



District 3131

Rotary Club of Pune Metro

Club No. 31769

METROPOLITAN



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

ISSUE 2

August – Membership Month



INDEX

**Presidential
Installation
Club Projects
Club Meetings
Club News
RID 3131 updates
Health Corner
August Birthdays
& Anniversaries**



August Calendar

8 Aug- A captivating session by Dist Dir Membership, Jignesh Pandya and New Member Induction

18 Aug Flexi Meeting

25 Aug RID 3131

Membership Seminar

29 Aug Savitrichya Leki – Program by Niramay NGO girls with RYE inbounds

August कलायात्री

Rtn Sunil and Ann Anagha Gokhale

Rtn Manjusha and Anna Harshvardhan Bhawe

Rtn Hemant and Ann Madhura Atre

Rtn Krishna and Ann Megha Bhojkar

Rtn Shilpa and Anna Dr Vishwambhar Choudhari

PRESIDENTIAL – Rtn Amita Nene



My Dear RCPM family members,

I am delighted to share with you the second bulletin of the Rotary Club of Pune Metro, reflecting our continued commitment to friendship, fellowship, service and community impact.

Over the past month, our club has been diligently working on laying the foundation for various initiatives that will be carried out over the coming months. Our club meetings have been vibrant and diverse, reflecting our commitment to fellowship and meaningful engagement.

Our year started with a big bang, we organized '**Yeh Shaam Mastani,**' a Saxophone musical extravaganza featuring **Mr. Anil Karmarkar,** a very renowned and talented Saxophonist, which attracted an audience of over 80 persons.

This was followed by our Flexi meeting – Breakfast and Visit to Vikram Phadnis Cycle Museum. This event was enjoyed by over 40 participants, fostering camaraderie and shared experiences among our members.

Our last meeting for July was to happen on 25th July which we had to unfortunately postpone due to incessant rainfall. This exciting meeting was rescheduled to 1st August. The audience experienced a potpourri of drama, theatre and art, very tastefully put up by our July Kalayatris; that was very highly appreciated.

One of our significant achievements this month has been the successful implementation of the '**Chhatrachhaya,**' project, a project aimed at providing authorised street vendors with umbrellas to protect them and their wares through the Monsoons. This initiative has not only touched the lives of many

street entrepreneurs but has also contributed to our resolve to create positive change in our community.

Looking forward, we are excited to announce our upcoming projects which include the Women Entrepreneurship Development initiative at Ind Search Pune that focusses on providing the basic business inputs to women from lower economic strata to help them step out of their comfort zones, start their small businesses and work towards earning their own livelihood.

'Project Durga', our initiative for empowering girls through self-defence training begins from August and will continue over the next 6 months.

Both these projects are poised to make a profound impact on the lives of women and girls in our society, promoting their safety, confidence, and independence.

In addition, we are in the process of forming a Rotary Community Corps, further expanding our reach and capabilities to serve those in need. This RCC will enable us to engage more deeply with the community and ensure sustainability and longevity to our past initiatives in rural areas.

We are also initiating Project 'Arogyabhaan' soon, aimed at raising health awareness and conducting anaemia testing among children... This project underscores our commitment to improving public health outcomes and ensuring a healthier future generation.

Rtn Amita Nene

President RCPM RY 24-25

RCPM PRESIDENT AND BOD INSTALLATION ON 28TH JUNE 2024

Along with CHARTER DAY CELEBRATIONS

A beautiful evening at Ganesh Sabhagruh, where the baton was passed on by the Outgoing President Rtn. Surekha to the Incoming President Rtn. Amita in an eventful and well executed ceremony. The stage and welcome committee members arrived early to make all the preparations. The program started with a warm welcome to Rtn. Amita and her family by औक्षण by her mom Ann. Ashwini Joshi and fellow Rtns and Anns. All the guests were seated in the first row and the meeting started by President Surekha followed by National Anthem and reading the 4-way test by Secy Prerana. MOC Prerana took over the charge and conducted the rest of the program.

President Surekha welcomed all the district officers, Guests and fellow members. Rtn. Prerana called upon DGN Rtn. Santosh Marathe, AGE Rtn. Atul Atre, PE Rtn. Amita to come for दीप प्रज्वलन and were then seated on the stage. Rtn. Surekha walked us through the whole year in her address followed by the Secretary's report by Rtn. Prerana. Rtn. Kavita with the dignitaries on the dais unveiled the last bulletin for RY23-24 and the e-bulletin link was shared with all on the group. Rtn. Surekha introduced Rtn. Amita and Anna Sachin and did her installation by handing over the collar, gong and gavel, the charter frame and putting on the pin. Rtn. Prerana then introduced Rtn. Rajas and Anna Milind and did her installation. President Amita and Secy Rajas felicitated Rtn. Surekha and Prerana.

