

# GlassLand



Edition 5; December 2024 RI District3131 club I29617



*Let's Heal*



*The World*



**Disease Prevention & Treatment Month**



## Ace Your Boards: Rotary Club Hosts Expert Guidance for 10th Graders!

The Rotary Club hosted a guidance lecture for 10th standard students on study strategies for board exams on November 24, 2024. Led by Prof. Rotarian Nitin Phatak, the event featured guest speaker Mrs. Shilpa Rode, Education Officer of TDNP. Held at the Lions Club Hall, the session aimed to equip students with valuable time management, and other exam preparation techniques.



## Free Retina Checkup on World Diabetes Day

On November 24, 2024, the Rotary Club of Talegaon Dabhade, in collaboration with Sanket Eye Clinic, offered free retina checkups on the auspicious day of World Diabetes Day. This Drive also offered free blood sugar level checkups. Dr. Rajendra Kulkarni provided consultations, raising awareness about the importance of eye health for individuals with diabetes.



## Diwali Celebration



On October 30, 2024, the Rotary Club of Talegaon Dabhade, in collaboration with the Karaoke Club, hosted a vibrant musical event 'Geet Bahar' at Kantilal Shah Mahavidhyalay Sabhagruh. The evening featured captivating performances by renowned singers Rajiv Kumkar, Samrat Kashikar, and Varda Matapurkar, delighting the audience with their melodious voices. The event was a resounding success, fostering community spirit and celebrating our joyous festival, Diwali.



## Rotarians Strengthen Ties in Vietnam

A delegation led by Rtn. Rajan and others visited Vietnam and met Rtn. Michael Roberts of the Da Nang Rotary Club. They exchanged flags, symbolising their shared commitment to service. Rtn. Roberts highlighted local projects on job creation, while the visiting team showcased their club's 32-year legacy and initiatives like the Mass Marriage Program. The meeting emphasised the collaborative spirit of Rotarians dedicated to global impact. Special thanks were given to Rtn. Rajan and his team.



## Doctor Completes First Triathlon at Bergman 70.3

Rtn. Dr. Guruprasad Prasanna Kulkarni from Talegaon Dabhade completed his first triathlon at the Bergman 70.3 in Kolhapur on December 8, 2024. With support from friend Harshal and coach Mr. Vishal Shete, he overcame swimming challenges and dedicated himself to rigorous training. Dr. Kulkarni described the experience as "phenomenal" and expressed gratitude for the support he received.

## Reflecting on November and Embracing December with Joy

As we step into the final chapter of 2024, November left us with a profound sense of gratitude and purpose. Celebrated as Rotary Foundation Month, it was a whirlwind of activity worldwide and in our own club. Diwali festivities added a touch of warmth and togetherness, while impactful projects like medical retina check-ups and career guidance sessions for students highlighted our commitment to service. These efforts exemplify the power of Rotary to illuminate lives and ignite hope.

December, the month of Disease Prevention and Treatment, promises to continue this momentum. With health and well-being at the forefront, we eagerly prepare to create meaningful impacts while gearing up for the much-anticipated Jallosh 2024 – a grand celebration that will mark the year's culmination.

As we retrospect on the past months, from vibrant community projects to meaningful fellowship, we recognize areas of improvement. These insights are stepping stones to a brighter 2025, where we aim to plan with renewed energy, embrace challenges, and expand our reach.

Let us march forward with joy and enthusiasm, knowing that our collective efforts today will build a stronger tomorrow. Together, we create lasting change, one smile, one project, one life at a time!

Yours in true Rotaryspirit  
Ar Mrinalini Godbole  
Editor RCTD news Bulletin



Dear Rotarians,

As we move through November, a month that begins with the festival of lights, bringing hope for development and illuminating many lives, we are reminded of the power of optimism and growth.

This month also brought new hope with the leadership changes in our state, and we all cast our valuable votes for the betterment of our community. November is also a time when students preparing for their board exams are deeply focused on their studies. As part of our commitment to supporting education, RC Talegaon Dabahde arranges annual seminars on how to study smart for board exams.

These seminars provide invaluable insights to students, helping them prepare effectively.

