

Pratima

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Rotary Club of Pune Kothrud

Since 1989

PRESIDENT

Rtn. Dr. Vishwanath Lele

EDITOR

Ann Rucha Ambekar

HON. SECRETARY

Rtn. Neena Pangarkar

PRESIDENT SPEAKS...

October month was full of cultural programmes and social projects amid the festive season. First week of October Mrs. Arti Kirloskar, Director of S.L. Kirloskar CSR Foundation, conducted session on Vasundhara festival and CSR activities carried out by the Kirloskar group. Mr. Virendra Chitrav who is working as festival director of Kirloskar also briefed us on various CSR projects. We would like to thank Arti Kirloskar and Mr. Chitrav for conducting an informative session, despite their busy schedule. We have decided to explore joint project opportunity with Vasundhara foundation.

We have inaugurated two Adult literacy centers at Ghodegaon. This initiative was appreciated by the District Team. During the inauguration session both teachers and participants shared their memorable experiences. We experienced a moment of truth after listening to the participants' experiences.

Our Kashmir literacy projects contribution was recognized at the District conference, which was another major achievement of our club.



First club assembly was very well conducted by the entire BOD team and we received some useful suggestions from our members. We are planning to evaluate them and take immediate action on the suggestions.

We received an overwhelming response for Diwali Sanj programme. Shruti Karandikar and Kumar Karandikar and the entire team performed melodious songs. Mr. Girish Kulkarni, popular Actor and film Director attended Diwali Sanj with his spouse.

During the next three months our focus will be on membership retention, key service projects, strengthening public image activities and youth activities.

- Rtn. Dr. Vishwanath Lele
President 2022-23

MEETINGS :

EVERY TUESDAY, 7.00 PM - 8.30 PM

DAMLE HALL, OFF LAW COLLEGE ROAD, PUNE - 411 004.

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The Background!

Friends, The Rotary Distance Education Program (RDEP) was started in 2010-11 by Rotary Club of Pune Kothrud under the initiative & guidance of PDG Pramod Jejurikar along with Rtn. PP Ravi Kulkarni, Rtn. Shrikant Gogate & Rtn. PP Girish Kshirsagar. It received huge response from the community.

It is now being implemented all over India. The program was to provide e-learning equipment like Projector, Computer & Software based on school syllabus, to the needy schools. The success of this program gave birth to Rotary India Literacy Mission i.e. RILM which designed the TEACH program. It is the most popular program of Rotary in India today.

Rotary's TEACH program :

RDEP Results

During 2010-11, we installed 50 RDEP Kits. Today facilities are provided in 62000 schools. The software is available in English, Hindi, Marathi, Punjabi, Gujarati. We have covered states like Maharashtra, Gujarat, Andhra Pradesh, Tamilnadu, Karnataka, Sikkim, Ladakh, & Delhi.

To take RDEP forward, the Rotary Club of Pune Kothrud has taken the step to give benefit of e-learning to other states in India along with District 3131 Literacy committee led by DLCC Rtn. Kalyani Gokhale & District Chair Mamata Kolhatkar. We have decided to share our experience & expertise of online education to the state of J&K

Situation in Jammu & Kashmir

We all know that situation in J&K is extremely unsafe & not conducive for education. It is a hilly region & many students have less access to education. It has poor infrastructure, extreme poverty & illiteracy. Having very less opportunities for employment to youth & hence Youth is turning to anti-social activities.

We evaluated this need to provide good education facilities to children in J & K.

RCPK OBJECTIVES

We wish to Establish Rotary e-Learning Centres in Schools in Kashmir. Initially 5 centres will be established on a pilot basis.

We will distribute NCERT Software for 100 needy schools. Establish a Rotary Gnayna Kendra in Pune



which will provide -

- Online Teacher support program regarding how to use technology for school education through Zoom platform &
- Online program for Cyber Suraksha &
- Online Teacher Support program

Progress up till now!

As a part of providing e-learning kits, we have already despatched 3 Projectors, Educational software & audio system to J&K. They have been operationalised in the month of October 2022.

Rtn. Sudhanshu Gore from Rotary Club of Pune South had gone to Kashmir to visit Kashmir schools to educate the teachers & schools on how to use e-learning in school education. He also met the top Government & Army authorities regarding the help that Rotary would like to offer for school education in Kashmir. As of date M/s. Elkay Chemicals Pvt.Ltd. has given us the initial contribution of Rs. 3.75 Lakhs to buy 5 Projectors under their CSR activity. More funding is also expected from M/s Elkay & other corporates. These 5 units will be sent to J & K Schools during this month.

In order to have a local contact in Jammu & Kashmir, we are very soon signing an MOU with an NGO - Borderless World Foundation.

Appeal !!

Friends, this is a project of national interest & we earnestly request you to join this project & help us to make it a grand success.

- Compiled by... Rtn. PP Girish Kshirsagar

रोटरी वॉकेथान प्रकल्प

इंटरॅक्ट विद्यार्थ्यांसाठी रविवार दिनांक १६ ऑक्टोबर रोजी डिस्ट्रिक्ट ३१३१ तर्फे शाळांमधील इंटरॅक्ट क्लब साठी विद्यार्थ्यांसाठी गरवारे कॉलेज ते आनंदनगर मेट्रो स्टेशन पर्यंत सकाळी सात वाजता तीन किलोमीटर चालण्याचा आनंद आज रम्य सकाळी विद्यार्थ्यांनी, अनेक रोटेरियन्स, अन्स यांनी घेतला. वॉकेथॉन ही आगळीवेगळी कल्पना राबवण्यात आली यात चार क्लबचा सहभाग होता लोकमान्य नगर, सहवास वारजे आणि कोथरूड क्लबच्या इंटरॅक्ट ग्रुपच्या २५० विद्यार्थ्यांचा यात सहभाग होता. मला सांगायला अभिमान वाटतो की आपल्या कोथरूड क्लबच्या दरोडे शाळेच्या इंटरॅक्ट क्लबच्या ९६ विद्यार्थ्यांनी व चंद्रकांत दरोडे शाळेतील शिक्षकांनी भाग घेतला होता. याचे सर्व श्रेय रोटेरियन नूतन बनकर यांना जाते. अत्यंत उत्साहाने तिने दरोडे हायस्कूल, एरंडवणे हायस्कूलच्या प्राथमिक वर्गाच्या विद्यार्थ्यांना ही संधी मिळवून दिली. सर्व विद्यार्थ्यांनी आपापल्या पालकांना गरवारे महाविद्यालयाजवळ टाटा केले व आपले अध्यक्ष रोटेरियन विश्वनाथ लेलेकडून टी-शर्ट आणि टोपी घेतली. विद्यार्थी खुश झाले. आपल्या अध्यक्षांचे व चेअरमन नूतन यांचे इतर क्लब च्या सभासदांनी कौतुक केले. आनंद नगर स्टेशनवर सर्वांना सुंदर नाश्ता व चहा देण्यात आला. मुलांचा उत्साह बघून मन भरून येत होते. शिक्षकही खूपच खूष होते. शिस्तबद्ध पद्धतीने नऊ वाजता मेट्रो गाडी आली आणि गाडीत बसल्यावर उत्साहाने बाहेरचा पौड रोड तसेच