President Amita then introduced her BOD by calling them on stage along with the spouse - Jt. Secretary- Rtn. Krishna Bhojkar, Treasurer - Rtn. Amit Apte, Club Admin - Rtn. Vaidhehi Jog, Service Project Director 1 - Rn. Anjali Sahasrabuddhe, Service Project Director 2 - Rtn. Reshma Sambare, CSR Director - Rtn.

Mukund Chiplunkar, Membership Director - Rtn. Shilpa Choudhari, Foundation Director - Rtn. Padma Shahane, Youth Director - Rtn. Madhavi Mehendaley, PI Director - Rtn. Deepak Bodhani, Bulletin Editor - Anna Uday Subhedar, IT Officer - Rtn. Prerana Joshi, Club Learning Facilitator - Rtn. Mohan Chhatre, PE - Rtn. Madhavi Chouhan, IPP - Rtn. Surekha Deshpande.

President Amita delivered a heartfelt address covering the plans for the upcoming year and acknowledging all those who have and will be helping to make the coming year a successful and enjoyable one. Secretary Rajas did the Secretarial announcements and AGE Rtn. Atul Atre read out the message from DGE Rtn. Shital Shah. The first bulletin for RY24-25 was unveiled by the dignitaries on the dais along with the Bulletin Editor Anna Uday Subhedar and the e-bulletin link was shared with all on the group. PE Rtn. Madhavi Chouhan introduced our Chief Guest DGN Rtn. Santosh Marathe and was followed by his address to the audience. President Amita felicitated the Chief Guest and Secretary Rajas proposed a Vote of thanks.

Rtn. Surekha adjourned the meeting and MOC Prerana called upon the charter members to come on the stage for cake cutting and Charter Day celebrations. The program ended with पंगतीचे जेवण with Puranpoli. The program was attended by around 100 people.





The RCP Metro BOD



President Amita



Donations by Rtn PP Avinash and Ann Ashwini Joshi and Rtn PP Sneha and Anna Uday Subhedar



A G Rtn Atul Atre



DGE Santosh Marathe

CHARTER DAY CELEBRATIONS



RCPM PROJECTS



July 3 onwards, RCP Metro completed the Chhatrachhaya project under District 3131 project in the month of July 2024 by distributing umbrellas to 20 authorised street vendors in and around Pune in the areas of Vimannagar, Warje, Rajendra Nagar, etc. More than 105 clubs took part in this unique project.



रामचंद्र राठी शाळेत नव्या वर्षाच्या इंटरअॅक्ट क्लबच्या नव्या कार्यकारिणीची स्थापना जुलै ३ रोजी पार पडली.

सर्वप्रथम रोटरी क्लब ऑफ पुणे मेट्रोच्या प्रेसिडेंट अमिता नेने, रोटरी यूथ डायरेक्टर माधवी मेहेंदळे आणि उपस्थित मेट्रो सदस्यांचे स्वागत करण्यात

आले. मावळत्या कार्यकारिणीने कॉलर व पिन्स यांची अदलाबदल करून नवीन कार्यकारिणीस इंटरअॅक्ट क्लबचे हस्तांतरण झाल्याचे जाहीर केले. प्रेसिडेंट अमिता यांनी मुलांशी संवाद साधला.

शाळेच्या मुख्याध्यापिका पवार मॅडम तसेच मधुरा मोने मॅडम व सातपुते मॅडम यांची उपस्थिती कार्यक्रमास होती. कार्यक्रमाच्या शेवटी मुलांना मेट्रो क्लब तर्फे खाऊ देण्यात आला. मेट्रो क्लब तर्फे रो हेमंत, रो अल्ताफ, अॅन अश्विनी, रो शोभना, रो भालचंद्र, रो अनघा व क्लब सेक्रेटरी रो राजस हे आवर्जून उपस्थित होते.