India remains at the epicenter of the diabetes challenge, and diabetic retinopathy screening is a critical tool for those struggling to manage their sugar levels. In this context, RCTD organized its first-ever diabetic retinopathy camp in Talegaon. Over 50 patients were screened, and Dr. Rajendra conducted an excellent session for the participants. Additionally, our New Rotarians Learning Program seminar was a resounding success. It provided our newly inducted members with valuable insights into Rotary's core values and operations, helping them better understand and embrace the mission of our organization.

Looking ahead, the year 2025 promises to be even more eventful with more impactful projects in the pipeline. Let's continue to harness the magic of

Rotary and work together to make a lasting difference in our communities.

Yours in Rotary Service,  
Rtn Kamlesh Karle  
President, RCTD 2024-2025

Arjuna Harshada asks : नवीन डिजीटल युगात नवीन गोष्टी आत्मसात करण्याची गरज वाटते का? तुम्ही या बदलाशी जुळवून घेण्याचा प्रयत्न करता का?

Bheeshma Mahesh sir replies:

आर्थात मी स्वतःला डिजीटल युगातील सर्वज्ञ नक्कीच समजत नाही, परंतु या बाबत मी मागसलेला पण नाही. मी आजवर वन्यजीव बाबत 8 डॉक्युमेंटरी बनवल्यात व त्यातील Man Leopard Conflict या फिल्म ला केंद्र सरकार च्या एका विभागा कडून (Center for media studies) एवार्ड ही मिळाले आहे. माझा YouTube चॅनल आहे, मी आजवर चीन सहित अनेक इंग्लिश न बोलणार्या देशात ही स्वतःच प्लॅन करून, स्वतःच बुकींग करून यशस्वी भटकंती केलेली आहे. भाषांचे टेक्स्ट, व्हाईस, फोटो यांचे डिजीटल ट्रान्सलेट टुल हा यातील key factor होता. Digital Wildlife Photography मधे जागतीक नामांकित स्पर्धेत (BBC Vivoliya World compition) माझ्या एका फोटोला दुसरा क्रमांक मिळाला होता. हा फोटो सोबत जोडला आहे.

Arjuna Harshada asks: : क्लब मधे नवीन असताना तुम्हाला कोणत्या आव्हानांचा सामना करावा लागला? व त्यावर तुम्ही कशी मात केलीत?

Bheeshma Mahesh sir replies:

क्लब ज्वाईन करते वेळेस मी काही ठराविक मॅबर ना ओळखत होतो , परंतु बरेच मॅबर अनोळखी होते. या सर्व अनोळखी मॅबर्स बरोबर, अनौपचारिक मैत्री करणे हे माझ्यासाठी आव्हान होते. तसेच क्लब चे कामकाज नेमके कसे चालते? फंडींग कसे होते ? असे अनेक अनुत्तरीत प्रश्न मनात होते.. यावर मी स्वतःच सर्वांशी ओळख करून घेतली , वेळ काढून मॅबर्स च्या दुकानात, घरी , ऑफीस मधे भेट देऊन गप्पा मारायचो आणी पुढील 2-3 महिन्यातच मी आणी सर्व मॅबर यांच्यात खेळीमेळीचे अनौपचारिक नाते जुळले.. क्लब विषयी जी माहीती एरवी मिटींग मधे मिळत न्हवती ती ही इत्थंभूत पणे कळायला लागली. आणी मी क्लब मधे छान रुळलो.

## Takeaways from this conversation

*Age is just a number and with a changing digital world, we can learn and adapt too. Efforts is an important action which if joined by Focus we can achieve so many goals, and both our Bheeshma and Arjuna have this message to share from their life journey.*



BheeshmaMahesh Sir asks:

Can you tell us a bit about your professional background?.

Arjuna Harshada replies: I have completed Master Graduation from Agriculture (Specialisation - Entomology)

Pune College & have 21 years of professional experience dealing with 18 hole championship golf courses having warm season Turf spread over ranging 90-150 acres of land with annual maintenance budgeting & expenses of 3cr- 4.5 cr. I am India's second lady on ground working in this field & 1st Proud Maharashtrian woman.