नळस्टॉप उंचावरून बघत मुलं आनंद घेत होती. गाणी गात होती. हे पाहून उपस्थित असलेले रोटेरियन्स अँड रोटॅक्टर्स यांना आपण एक वेगळा प्रकल्प राबवल्याचे समाधान वाटत होते. यातून एक जाणवले की आर्थिक दृष्ट्या दुर्बल गटातील विद्यार्थ्यांसाठी आपण हे एक वेगळे गिफ्ट अर्थातच मेट्रो मधील सहल अनुभवायला दिली याचा आनंद मुलांच्या वागण्या बोलण्यातून जाणवत होता. धन्यवाद!

रो. उर्मिला हळदणकर

Rotary Walkathon

Rotary District 3131 Sports Committee, Pune Metro and Bureau of Indian Standards organized the Walkathon with the twin objectives of promoting walking and the use of public transport among citizens.

Under the guidance of the Rotary Club of Pune Kothrud, the students of the Interact Club of Darode School along with their parents and teachers participated in the initiative in large numbers. As a part of the walkathon, students gathered at Garware College where they were given caps and t-shirts and flagged off by President Vishwanath Lele.

The walk culminated at Anand Nagar Metro where they were treated to a scrumptious breakfast sponsored by Rotary. They took a return journey back on the Pune Metro. The children's joy and excitement at taking the



ride was a sight to behold! This initiative had the added benefit of promoting the cause of the environment.

- Rtn. Nutan Bankar

एक प्रवास - ऋचा चितळे

‘प्रयत्ने वाळूचे कण रगडीता तेलही गळे’ याचा अनुभव ऋचाला वाढवताना पदोपदी येत असतो. ऋचा ५ वर्षांची झाली, चालायला, उड्या मारायला लागली आणि physiotherapy बंद झाली. तिचा muscle tone जन्मतःच अतिशय weak असल्यामुळे काहीतरी व्यायाम चालू ठेवण्याची गरज भासत होतीच. वाचनात येत होत की downs syndrome मुलांना पोहण्याचा व्यायाम muscle tone सुधारण्यास खूप उपयुक्त ठरतो. मग विशेष मुलांना ट्रेन करणारे प्रशिक्षकांना चा शोध घेत असतानाच एका पालकांकडून टिळक टँक वरील मायकेल सरांबद्दल समजले. ऋचा ची सरांनी trial घेतली आणि उद्या पासून या असे सांगितले. ऋचा त्यांना आबाच म्हणायची. ऋचा ला swimming सुरुवातीला मनापासून कधीच आवडायचे नाही. बऱ्याचदा passively च अनेक गोष्टी कराव्या लागतात. परंतु सरांचे प्रयत्न आणि सातत्य या मुळे ऋचाला हळूहळू swimming आवडू लागले. एकदातर एक पालक मला म्हणल्या “अहो हे सर इतके रागवतात तर आणता कशाला तुम्ही? आईच आहात ना तिची?” मी तिला एकाच वाक्यात सांगितलं “तुम्ही दोन दिवस राहायला घेऊन जा तिला म्हणजे संयम काय असतो समजेल.” याच काकूंनी नंतर पुढे जेव्हा ऋचाला मेडल मिळालं तेव्हा येऊन कौतुकाची थाप दिली. ऋचाला स्पर्धेत उतरवायचं म्हणून कधीच swimming ला पाठवलं नाही. हळूहळू ऋचाला ब्रेस्ट स्ट्रोक आणि बॅक स्ट्रोक छान जमायला लागला. मग माझ्या मैत्रिणीने सुचविले Special Olympics आहेत कोल्हापूरला पुढच्या वर्षी त्याला पाठवायचं लक्षात ठेव. दरवर्षी रोटरी क्लब ऑफ पाषाण आणि लायन्स क्लब तर्फे स्पर्धा असत. मग प्रथम २०१२ ला ऋचा ला त्या स्पर्धांमध्ये उतरवलं. या रोटरीच्या स्पर्धांमुळे ऋचाला शिष्टी मारली की कसा स्टार्ट घ्यायचा इथपासून ते स्पर्धक म्हणून काय गोष्टी रुजवायला पाहिजेत याचं प्रशिक्षण हळूहळू मिळत गेलं. या व इतर अनेक गोष्टींचा अनुभव द्यायला या स्पर्धा उपयुक्त ठरल्या. मग हळूहळू ऋचा Paralympic च्या स्टेटला उतरू लागली. स्पर्धांना उतरू लागल्यावर थोडं स्पर्धात्मक ट्रेनिंग हवं असं वाटलं, त्यामुळे मग ऋचा भूपेन आचरेकर सरांकडे शिकू लागली. त्यातून पुढे तीन वेळा नॅशनलला जाऊन आली. परंतु ऋचाच्या वयोगटात स्टेटमध्ये तिच्या category मध्ये कोणीच स्पर्धक नसल्याने तिला कायम



ओपन मधून उतरवावे लागे. आता मात्र ऋचा १८ पूर्ण झाल्याने regular senior category मधून उतरेल. ऋचा ला आतापर्यंत अनेक सुवर्ण आणि रौप्य पदके मिळाली आहेत. नॅशनल ला २०१५ मध्ये ब्राँझ पदक मिळाले. Covid च्या काळात ऋचा चे swimming जवळजवळ १.५ वर्ष बंद झाले. आता परत गेले ८ महिने ऋचा पोहायला जाते आहे आणि परत सर्व गोष्टी पूर्वपदावर येऊ लागल्या आहेत. नुकत्याच झालेल्या Paralympic state championship मध्ये तिला बॅक stroke मध्ये सुवर्ण पदक मिळाले आणि गुवाहाटी येथे होणाऱ्या नॅशनलसाठी तिची निवड झाली आहे. ऋचाचा सर्वांगीण

विकासामध्ये swimming चा खूप मोलाचा वाटा आहे. तिचा आत्मविश्वास खूप वाढला. एकदा बाल कल्याण संस्थेचे सर आणि अजून एक lady coach यांच्या बरोबर काही विशेष मुलांची टिम मुंबईला स्पर्धेला गेली. एकटीनेच जायचे, सर्व गोष्टी स्वतः करायच्या, खूप छान अनुभव होता. तिला एकटीला पाठवताना मलाच खूप जड गेले.