इंटरअॅक्ट क्लब इंस्टॉलेशन
स्थळ: पंडितराव आगाशे शाळा
दिनांक: 8 जुलै 2024

पंडितराव आगाशे शाळेत नव्या वर्षाच्या इंटरअॅक्ट क्लबच्या नव्या कार्यकारिणीची स्थापना पार पडली. सर्वप्रथम रोटरी क्लब ऑफ पुणे मेट्रोच्या प्रेसिडेंट अमिता नेने, रोटरी यूथ डायरेक्टर माधवी मेहेंदळे आणि उपस्थित मेट्रो सदस्यांचे स्वागत करण्यात आले. मावळत्या कार्यकारिणीने कॉलर व पिन्स यांची अदलाबदल करून नवीन कार्यकारिणीस इंटरअॅक्ट क्लबचे हस्तांतरण झाल्याचे जाहीर केले.

प्रेसिडेंट अमिता यांनी मुलांशी संवाद साधला. शाळेच्या मुख्याध्यापिका काजवे मॅडम तसेच सावित्री मॅडम व वीणा नायर मॅडम यांची या कार्यक्रमास उपस्थिती होती. कार्यक्रमाच्या शेवटी मुलांना मेट्रो क्लब तर्फे खाऊ देण्यात आला.

मेट्रो क्लब तर्फे रो. हेमंत, रो. अश्विनी, रो. शोभना, रो. भालचंद्र, रो. अविनाश जोशी रो. अनघा हे सदस्य आवर्जून उपस्थित होते.





इंटरअॅक्ट क्लब इंस्टॉलेशन

स्थळ: मनसुख कोठारी शाळा

मनसुख कोठारी शाळेत नव्या वर्षाच्या इंटरअॅक्ट क्लबच्या नव्या कार्यकारिणीची स्थापना पार पडली. सर्वप्रथम दीप प्रज्वलनाचा कार्यक्रम पार पडला. त्यानंतर रोटरी क्लब ऑफ पुणे मेट्रोच्या प्रेसिडेंट अमिता नेने, रोटरी यूथ डायरेक्टर माधवी मेहेंदळे आणि उपस्थित सर्व मेट्रो सदस्यांचे स्वागत करण्यात आले.

प्रेसिडेंट अमिता नेने, माधवी मेहेंदळे व इंटरअॅक्ट कोऑर्डिनेटर अनघा जोशी यांच्या हस्ते कार्यकारिणीला पिन्स बहाल करून नविन कार्यकारिणीस इंटरअॅक्ट क्लबचे हस्तांतरण झाल्याचे जाहीर केले.

प्रेसिडेंट अमिता यांनी मुलांशी संवाद साधला. शाळेच्या अकॅडमीक डीन प्रजा गोखले मॅडम तसेच दामिनी मॅडम व भावना मॅडम यांची उपस्थिती

कार्यक्रमास होती. कार्यक्रमाच्या शेवटी मुलांना मेट्रो क्लब तर्फे खाऊ देण्यात आले. मेट्रो क्लब तर्फे आय पी पी सुरेखा, रो हेमंत, अॅन अश्विनी, रो शोभना, रो अलताफ हे सदस्य आवर्जून उपस्थित होते.





दिनांक २४ जुलै २०२४ रोजी, कोरेगाव पार्क पुणे येथील पूना स्कूल अँड होम फॉर ब्लाइंड या मुलांच्या शाळेत रोटरी क्लब ऑफ पुणे मेट्रोच्या नवीन इंटरअॅक्ट क्लबची स्थापना करण्यात आली.

या स्थापना समारंभासाठी डिस्ट्रिक्ट RYLA चेअर हे पद भूषविणारे रो. संजय करवा हे प्रमुख पाहुणे म्हणून उपस्थित होते.

पाहुण्यांचे स्वागत व राष्ट्रगीत म्हणून झाल्यावर रोटरी क्लब ऑफ पुणे मेट्रोच्या प्रेसिडेंट रो. अमिता नेने यांनी मुलांना रोटरी बद्दल महिती सांगितली. त्यानंतर कॉलर व लेपल पिन देऊन इंटरअॅक्ट क्लबची स्थापना करण्यात आली. नवीन इंटरअॅक्ट क्लबचे प्रेसिडेंट, सेक्रेटरी व जॉइंट सेक्रेटरी यांनी आपापले विचार मांडले.

शाळेच्या अध्यापिका हुमा शहा यांनी शाळेचे कार्यकारी अधिकारी विंग कमांडर श्री शेवाळे यांची थोडक्यात ओळख करून दिली. यानंतर कमांडर श्री. शेवाळे सर यांनी आपले विचार मांडले.

