of travel. This meant that we would have missed connecting flight to Lusaka and miss our group departure from Lusaka to Jungle camp. Going 1 day earlier and spend the day at Nairobi was not a very attractive proposition (apart from extra cost).

As we were trying to resolve this dilemma, idea came about reaching Lusaka 1 day earlier going via Johannesburg by South African Airways. I recollected suddenly that one of my colleague in my firm Unique Systems Baroda office is in Lusaka and managed to inform him about our possible stay for 1 day at Lusaka. We rearranged our route which resulted in spending about Rs 10,000 extra but ensured our full stay at McBride camp for which we were going and helped us to understand the normal life of working in Lusaka.

Our day 1 at Lusaka was well spent with Mr Nitin Agashe who works as a Director of a Textile mill in Zambia. I was able to understand the dangers faced by the Indians staying in Africa. I

also  
few  
Indians,  
their  
played



met a  
visited  
club,

badminton & table tennis, nice fellowship and a dinner with an Indian family from Pune. A little bit of enterprise and quick decision making converted our problem into an opportunity. Since most of the Indians I met were professionals, they were also very happy to interact with us- myself & Ajit Damle- a Chartered Accountant in Practice.

Next day, our  
other team  
members  
reached Lusaka  
as scheduled  
and our car  
journey began.  
We purchased



snacks, Fruits, cold drinks on way from a departmental stores (like India) and headed for a place called Mumbwa which is about 3 hours' drive on a highway which was better than any Indian highway. As happens in any journey, one of our 3 vehicles developed Battery problem and took almost 3 hours to get it rectified at a small town. Our wait in our cars was quite frightening with a number of black persons moving around with curiosity.

After Mumbwa, the road to our camp was through a deserted Jungle area with hardly any help in case of a breakdown. We were all tense and nervous and were reluctant to get down anywhere on the road, lest we will be late and not reach our destination before late evening. Most of Zambia has bush type jungle (not Amazon type wooded jungle) with occasional cluster of trees and greenery. Since animals go back to their rest places as the evening descends in the jungle, we were not able to see any exciting events during our 3 hour drive. Car was Air conditioned and hence journey was comfortable. By the time we reached our camp, it was quite dark and we could not see anything. We felt the chill and smell of fresh jungle air with total silence around except our conversations. We walked for a while in the light of a lantern-one lantern for 3-4 persons to reach a large tent (open on all sides) which was a common room and lunch room.

Chris & Charlotte welcomed us, gave us a briefing of the facilities at the camp and daily time table. As we started becoming a little comfortable, they led us to a corner of the tent called 'Bar' where a large array of various drinks- Alcoholic and non-alcoholic were awaiting us. Practice followed here is you bring your own bottles of liquor and leave it in the bar and can drink any of the liquor kept there. Hence the visitor has an opportunity to taste a variety of liquors from various countries, anytime during the day. We enjoyed our trusted brands and ate whatever came in our plate for the dinner.

Darkness and silence around was quite frightening with intermittent sounds of animals. Going to our tent about 100 m away in the darkness with a Kandil on uneven pathways surrounded by bushes and trees was a real nightmare. Pondering over that day's happenings, I was wondering 'Why have I come here'!



of Jungle  
our tent about  
darkness with  
pathways  
bushes and  
nightmare.  
day's

Answer to this question came from the exciting experience in the night and next day morning. In the meagre light of a Kandil, I and my roommate were struggling to find required items as clothes, medicines, pouch dress for morning from our packed was fun and a realization that how we take many things for granted in our city life. Bed was cosy with fresh white linen and mosquito net.



out  
such  
and  
safari  
bag. It

Tent (Zopadi) was of Bamboo and Grass with a push type Bamboo door like what we have in Animal sheds in Konkan. Walls of Bamboo with Mud lining were about 5 ft. tall with about 2 ft. opening and a thatched roof above. Toilet (Commode) and Bathroom with piped water supply was open to Sky (No roof).

It was exciting and more so when I went to toilet and sitting on a commode watching Blue Sky with bright stars and a cool breeze blowing across. Oh! What an experience. Even though we were very tired, I and my room partner kept talking to each other to make each other comfortable.

In the middle of night, we were woken up by a loud Roar of a Lion and were quite shaken. Everything around was dark and very silent. Roaring stopped after a few minutes and in the pin drop silence around, it appeared that the Lion is next door. I said to myself that Yes! I have come here to experience this excitement.

Wake up call was at 5 am and an attendant came and called us from outside. It was still dark but probably we had become used to it by then. Early morning light started trickling in and we hurried up to be present at the Dinner & Common Room tent by 5.45 am. Out of 12 members of our Group, six had opted for morning Walking Safari.

Chris was waiting for us and told us that a Lion family has come in our Territory and has been calling us in the night. We had tea/coffee and Biscuits and readied to start with Chris and his 2 guards with Rifles in their hand as our escorts. I was wearing a bright coloured Jacket and Chris told me to change it since wearing Bright coloured clothes in Jungle is not advisable since you can get noticed very easily.