मात्र ती मेडल घेऊन आल्यावर आणि तिच्या चेहऱ्यावर आत्मविश्वास पाहिल्यावर मन सुखावून गेले. एरवी सुद्धा रोज tank वर जाताना आपली बॅग आपणच तयार करायची, वेळेत तयार राहायचं हे आपल्या सारख्या सर्वसामान्य माणसांना सहज सोपं वाटत असलं तरी विशेष मुलांच्या दृष्टीने या गोष्टी त्यांनी आपले आपण करणं हे आम्हा पालकांच्या दृष्टीने खूप मोठी गोष्ट असते. आपल्या वस्तूची जबाबदारी आपणच घ्यायची, आईला आणायला यायला उशीर झाला एखादे वेळेस तर कोणाला तरी आईला फोन करायला सांगायचा, अशा अनेक गोष्टी ऋचा शिकली.

ऋचा लहान असल्यापासूनच गाण्याचा ठेका छान धरायची. त्यामुळे तिला नृत्य शिकवावे हे मनात येत होतं. तेव्हाच केतकी काळे

विशेष मुलांना डान्स therapy देते असं समजलं. विशेष मुलांना कोणतीही गोष्ट शिकवताना संयम आणि सातत्य या दोन गोष्टी फार महत्वाच्या आहेत. ती स्वतः भरतनाट्यम डान्सर आहे. मग ९ व्या वर्षी ऋचाला तिच्या कडे डान्स थेरपी साठी पाठवायला लागले. ऋचा ६ महिन्यांनी भरतनाट्यम शिकू लागली. ऋचा ची एक परिक्षा ही झाली. परंतु केतकी ताईचे लग्न झाले आणि ती



अमेरिकेला गेली. आमचा क्लास विस्कळीत झाला. तेव्हा आता इतकं सर्रास इंटरनेट वापरल जात नव्हत. त्यामुळे ऑनलाईन class हा पर्याय उपलब्ध नव्हता. आम्ही क्लास शोधतच होतो . क्लास पुष्कळ होते पण ऋचा ची गरज समजून class घेणारी व्यक्ती मिळायला हवी होती. एकदा एखाद्या व्यक्ती बरोबर tuning जमलं की त्यात बदल करणं ऋचाच्या बाबतीत खूप अवघड असतं.

ऋचाचे hip bones खूप weak आहेत. त्यामुळे तिला भरतनाट्यम् शिकताना अरमांडी posture चा थोडा त्रास जाणवत होताच. मग आता बदलच करायचा आहे तर डॉक्टरांच्या सल्ल्याने कथकच शिकवावे असे ठरले. त्यामुळे मी नेहा मुगथयानला विचारायचे ठरवले. तिने ऋचा ला टिळक tank वर पाहिले होते. त्यामुळे तिला विचारल्यावर तिने तिची विद्यार्थिनी निकीताचं नाव सुचवले.. आणि ऋचाची पण निकिता ताईशी गट्टी जमली आणि कथक शिकायची सुरुवात झाली. निकिता आठवड्यातून एकदा घरी येते आणि बाकीचे तीन दिवस ऋचा नेहा ताईच्या regular क्लास मध्ये सगळ्यांबरोबर शिकते. नुकतीच ऋचा दुसरी परीक्षा प्रथम श्रेणी मध्ये उत्तीर्ण झाली.

मेडल्स, नंबर हे सगळे क्षणिक आनंद आहेतच परंतु पोहणे आणि नृत्य शिकण्यामुळे ऋचाच्या दैनंदिन आयुष्यात खूप मोठा बदल आम्हाला पालक म्हणून लक्षात येतो. डाऊन सिंड्रोमची मुलं खूप आळशी असतात. ऋचा या दोन्ही गोष्टींमुळे खूप active राहिली आहे. ऋचाची प्रतिकार शक्ती अतिशय कमी होती. Swimming मुळे respiratory track ची दुखणी खूप कमी झाली. Concentration पुष्कळ वाढलं आहे. डान्स शिकत असल्याने एखादा sequence लक्षात ठेवण्याची कुवत वाढली आहे. Tank वर, डान्स क्लास मध्ये अनेक मित्र मैत्रिणी झाले आहेत. सर्वसामान्य मुलांमध्ये ऋचा तितक्याच मोकळे पणाने वावरू लागली आहे. ऋचाचे पोहण्याचे दोन्ही शिक्षक आणि डान्सची ताई म्हणजे तिची extended Family च आहे. संयम, सातत्य या गोष्टींचं महत्व किती आहे हे ऋचाला या दोन गोष्टी शिकवताना पदोपदी जाणवलं. आणि त्याचा स्वीकार केला तर कोणतीच गोष्ट अवघड नाही याचा पण अनुभव आला.

अॅन चंदना चितळे

Kirloskar Vasundhara

On 4th October, we had a visit by Mrs. Arti Kirloskar and Mr. VirendraChitrav to share about their initiative "Kirloskar Vasundhara" with us.

"Kirloskar Vasundhara" is one of its kind initiative in India which combines film screenings, photo exhibitions and other activities relating to environment, in order to raise awareness about environment and various environmental issues relating to air and water pollution, wild life protection, energy conservation etc.

Mrs. Arti Kirloskar is so passionate and committed to this cause that she joined us for the meeting even though she had to leave for Mumbai to catch her flight ahead. She explained to us about the background of the initiative and the thought process behind it, as well as the kind of success it has now achieved. Started in 2007, now the Vasundhara Kirloskar International Film Festival is one of the most awaited events in Pune's cultural time-table. In the film festival, carefully curated documentaries by participants across the globe are screened. There are also photo exhibitions, panel discussions and discussions with renowned experts. Over the years, the steady growth in the youth participation is a positive sign and Mrs. Arti Kirloskar is very happy about it.

As the film festival initiative was well received and accepted, the organization has now expanded its working and initiated many activities including river restoration activities for Ram Nadi and some other water bodies.

After this, Mrs. Kirloskar handed over the microphone to Mr. Chitrav, who is the Director of the Festival and left for Mumbai.

Mr. Chitrav then elaborated about the efforts taken

by the Foundation for restoration of Ram Nadi. The before and after photographs he shared were self-explanatory about the extent of efforts that have been taken up for restoration of Ram Nadi.