पी पी रो अल्ताफ चिकोडी यांनी प्रमुख पाहुण्यांची ओळख करून दिली. प्रमुख पाहुणे रो संजय कारवा यांनी मुलांशी संवाद साधला.

या कार्यक्रमाला शाळेतील विविध इयत्ते मधील सुमारे दीडशे विद्यार्थी उपस्थित होते. मुले दिव्यांग असूनही त्यांची समज, शिस्त व अवखळपणा मनाला भावणारा होता.

मेट्रो क्लबच्या रो अनघा जोशी यांनी सूत्रसंचालन व सेक्रेटरी रो राजस फडके यांनी आभार प्रदर्शन केले.

समारंभाच्या शेवटी मेट्रो क्लब तर्फे मुलांना खाऊ देण्यात आला.

सदर कार्यक्रमाला रोटरी क्लब ऑफ पुणे मेट्रोचे आय पी पी रो सुरेखा देशपांडे, रो भावना चाहुरे व रो भालचंद्र जोशी आवर्जून उपस्थित होते.



RCPM MEETINGS



Kalayatri's First Program on 4 th July 24

Venue: Damle Hall

Interview of Saxophone player Mr.Anil Karmarkar, by Anna Rahul Joshi

Meeting started with a grand welcome of RCPM New President Rtn Amita and Secretary Rtn Rajas. Meeting was called to order by President Rtn Amita. The main program started after the secretarial announcements by club secretary Rtn Rajas. Anna Vishwas Sahasrabuddhe introduced our guest kalakar Mr Anil Karmarkar.

The foot tapping theme song of Movie *An Evening In Paris*, stole everyone's heart.

Being an Engineer and technical professional, we found Mr. Anil is a hardcore artist. Listening to the songs like "O Hansini", "Naino Mai Badara Chhaye", "Aaja Aaja Mai Hu Pyar Tera" was a great experience. We were made aware about saxophone and understood the instrument thoroughly. Mr Anil Karmarkar was felicitated by the President. Rtn Bhalchandra Joshi presented the vote of thanks. A delicious mini dinner was served to all.





July 20 Flexi Meeting- Another amazing club event

RCP Metro had a relaxing Saturday morning brunch flexi meeting today. After a sumptuous South India brunch at Malgudi Tiffins, Team RCP METRO visited the Vikram Pendse Cycle Museum. The museum is a very intriguing place has a host of vintage bicycles, stunt bicycles, bicycle vintage accessories and spares, automobiles and auto spares, and a variety of memoirs from the yesterday years from billboards to radios, halogen shades, copper/brass/ stone utensils and accessories.

Exceptionally well thought out program by the organising team.... Kudos to PP Anil and the entire team.

Amazing response by members....

The enthusiastic participation of all our members is going to keep motivating the admin team to give us many more vibrant interesting programs and event.

We are going to keep it rolling!! 🤝





जुलै कलायात्रींनी सादर केलेला कार्यक्रम

विश्वास सहस्रबुद्धे आणि अनघा जोशी संकल्पित एक बहारदार कार्यक्रम
१ ऑगस्ट रोजी सादर झाला.

तरुणपणी केलेले प्रेम (रो नरेंद्र द्रविड), रिटायरमेंट नंतर केलेले वेळेचे व्यवस्थापन / राहून गेलेल्या गोष्टी (रो जयंत बोकील), समाजात वाढीला लागलेल्या अनिष्ट बाबी व व्हास होत असलेल्या इष्ट बाबी (रो सुनील गोखले), रोटरीमधील झालेले बदल (रो दीपक बोधनी), मागे वळून पाहताना (अॅन ज्योती बोकील), स्मरणरंजन (रो शोभना परांजप्ये), संगीतविषयक आवड (अण्णा रविंद्र मेहेंदळे) अशी सादरीकरणे आणि रो मिलिंद सकुंडे, अण्णा अभय जोगळेकर व अॅनेट प्रियदर्शन सहस्रबुद्धे यांनी सादर केलेली अप्रतिम गाणी यांनी हा कार्यक्रम छान रंगला.