We left the camp at 6 am with one Guard in front and one at Rear and as usual started conversing with each other. Chris immediately warned us not to talk (at best one can whisper) and said that we are in the territory of Wild Animals (Jungle Residents) and should not disturb them. Walking safari lasted for almost 3 hours (at a leisurely pace) in which Chris explained to us many facets and characteristics of Jungle Animals. It was a bush Jungle and not wooded Jungle as we understand by the word Jungle. One can see and watch things from a long distance and learn to identify the things from smell.



At a distance of less than half a kilometre from our camp site, we were greeted by a very large Elephant standing right in the middle of our path. We retracted a few steps and kept waiting and watching till the Elephant decided to walk away. Many exciting things happened during the morning walking safari including watching a resting Lion family in the shed of a tree next to a waterbody and by the time we returned back, I was reminding to myself, yes! I have come here to get this lifetime experience.

- Rtn PP Avinash Joshi



### Natural Remedies for Kidney Stones~

#### Symptoms of Kidney Stones

No matter what kind of kidney stones one develops, the symptoms are usually acute. One may be confused as to what it may herald. It is best to know the symptoms from beforehand and seek help:

- Sever pain is felt in the side as well as on the back as well as below the ribs
- Pain is felt in the lower abdomen as well as in the groin area
- The pain comes in waves and may fluctuate in intensity
- Pain is felt when urinating
- The urine may become cloudy and foul smelling
- The urine develops a brown or reddish hue
- One may have vomiting or nausea feeling
- If an infection is present one may feel fever and chills

#### -Water

When you are suffering from kidney stone, you need to drink plenty of water.

Make sure you are drinking sufficient water every day to keep your body and kidneys hydrated. When you consume eight to ten glasses of plain drinking water along with other kinds of fluids, the colour of your urine will become clear like water which is a good sign. It is recommended to drink mineral water as it is free of sediments. Mineral water will help in reducing the concentrations of calcium and uric acid from the urine, thus making it less alkaline in nature. At the same time mineral water will not allow the kidney stone to increase in size.

#### -Watermelon

In comparison to other types of vegetables, watermelon is packed with potassium salts. Moreover, it is made up of high water content that helps with hydration. For years, doctors and nutritionists have recommended watermelon as it is regarded as a best diuretic and as such can also be used as natural remedy for kidney stones.

#### -Grapes

Grapes have long been regarded as the best home therapy for kidney stones. Grapes are made up of unique diuretic importance with respect to their excessive water substances as

well as potassium salt. As a result of its minute sodium chloride plus albumin matter, grapes are of great importance when it comes to eliminating kidney issues.

### **-Lemon Juice**

The citric acid present in lemon helps to break down the calcium-based kidney stones and at the same time stops the further growth of such stones. Two to three times a day drink a glass of water with a few drops of lemon juice. When you drink lemonade, the volume of urination will also increase which is really good for those having kidney stones. Else you can mix one tablespoon of lemon juice with one tablespoon of organic olive oil and drink it straight followed by half glass of mineral water. After half an hour add the juice of half lemon in half glass of mineral water and one tablespoon of organic raw apple cider vinegar and drink it.

### **-Pomegranate Juice**

both the seeds and juice of pomegranate can help in the treatment of kidney stones due to their astringent properties. Try to eat one whole pomegranate daily or else drink one glass of freshly-squeezed pomegranate juice. You can eat this fruit in the form of a fruit salad also. Another option is to take one tablespoon of pomegranate seeds and then grind it to make a fine paste. Now take this paste along with a cup of horse gram soup once daily. This remedy will help in dissolving the gravel in kidneys.

### **-Kidney Beans**

For the treatment of bladder or kidney problems kidney beans are found to be very effective. The beans need to be removed from the pods. The pods should be sliced and then placed in hot water. The water should boil on low flame for many hours in order to make the pods soft and tender. The liquid thus obtained should be strained and cooled. This liquid could be had several times in a day to obtain relief from kidney stone and related pain symptoms. The decoction should not be kept for more than 24 hours as it loses its beneficial properties after that. Kidney beans in salad or soup form can also be consumed.

--Ann Ashwini Joshi

# BIRTHDAYS & ANNIVERSARIES: JANUARY 2025

Jan	2	A	Rtn PP Mohan and Snehalata Chhatre
Jan	5	A	Rtn PP Seema and Vivek Deshpande
Jan	12	B	Ann Sangeeta Sontakke
Jan	15	B	Rtn PP Anjali Sahasrabuddhe
Jan	17	B	Rtn Milind Sakunde
Jan	18	B	Rtn Kavita Deshpande
Jan	19	A	Rtn PP Shardul and Madhavi Gandhi
Jan	22	B	Rtn PP Madhav Tilgulkar
Jan	24	B	Ann Ashwini Joshi
Jan	28	B	Ann Snehal Erande

## Social Media Presence of RCPM

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*Happy New Year*