For me, knowing more about Ramnadi was really a revelation. I was shocked that I know so little about the surroundings of Pune, even after staying here for so many years. Ram nadi is a 20 Kms long river flowing through Bhugaon, Bhukum, Bavdhan, Pashan and Baner. It was earlier classified as "Nala" (brook) which resulted into many illegal constructions in the river channel and also dumping of debris and wastes. Now it is classified as "Nadi" (river) However, the constructions are not yet removed as many of them are by influential politicians.

Removal of silt from the Khatpewadi lake, river cleanup activities, periodic cleaning of water hyacinth, lotus tree plantations are some of the activities that have already started. Ram nadi walks are also conducted. They have roped in help of other NGOs, colleges and schools along the bank of the river. Support from politicians and government is also sought. The PMC has agreed to the restoration activities in principle and has promised to extend support.

Mr. Chitrav also distributed booklets in English and Marathi about the Ramnadi Restoration Mission. Due to time constraints we could not learn about other initiatives of the organization.

It was definitely a very enlightening session.

Ann Sayali Ganu Dabake

Know about Uric acid

Many males suffer from increased levels of URIC ACID

What is uric acid? How does one deal with it?

It is the waste product generated during the breaking down of the old cells. We know every cell breaks down after a certain period and new generation of cells are formed. If we want to keep it within normal limits we should know what the normal values are :

In females it should be 2 - 6 units, in males 3 - 7.

Everyday Uric acid is created in the body as a waste product. If one is not able to excrete it or eliminate it, then the levels increase. So to reduce the Uric acid levels we need to increase its clearance. Generally it is advised to stop protein intake, spinach, tomatoes..... and so on.

Let us understand how the Uric acid increases.

It increases because of the side effects of a few drugs; but three most important contributing factors are SMOKING, ALCOHOL, SITTING. So only stopping proteins will not reduce uric acid levels. You need to increase the clearance of waste created. To improve the clearance you need to have -

- SOUND SLEEP,
- INCREASED INTAKE OF WATER (minimum 1/2 glass per hour)
- EXERCISE regularly. (Sedentary lifestyle is the biggest hurdle in clearance)

- AVOID ALCOHOL. (Alcohol intake leads to dehydration which leads to accumulation of wastes).
- STOP SMOKING. (Smoking and pollution hampers the clearance)
- AVOID Ketchup, tetra packed juices and everything in packets like biscuits, chocolates, chips.....

Untreated high URIC ACID levels can lead to several diseases like Gout etc. Some basic tips to help keep Uric Acid levels under control

- Add minimum one seasonal fruit everyday in your diet
- Add curds plus raisins every day
- Have handful of nuts everyday
- Add soaked and cooked sprouts in proportion everyday
- Even though you are working from home, Take care to stand/walk for minimum 3 mins after every 30 mins of sitting
- Everyday climb at least 25 steps
- Add strength training minimum two days a week
- Everyday do some stretches or yoga
- Go to bed well in time
- Avoid gadgets before sleeping
- Practice meditation

Most important is INSTEAD OF AVOIDING PROTEINS HAVE THEM IN PROPORTION.

- Rtn. PP Dr. Sumedha Bhosale

Spaghetti Salad

Spaghetti is a long, thin, solid, cylindrical pasta. It is a staple food of traditional Italian cuisine. Like other pasta Spaghetti is made of milled wheat and water and sometimes enriched with vitamins and minerals. Italian spaghetti is typically made from durum wheat and semolina

Ingredients : Spaghetti, crunchy veggies like Iceberg lettuce, Zucchini, Red cabbage, French beans, Carrots, Capsicum, Spring Onion etc. Olives and Nuts.

Dressing : Italian pasta sauce, Olive oil, salt & pepper to taste.



Bring water to a boil. Add spaghetti, salt and cook till colour changes. Drain on a colander and drizzle a little olive oil so that the strands do not stick together. Let it cool.

Cut veggies into small cubes.

Take a bowl and add the veggies and spaghetti and Italian pasta sauce, olive oil,

Italian herbs, salt & pepper to taste and mix well. Add nuts and olives for garnishing and to enrich the flavour.

(One can also lightly semi-cook the veggies in a microwave with little salt before mixing)

- Ann Rucha Ambekar

अनोरुत्या वाटेवरील विनीचे शिलेदार

दरवर्षी सप्टेंबर, ऑक्टोबर पासून स्थलांतर करणारे पक्षी पुण्याच्या आसपास यायला सुरवात होते आणि सर्व पक्षी मार्च, एप्रिल महिन्यापर्यंत मुक्काम ठोकून असतात. साधारणतः सिंहगड व्हॅली, भिगवण, उजनी धरणाचा फुगवटा, वीरधरण, ताम्हिणी घाट व इतर अनेक ठिकाणी हिमालय, कच्छ, युरोपमधून पक्षी येऊ लागतात. तसेच सासवड, दिवेघाट, पाबेघाट येथे वेगवेगळ्या प्रकारचे गरुड, कापश्या पक्षी येऊ लागतात. मग पक्षी छायाचित्रकार आपापल्या तोफा घेऊन वरील ठिकाणी दिसू लागतात.

मी, श्री. शेखर नानिवडेकर, श्री. सौरभ धानोरकर मागील महिन्यात पहिल्यांदा भिगवणला व मग ताम्हिणी घाटात गेलो होतो. भिगवणला अग्निपंख, नॉर्थन-शावलर इत्यादी पाणपक्षी व ताम्हिणी घाटात षश्रूलरीलहशीी दिसतात.

भिगवणचे श्री. संदीप नगरे यांना फोन केला होता. आम्ही सकाळी ७.३० ला पोहोचलो. गेल्या गेल्या त्यांच्या हॉटेलात चहा व पोहे झाले. श्री. नगरे यांनी सुचवले कि सकाळी माळरानावरील पक्षी पहा व दुपारी जेवणानंतर उजनी धरणातील पक्षी पहा. मग त्यांनी दत्तानामे गाईड दिला. दत्ता, त्याची कॅमेराची तोफ घेऊन तयार होता. तसेच दत्ता म्हणाला कि मी तुमची गाडी चालवतो व तुम्ही निवांत फोटो काढा. सकाळचा वेळ माळरानावरील पक्षी पहिले. दत्ताला त्याभागातील पक्षांची पूर्ण माहिती होती. व त्यांचा अधिवास कोठे आहे ते पण माहित होते. त्याचबरोबर तो गाडी पण सुरेख चालवत होता. ११.३०, १२ वाजता आम्ही श्री. संदीप यांचेकडे रुचकर जेवण केले व मग बोटीतून पाणपक्षी बघण्यास सुरवात केली. बोट चालवण्यास परत दत्ताच. दत्ताने दिसणाऱ्या सर्व पक्षांची सुरेख माहिती दिली. चार साडेचारला परत आलो व श्री. संदीप यांचेकडे चहा घेऊन पुण्यास परत निघालो.