Bheeshma Mahesh sir asks: Do you have any specific Goal or aspiration you hope to achieve through Rotary.

ArjunaHarshada replies: Sports. Me being Isha Foundation Life Time Volunteer worked on Save Soil Movement & an agriculturist & from farmer background my feelings are more intact for the Annadatathrough Rotary to provide farmers with some communication channels , some assurance/insurance for his children, or maybe a kind of "any help desk platform" only for farmers below 10 acres.

## India

The Rotary Club of Bombay Seacoast staged a concert and high tea reception in May for about 150 veterans injured on duty and their families. Club members tapped their connections with local celebrities, among them the emcee, Neeta Mirchandani, the wife of club member and singer Vijay Mirchandani. "The jawans (soldiers) participated with full joy and excitement as several kept dancing and clapping to the music, with the families of many joining in toward the end," says Sampath Iyengar, a past club president. "Some of the jawans seated on chairs or in wheelchairs participated as a mark of solidarity, their chairs lifted by their fellow jawans who still had strength in their arms, love in their hearts, and deep empathy for their fellow ex-soldiers without limbs."



This story originally appeared in the September 2024 issue of *Rotary* magazine.

## England

Christopher Hill was diagnosed with a heart condition at age 38. A past president of the Rotary Club of Bolton Lever in Greater Manchester, he has since become an advocate for automated external defibrillators. In 2022, Hill's club joined five other Bolton-area Rotary clubs to purchase a nearly \$1,900 defibrillator for the [Bolton Steam Museum](#). "When you are out there in the countryside, you can be miles and even hours from one," but when needed, Hill says, "it is needed in minutes." Hill takes to area trails as leader of a walking group, prompting the Bolton Lever club to acquire a portable, single-use defibrillator that Hill carries on the trails. All 33 club members have attended training sessions and refresher courses on how to operate the machines.



## Italy

Brushes and rollers in hand, members of the Rotary Club of Torino Lagrange converged on a youth center to supply a fresh coat of paint. The club members spent a weekend in April and about \$1,500 sprucing up the facility, which offers counseling services and a gathering place for people ages 14 to 28. "The aim is to help young people overcome difficult moments and face changes in a welcoming, confidential, and judgement-free environment," says club member Raffaele Battaglini. The club partnered with students at an arts high school who made paintings for the center.



# ROTARY ACROSS THE GLOBE



Bharat S. Pandya Trustee 2022-26 Rotary Club of Borivli Maharashtra, India  
Bharat Pandya is a practicing general and laparoscopic surgeon. He and his wife, Madhavi, a gynecologist, own a private hospital in Mumbai. He is a fellow of the International College of Surgeons and has served on the board of the Jan Shikshan Sansthan vocational training institute, sponsored by the Indian government.

Pandya joined Rotary in 1989 as a charter member of his club. During his year as governor of District 3140, his district contributed over \$2 million to The Rotary Foundation, making it the top contributor worldwide for 2006-07. He has led numerous projects, including water and sanitation projects funded by Foundation grants that installed check dams so that villagers no longer needed to walk up to four miles per day to collect water.

Pandya has been an RI director, treasurer, regional Rotary International membership coordinator, and learning facilitator and served on Rotary's Membership, Strategic Planning, Leadership Development, and Convention Promotion committees and on the India PolioPlus Committee. He served as trustee vice chair in 2023-24. He is also a charter member of his district's Paul Harris Society.

He has received the Service Above Self Award, the Rotary Foundation Citation for Meritorious Service, and the Rotary Foundation Distinguished Service Award. He and Madhavi are Rotary Foundation Major Donors.



Image source - Schule im Aufbruch

## KOKAM PLANT

Scientific Name: *Garcinia indica*

Family: Clusiaceae

Description: The kokam tree is a tropical evergreen, reaching 15-25 feet, with glossy leaves and purple-red, sour fruit used in cooking

Kokam Juice/Syrup: The dried rind of the fruit is often used to make kokam juice or syrup, which is refreshing and has cooling properties.

Health Benefits: Kokam is rich in antioxidants and has various health benefits, including aiding digestion, reducing inflammation, and promoting heart health.