वरील सर्व वर्णन करण्याचे कारण आमचा प्रवास नसून, श्री. संदीप नगरे आहेत. वरील वर्णनात प्रत्येक वेळी म्हणजे पूर्ण माहिती असलेला गाईड देणे, त्यात त्याला गाडी सुरेख चालवता येणे, बोट पण चालवता येणे, नाश्ता, जेवण इत्यादीची व्यवस्था करणे हे सर्व श्री. संदीप नगरे यांनी केले. श्री. नगरे यांचे गाव कुंभारगाव, भिगवण, पुणे जिल्हा. नगरे पदवीधर आहेत. खरे तर पदवी घेतल्यानंतर पुण्यात येऊन नोकरी करणे हे सामान्यतः कोणाही तरुणाचे स्वप्न असते. पण श्री नगरे यांनी पाहिले कि त्यांच्या गावात स्थलांतरित पक्षी येतात आणि ते पक्षी पाहण्यास, पुणे व आसपासचे भरपूर लोक तयार असतात. पाण्यातील पक्षी पाहण्याकरिता बोट लागते व येणाऱ्या लोकांना खाणे मिळाले तर दुधात साखर. हि संधी श्री. नगरे यांनी साधली आणि अग्निपंख नावाची संस्था उभी केली. निष्णात गाईड तयार केले. बोटींची व्यवस्था केली आणि बरोबरीने साधे पण रुचकर जेवण देणारे हॉटेल सुरु केले. शहरात जाऊन नोकरी करण्यापेक्षा आपल्याच गावात व्यवसाय सुरु केला. गावातील मुलांना गाईड म्हणून तयार केले. श्री नगरे यांचे धाडस पाहून गावातील इतर अनेकांनी तसाच व्यवसाय सुरु केला. आज कुंभारगाव येथे सुमारे १०० बोटी, पक्षी प्रेमी लोकांना पक्षी दाखवतात. श्री. नगरे यांनी स्वतः बरोबर संपूर्ण गावाला नवीन रस्ता दाखवला.

लगेच पुढच्या आठवड्यात आम्ही तिघे ताम्हिणीघाटात श्री. रामदास येनपुरे यांच्याकडे गेलो. रस्त्याच्या डाव्या हाताला सुमारे ५०० मीटर अंतरावर डोंगराच्या पायथ्याला त्यांनी दोन लपण तयार केली



Flamingoes at Bhigwan

आहेत. व बाजूला एक पाण्याचे टाके बांधले आहे. त्याच्या बाजूला हिरवे शेवाळे लावले आहे. तेथे स्थलांतरित पक्षी येतात. सकाळी ९, ९.३० पासून पक्षी येण्यास सुरवात होते ती थेट संध्याकाळी ५.३० पर्यंत. लपणात बसून निवांत फोटो काढायचे. पक्षांच्या जवळात जवळ जाऊन फोटो काढण्याची उत्तम सोय आहे.

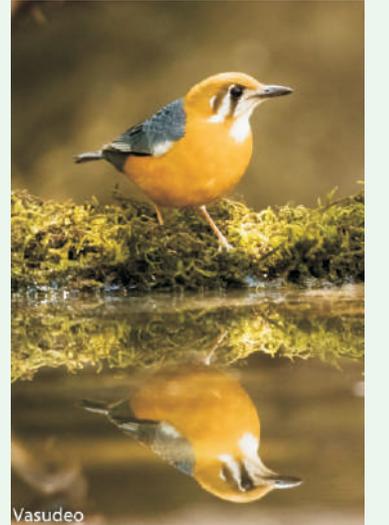
सकाळी पोहचल्यावर त्यांच्याच हॉटेलात ब्रेकफास्ट करून लपणात जाऊन बसायचे. बसण्याकरिता खुर्च्या आहेत व ट्रायपोड ठेवण्या करिता प्रशस्त जागा आहे. दुपारी सुरेख घरगुती जेवण तेथेच आणून देतात. संध्याकाळचा चहापण तेथेच देतात. तसेच श्री. रामदास यांनी त्याच ठिकाणी तंबू निवास किंवा घरगुती निवास याची पण सोय केली आहे. ही सर्व उत्तम सोय माफक दारात मिळते. बरेच पक्षी निरीक्षक येथे येतात.

घराच्या जवळ सुंदर पक्षी येतात व अनेक पक्षी निरीक्षक त्यांना बघण्याकरिता येतात. त्यांची सोय करणे ही संधी श्री. रामदास येनपुरे यांनी हेरली आणि त्याचा चरितार्थाकरिता वापर सुरु केला. ताम्हिणीत अजून असेच रामदास निश्चित तयार होतील.

हा सर्व लेखन प्रपंच करण्याचे कारण कि वरील दोघांनी आपापल्या गावातच संधी हेरली आणि त्या संधीचा स्वतःच्या व बरोबरच्या लोकांच्या उन्नतीकरिता वापर केला. आताच्या पिढीकरिता हे दोघे आदर्श आहेत. असेच संदीप आणि रामदास प्रत्येक गावात तयार झाले तर बेकारी हा शब्द भारताच्या कोशातून निघून जाईल.

श्री संदीप नगरे, कुंभारगाव मोबाईल नंबर ९९६०६१०६१५
श्री रामदास येनपुरे, ताम्हिणी, मोबाईल नंबर ९४०५३६४०७९

- रो. वासुदेव यादवाड



Brown headed thrush at Tamhini

The Canadian Rockies—One of the Seven Wonders of Canada

The Canadian Rockies are a segment of the Rocky mountain range that spans the provinces of British Columbia and Alberta. Much of their rocky appearance came from the glaciers eroding away the surface of the mountains.



They extend towards the southeast in northern British Columbia, Canada, and form nearly half of the 900-mile (1,500-km) border between British Columbia and Alberta.

It's totally timeless and gorgeous with jagged, ice-capped peaks; and home to world-famous alpine lakes, frozen waterfalls, diverse wildlife and the most beautiful scenic spots. The Rockies are the birthplace of Canada's many national parks : Jasper, with the famously accessible Athabasca Glacier, and Banff, site of glacier-fed Lake Louise that have been designated as a UNESCO World Heritage Site. Snow and ice in the mountains are the source of all the rivers that flow through Canada's prairies.

The Rocky Mountains were first named by the Cree natives that lived near this mountain range. In their language, they described this mountain range as distinctive rocks from a distance.

The Rocky Mountains region still remains a large, intact and an important habitat for a great deal of well-known wildlife, such as wolves, elk, moose, mountain goats, bighorn sheep, badgers, black bears, grizzly bears, cougars, wolverines and many other small and big creatures.

Alpine meadows, dense coniferous forests, riparian woodlands, and rolling grasslands are all found here. At low elevation dry sites, forests of ponderosa pine and Douglas-fir are common.

More than 275 species of birds, 90 types of butterflies, about 40 species of fish in various lakes, abundant wildlife and diverse plant species make for a great treasure of rich biodiversity of this region!

Straddling the border between the provinces of Alberta and British Columbia in Canada, the Canadian Rockies include 2,283 named peaks, the highest and

most prominent of which is Mount Robson (3,954 m/12,972 ft).

Perhaps Canada's most famous driving route, the Icefields Parkway offers a spectacular journey between Jasper and Lake

Louise, through some of the Rockies' most impressive scenery.

The lakes of the Icefields Parkway are famous for each reflecting a distinctive hue—from turquoise Bow lake to jade Lake Louise due to the way the sunlight hits fine particles of eroded glacial silt suspended in water. The colours are most vivid as meltwater reaches its peak in summer months.

With an alpine adventure playground all around, there's always plenty to do for the outdoor enthusiast like our youth icons Rtn. Satyajeet and Rtn. Rahul from hiking and mountain biking, to climbing or water sports.

The Rocky Mountain Region encompasses a wide range of climates, from the semi arid shortgrass prairies to the cold and windy alpine tundra. The regional climate is influenced by moist air masses from the Pacific Ocean, as well as by cold, dry air masses from Canada.

The Canadian Rockies are famous for pristine nature, excellent infrastructure for road tripping, beautiful blue-green lakes, rushing rivers, deep forests, snow-capped mountains, shimmering glaciers, and wildlife.

You could visit the Rockies as part of a wider trip across western Canada, beginning and/or ending in Vancouver or alternatively, you could fly directly into Calgary or Edmonton, just a two to three hour drive to Banff. From there you can rent a car and drive yourself to the Canadian Rockies, or take shuttles available at the airport. The best time to visit Rockies is from June to October.

As we had a wonderful Vista dome train experience between Anchorage and Denali as an extension of Alaska cruise in 2018, we were once again interested in such a ride to enjoy the stunning

landscapes of Canadian Rockies but due to the suspension of train service under the extant pandemic restrictions, we had to follow road journey from Vancouver to visit the Rockies.

Day 1: Seattle-Vancouver by flight and overnight stay at Vancouver.

Day 2: Vancouver-Kamloops-Revelstoke

In the morning, we departed from Vancouver along the Frazer Valley Highway and travelled to Kamloops, a city at the confluence of south and north Thompson rivers, where we could visit Summore Ginseng Processing Factory. Chinese who first brought this root to Rockies from China, found the climate very favourable for the large-scale cultivation of the herb that has proven health benefits. From there, we proceeded to Eagle Pass to visit the Last Spike of the Canadian Pacific Railway that connects the east and west coasts of Canada and spent the night in Revelstoke. It is surrounded by outstanding natural beauty, clean waterways, provincial parks and an abundance of green space.

Day 3& 4: Revelstoke-Banff-Banff National Park-Vernon

We started off through Glacier National Park to Jasper National Park to the world-famous Columbia Icefield, largest ice field in the Rocky Mountains, astride the British Columbia–Alberta border. Lying partly in the north-western tip of Banff National Park and partly in the southern end of Jasper National Park, it is one of the most accessible expanses of glacial ice in North America. This icefield feeds eight major glaciers in the area including Athabasca and Dome glaciers.

The Athabasca Glacier is a massive glacial toe to the expansive Columbia Icefield that sits on the British Columbia—Alberta border in Canada. It is arguably the most accessible glacier in North America and offers visitors a chance to get up close and personal to an earth-shaping wonder.

A vestige of the great ice shield that once lay over most of Canada, the Columbia Icefield is the largest accumulation of ice in the Rocky Mountains, covering some 230 sqkm of snow and ice to a depth of 365 m

There we took a giant ice explorer (snowmobile) that provides all-terrain mobility to transport up to 56 passengers. Its six soft low-pressure tyres are massive! With 250 B.H.P. engine and the six-wheel drive using a transmission lock-up, it can ascend and descend 300 grades. It has the ability to safely drive onto the glacier to provide an up-close experience to the 305 m deep Athabasca Glacier.

Visiting Glacier Glass Bridge thereafter, that explores the immense powers of glaciology from a fully accessible, cliff-edge walkway that leads to a glass-floored observation platform 280 m above the Sunwapta valley, we moved to Banff National Park and the famous town of Banff. From ice-capped mountain peaks to vast glacier-formed valleys, the Columbia Icefield Skywalk is a front-row seat to nature's most grand performance!

Saying goodbye to the beautiful morning light of the Banff town, we entered the Banff National Park to its glacially fed Moraine lake situated in the Valley of the Ten Peaks. It has a brilliant bright blue colour due to rock flour that runs into its water. Banff National Park is famous for its surreally coloured lakes, majestic mountains and endless outdoor adventures. Canada's first national park and the world's third, it has a rich heritage as one of the world's most awe-inspiring mountain destinations.

The discovery of a series of mineral-rich hot springs put Banff National Park on the tourist map. Rockies have rich mineral deposits and deposits of Ammolite, one of the rarest gemstones in the world.

Spotting grizzly bears in Banff National Park is very common. Moose, bighorn sheep, elk and other creatures big and small roam the Bow valley along the





busy Trans Canada Highway that cuts through Banff National Park. The park's custom-built, naturally vegetated overpasses and underground tunnels allow safe passage and have set the global standard for animal highway safety.

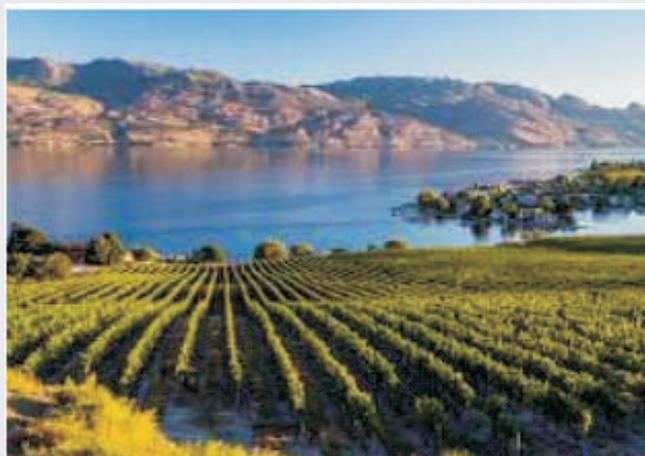
The next in line, Lake Louise is also a glacial lake known for its vibrant blue-green colour coming from the rock flour carried into the lake by the water of the nearby melting glaciers. Here, one can enjoy the breathtaking views of the scenic Banff National Park from an open chair lift or fully enclosed gondola at 6,800 ft. elevation that offers the guests a unique vantage point from which to see Banff's stunning glaciers, mountain peaks, flora, serene springs and wildlife.