"Hello, dear humans! I stand here, rooted in the earth, offering you my fruits and wisdom. As you savor my tangy kokam, remember the balance of nature. I thrive on your care, just as you thrive on my gifts. Cherish the land, protect the forests, and embrace the beauty around you. Together, we can nurture a harmonious world. Let my fruit inspire you—use it wisely, for it holds not just flavor, but the essence of health and tradition. In gratitude and connection, I remain a steadfast friend. Grow with me, and let's nourish each other." The tree rustles its leaves, a gentle reminder of its presence and purpose.

Scientific Name : *Withania somnifera*

Family: Solanaceae

Description : Ashwagandha is an adaptogenic herb, known for its stress-relief properties, promoting vitality, and enhancing overall health in traditional medicine.

Medicinal Benefits : Ashwagandha is used to reduce stress and anxiety, improve cognitive function, enhance sleep quality, support immune health, balance hormones, and promote muscle recovery. It also aids in managing blood sugar levels and boosting reproductive health

Ashwagandha Tea : Ashwagandha tea is used to promote relaxation, reduce stress, and enhance mood. It supports cognitive function, aids digestion, and improves sleep quality.



## ASHWAGANDHA

"Greetings, dear humans! I stand here, rooted in the earth, offering my gifts for your well-being. I am ashwagandha, a source of strength and resilience. In your busy lives, remember to pause and nurture your spirit. Stress and anxiety can weigh heavy, but I can help lighten that load. As you sip my tea, feel my calming embrace. Let my adaptogenic properties support your journey through life's challenges. I am here to help you find balance—mind, body, and spirit. Cherish the wisdom of nature. Embrace the quiet moments, and allow my essence to guide you towards vitality and peace. Together, we can foster harmony within and around you. Thank you for honoring me and the gifts I provide. May you thrive and grow, just as I do in this sacred space."



# GRAFFITI On The Wall

Disease prevention and treatment is one of the Rotary Foundation Areas of Focus for the month of December. It is really a keystone to progress in other areas as well because of the interplay with other areas of focus like Water and Sanitation and Maternal & Child Health.



## Polio Eradication Pledge with highest funds



## NEWS HIGHLIGHTS

Pakistan and Nigeria replace paper-based reporting with fast, accurate cellphone messaging

Backed by Rotary's Programs of Scale award, Partners for a Malaria-Free Zambia confronts a worldwide malady at the local level

No limits with accessible travel Long overlooked, travelers with disabilities are finding fewer barriers

A Rotarian astronaut lives her out-of-this-world dreams :Samantha Cristoforetti longed for space travel sharing the cosmic awe

- Year-End Rotary Resolutions
1. Meet Fair
  2. Grow My Club Membership
  3. Support The Rotary Foundation
  4. Introduce a Friend to Rotary
  5. Travel: Rotary Style
  6. Tell More People About The Good Work We Do
  7. Engage More With Rotary Areas of Focus:
    - Water & Sanitation
    - Maternal & Child Health
    - Disease Prevention
    - Economic Development & Opportunity
    - Peace & Conflict Resolution
    - Environment
  8. Inspire Others!



\$65 mil

in grants was given by Rotary to fight disease

99.9%

reduction in polio cases since our program started in 1985

HEALTH PROMOTION AND DISEASE PREVENTION HAVE THE WAY FOR A MORE EFFECTIVE AND EFFICIENT HEALTH SYSTEM



Non-communicable diseases account for up to 80% of HEALTHCARE COSTS



Yet only around 3% of health budgets are spent on PREVENTION

COMING SOON



## Once you decide

You want a good life, The Universe will start moving things for you to have it. The people you need will happen, the doors you need open will unblock. But not until you decide... Once you truly, sincerely decide, miracles will happen.

1.5 Billion USD Value of Total Projects Done 3375 Total Projects Completed



RPL



DIST. YOUTH SEMINAR



SPIROMETER TESTING AT PETROL PUMP



76th REPUBLIC DAY



DIST. SAHITYA SAMMELAN



POPTI FELLOWSHIP



BULLETIN TEAM 2024  
MRINALINI GODBOLE  
MRUNMAYI MAHAJAN  
SHRUTI MENTHE  
SHRUTI DHANDE