Lake Louise is world famous for its turquoise lakes, the Victoria Glacier, soaring mountain backdrop, palatial hotels, and incredible hiking and skiing. Surrounded by a lifetime's worth of jaw-dropping sights and adventures, Lake Louise is a rare place that must be experienced to be believed. The lake was completely in a frozen state during our visit in June.

It is a home to the luxurious Fairmont Chateau Lake Louise hotel and also some incredible restaurants—many of which practice a farm-to-table ethos, bringing together the best of meats, trout and salmon fish, to pair with the incredible nearby growing regions in British Columbia.

Day 5: Vernon - Okanagan-Kelowna-Vancouver

In the morning, we headed to Vernon to visit the famous local Planet Bee Honey Farm and Honeymoon Meadery which is an interactive apiary that seeks to teach visitors about the



amazing honey bee and offers an inside look at honey hives and the honey-making process.

Our next stop was at Kelowna, the hometown of fruits in British Columbia and a visit to the Okanagan Lake and famous local “VQA” winery and finally pass through the town of Merritt back to Vancouver.

Okanagan is one of the warmest regions in all of Canada. It offers countless sandy beaches and a variety of outdoor and water activities. It is also a spectacular backdrop to the golf courses, Okanagan wineries and popular ski resorts. The large and deep lake in the Okanagan valley region is a popular recreation spot that offers a variety of activities in addition to gorgeous scenery.

VQA, the Vinters Quality Assurance, is an association in British Columbia and Ontario that seeks to guarantee the quality of Canadian ice wines in which grapes are frozen before being fermented and processed. Ice Wine, the real reason is that the grapes used to produce this wine need to be harvested when they are frozen to the vine. So while most grapes are harvested in the late summer into fall, ice wine grapes are harvested in the middle of winter when they are completely frozen.

Kelowna, the largest and most liveable city in Okanagan valley, was our next destination where we had a very lavish lunch before heading back to Vancouver.

With towering landscapes that take visitors to new heights, it's no surprise that Rocky Mountain is world-renowned for its gorgeous scenery and a must visit for an avid globetrotter at least once in a lifetime!

- Rtn. Pratap Rege

Sejal and Water Polo

We Manohar's have a real affection towards 'Water' and have always felt that water brings luck to us. So when we had our baby girl, me and Archana thought of her name as 'Sejal' which means 'pure water' where we believed our luck is.

My father loves swimming & sports, so our whole family is a member of Deccan Gymkhana club since the last 40 years. Sejal always liked team games since her school days & she played basketball and volleyball at Deccan Gymkhana. She took her basic swimming coaching under coach Kalpana Tai at Tilak tank. Post her SSC 10th standard exam, she joined Waterpolo at Tilak tank.

Waterpolo is a team game and played like football or basketball with similar rules. Waterpolo is a beautiful sport which demands strong physical and mental fitness. This game improves the players one to one coordination and team skills. One can enjoy this water sport incredibly.

In 2019 she got selected for Pune girls junior waterpolo team at State level and subsequently got selected in Maharashtra girls waterpolo junior team to play junior nationals at Rajkot Gujarat. Same year she got selected for senior national Waterpolo team Camp but could not get selected in the final 13. After that there was Corona and everyone lost 2 important years of sports career. Last year in December 2021 once again she got selected for girls senior national camp but again luck was not favourable to get selected in the final 13.

After two consecutive misses, this year she started working hard again. 'Sincerity' played a major role in her success. Come what may, she never missed her daily work out & practice.

The girls senior national team camp at Balewadi was attended by the best of the waterpolo players from Mumbai, Raigarh, Amravati, Nasik, Pune & services like Police Railway, sports Academy. Only 13 players were to be selected out of all top players and only 2 out of 13, at goal keeper position. Sejal was selected at goal keeper position in the team.



All the players experienced best management and facility at sports Academy during the camp. The coaches Mr. Vilas and Mr. Ranjit gave their best to select top 13 girls for Maharashtra Waterpolo team. In this team, 7 players from Mumbai, 2 players from Pune, 1 from Amravati, 1 player from sports Academy and 2 players from Raigarh got selected and the team left for Rajkot.

Other than Maharashtra, Kerala, Karnataka, Bengal and Delhi have good quality teams which play serious competitive Waterpolo in India.

This year Sejal played her first senior nationals for Maharashtra girls team at Guwahati. Unfortunately Maharashtra lost their matches against Police, Bengal and Kerala Waterpolo teams and they had to return back empty-handed.

Immediately after that senior nationals games at Rajkot, Gujarat were announced. In this tournament Maharashtra girls water polo team played total four matches. First was against Manipur which they won (22-0). Then next match was against Karnataka which they won (7-5), and then Important matches against Bengal (6-4) and the tough one Kerala (5-3). The Maharashtra girls team came out as a clear winner without losing a single game and got Gold medal in this tournament.

Maharashtra Boys team also won bronze medal in this tournament.

The quality coaching, best management and support by Maharashtra swimming federation, Tilak tank management were instrumental in this success. Senior players of DG taught them smart playing skills & techniques to perform and deliver best in this tournament. She also got the able guidance of DG coaches Mr. Shourya Karandikar and Mr. Shubhankar. Tilak tank team is known as the best Waterpolo team in India..

All the players experienced and appreciated the perfect management by Gujarat government while executing such a big event. Our PM Modi ji is really changing the attitude and focus of the nation to uplift sports culture in India and all the players / teams experienced the same during this tournament.

- Rtn. Shailesh Manohar



जोडी तुमची माझी!!

आठवायला बसले खरी पण कधी नि कशी जमली तुमची माझी जोडी ते खरंच आठवत नाही!

आई सांगते की अगदी अडीच- तीन वर्षांची असताना घरी येणाऱ्या एका आर्जीनी मला अजून दात घासायचे आहेत असं म्हटल्याक्षणी मी म्हणे त्यांना म्हटले की घासायचे आहेत काय म्हणताय घासायचा आहे म्हणा एक तर दात आहे तुमच्या तोंडात. आई म्हणते तेव्हाच कळलं की ही मुलगी भाषांशीच रमणार मोठेपणी!!

आणि काहीसं तसंच झालं नाही का ?

नवनवीन भाषा शिकून त्या देशाची संस्कृती समजून घेणे तिथले मित्रमैत्रिणी करणे हा जसा छंदच लागला मला!

मुळातच मला बोलायला, गप्पा मारायला खूप खूप आवडतं त्यामुळे भाषा कुठली का असेना मी गप्पांमध्ये रमून जाते आणि अशी तुमची माझी जोडी अधिकच घट्ट होते.

परदेशातून इथे आलेल्यांना त्यांच्या भाषेत बोलू शकणारे कोणी भेटले की होणारा आनंद मी अनेक वेळा अनुभवला आहे

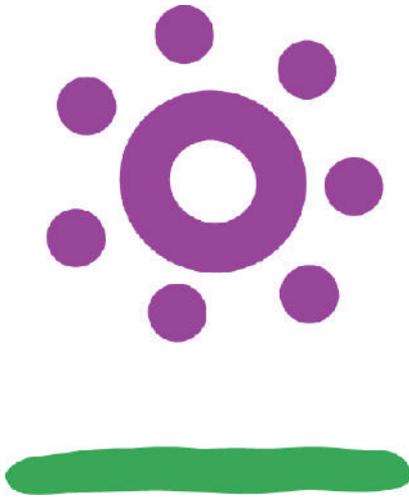


मग त्यांच्या बरोबर तुळशीबागेत जायचं असो की केळकर म्युझियम मध्ये! या पाहुण्या मंडळींमधल्या मुलींना साडी नेसायला मदत करताना पण त्यांच्या भाषेत सांगितलं तर त्यांना इतकं बरं वाटतं ना की तेव्हा तुमच्या माझ्या जोडीचा कसं लागतो! परदेशी लोकांना आपले पदार्थ खाऊ घालताना, त्यांच्या कडच्या रेसिपीज शिकताना मला तुमच्या जोडीची होणारी मदत शब्दात सांगता येणार नाही!

पण एक गंमत सांगू? कातडीचा रंग किंवा भाषा जरी वेगवेगळे असले तरी आई मुलांचं नातं, किंवा प्रेम, आनंद, राग व्यक्त करण्याची पद्धत मात्र अगदी तशीच असते!! शेवटी काय इथून तिथून सगळीकडे भावना सारख्याच!!

तुमच्या माझ्या या जोडीमध्ये नव्याने यायला आणखी पण बऱ्याच भाषा उत्सुक आहेत आणि मला खात्री आहे की तुम्ही या नवीन मंडळींना आपल्यात आनंदाने सामावून घ्याल!!

- रो. मधुरा गोखले



IMAGINE ROTARY

The Rotary Foundation

The Rotary Foundation transforms your gifts into service projects that change lives both close to home and around the world.

Since it was founded more than 100 years ago, the Foundation has spent more than \$4 billion on life-changing, sustainable projects.

With your help, we can make lives better in your community and around the world.

Our mission

The Rotary Foundation helps Rotary members to advance world understanding, goodwill, and peace by improving health, providing quality education, improving the environment, and alleviating poverty.

What impact can one donation have?

- For as little as 60 cents, a child can be protected from polio.
- \$50 can provide clean water to help fight waterborne illness.
- \$500 can launch an anti bullying campaign and create a safe environment for children.
- Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.
- Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

Our ongoing commitment

- That commitment endures today through an organization that remains truly international. Only 16 years after being founded, Rotary had clubs on six continents. Our members now span the globe, working to solve some of our world's most challenging problems.
- We're not afraid to dream big and set bold goals. We began our fight against polio in 1979 with a project to immunize 6 million children in the Philippines. Today, polio remains endemic in only two countries — down from 125 in 1988.

The Rotary Foundation is the best steward for your money.

Here's why.

In 2016, The Rotary Foundation received the highest possible score from Charity Navigator — 100 of 100 points — for its strong financial health and commitment to accountability and transparency.

It was the ninth straight year the Foundation earned a four-star rating from the independent evaluator of

charities across the U.S., a distinction only 1 percent of charities have attained.

The Association of Fundraising Professionals likewise named the Foundation the World's Outstanding Foundation for 2016, an award previously given to other familiar names such as Kellogg and MacArthur.

These organizations agree: When you donate to The Rotary Foundation, you're investing wisely. We followed your money from start to finish to discover how the Foundation ensures that your gift makes an impact for years to come.

Directing your donation

There's a reason Rotarians donate to The Rotary Foundation: It's a simple way to achieve your philanthropic goals — whether it's supporting clean water, the eradication of polio, or a particular global grant.

Any gift can be donated to a specific fund — End Polio Now, an individual global grant, or one of Rotary's areas of focus.

Investing your money

In 2015-16, 91 percent of the money the Foundation spent went to programs and grants, with only 9 percent of expenses going toward administration. How does the Foundation make sure that the bulk of your donation supports the sustainable programs you want it to?

“To ensure that the funds for the project are there when needed,” says past Rotary International President Ron D. Burton, chair of the Foundation's Investment Committee, “all contributions to the Foundation's Annual Fund are invested for three years.”

After three years, the investment earnings on your gift go toward the operating expenses of the Foundation.

The Investment Committee includes three Foundation trustees and six Rotarians who are professionals in the field, who make sure that your money is invested responsibly during this period.

“I don't know of any other organization like ours that has a system like this,” Jensen says. “It's brilliant.”

Your principal is split 50/50, with half going to your District Designated Fund and half going into the World Fund, a pool that the Trustees of The Rotary Foundation use to match grants where they are most needed.

- COMPILED BY...**Rtn. PP Girish Kshirsagar**
(Chairman Annual Giving 22-23)

गुलमोहोराचे जिणे
त्याला फुलणे नाही
वैशाख वणव्या शिवाय

माझे हि तसेच आहे
शब्द स्फुरणे नाही
तुझ्यावाचून जळल्या शिवाय...

आणि तुला हे
कधीच कळणार नाही
मला भेटल्या शिवाय....

ज्योति



Nov 04 Chitale Satyajee
Nov 08 Rairikar Vidya
Nov 09 Jog Jyoti
Nov 10 Gupta Kalpana
Nov 11 Ghule Chhaya
Nov 12 Kshirsagar Anupama
Nov 14 Rasal Heramb
Nov. 24 Bhosale Sanjay



Nov 03 Bhate Rajesh & Swati
Nov 07 Bhosale Sumedha & Sanjay
Nov 15 Rege Pratap & Shailaja
Nov 28 Inamdar Satish & Archana
Nov 28 Pangarkar Neena & Dilip

Club Events

01/11/2022

Jayant Kasbekar - 3rd war of Panipat

08/11/2022

Holiday on account of Gurunanak
Jayanti

15/11/22

Nomination committee Election

22/11/22

Ann's Interest meeting

29/11/22

Mrs. Chawre on Stress Management

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