याच वेळी सादर केलेली ही कविता -

अशाच एका कातरवेळी आठवणींच्या नदीकिनारी

सत्तरीच्या उंबरठ्यावर उभं असताना बघतो आपण मागं वळून
ना आदि ना अंत काळाचं ते अखंड चलन
त्यातून वाऱ्याच्या गतीनं धावणारं तुमचं आमचं जीवन

आठवणींच्या पोतडीत

वो कागज की कश्ती, वो प्यारा सा बचपन
ते भरकटल्यासारखं धावणं, ती क्षणात मिटणारी, मित्रांशी भांडणं
तो डबा ऐसपैस, तो आकाशात उंच उंच जाणारा पतंग
सारा सारा गोड आनंदाचा ठेवा
तो निरागस आनंद मला हवा
लहानपण देगा गा देवा

ती शाळा कॉलेजची गडबड, अभ्यासातली खेळातली ती चुरस ती धडपड
तो शाळेचा युनिफॉर्म, त्या दोन घट्ट वेण्या छान
शाळा सोडून कॉलेजला जाण्याची इच्छा बेफाम

शक्तीची मस्ती तो तारुण्याचा डौल
ती अजबशी स्वप्नमस्ती तो मदनाचा कौल
आमच्या काळी त्या पाठोपाठ, लागायची लग्नाची चाहूल

ती इंद्रधनुषी स्वप्नं ते तरुणाईचे धुंद मग्न क्षण
अविस्मरणीय असे आठवणींचे कण

पण लवकरच होते जबाबदाऱ्यांची पहाट
मित्रांनो तेव्हाच तर दिसू लागते जिंदगीची उंचसखल वाट

ती ही चालताना येते खूप मजा, कधी काटे तर कधी मखमली गालिचा

हर घडी बदलणारी ती रुपेरी जिंदगानी
कभी धूप कभी छांव यही तो है उसकी कहानी

त्यांनतर नवीन जिंदगीची चाहूल आणते आनंदाला बहर
त्यांना वाढवता वाढवता कळत नाही
कधी पांढरं होतं डोईवरचं छप्पर

बघता बघता संपतात बऱ्याच जबाबदाऱ्या, आणि येते साठी नाठाळ
मित्रहो त्यालाच म्हणतात आयुष्याची संध्याकाळ

पण तसं काही नसतं , म्हातारं कोणी होत नाही
हा तर असतो जीवनाचा सुवर्णकाळ
जगायचं भरभरून कधी कोणी सोडत नाही
चेहरे सुरकुतले तरी हसू लपत नाही
डोळ्यातला मिशकीलपणा तो ही कधी जात नाही

आनंदाचे येतात इथेही अनेक क्षण
नातवंडांबरोबर दंगा करायला परत येतं बालपण

मनात एक हुरहूर जवळ आलेल्या अस्ताची
गाठोडी बांधून तयार असतात पण धास्ती वाटते रस्त्याची

त्या वाकलेल्या पाठी, ती हातातली काठी
ते झालेलं विस्मरण, ते चार भिंतीतलं एकलेपण
बघावंच लागतं आपल्याला, आपल्या आईबाबांचं पैलतीरी गमन

तरीपण वेदांत सांगतो भेटतील परत नक्कीच
अमर आहे आत्मा, तो तर ब्रह्मन्

म्हणूनच दोस्त हो,
आधी मधी आणि अंती, सतत असावी मैतरांची संगती
तेच तर असतात खरे सखे सोबती, सहज करतात जीवनाची गती

समाजाशी संवाद, मोठं प्रफुल्ल मन, हेच तर खरं जीवनाचं धन
तो जोपासावं, सांभाळावं, द्यावं घ्यावं वाटावं उधळावं
फक्त मनाचं तारुण्य असावं, श्रद्धेचं हे जीवन कसं रसरसून जगावं
नजर रोखुनी नजरेमध्ये आयुष्याचा उत्तर द्यावं
निरोप शेवटचा देताना काळानेही कातर व्हावं
काळानेही कातर व्हावं

— अँन ज्योती बोकील



RCPM NEWS



On July 1, Rtn PP Madhav and Ann Neha Tilgulkar became proud grandparents to the baby girl born to Annets Aniket and Vedangi. Congratulations from RCPM to the Tilgulkar family.



Design Awards India announced Special Award to Ms. Leena Deshpande Desai in the Category - "GOLDEN DOOR AWARD FOR EXCELLENT CONSULTANCY IN INTERIOR DESIGN DOMAIN".

Her organisation Think Space was selected for the prestigious Elite Architecture & Interior Design Awards & Conference 2024. Their jury members have found her organisation profile very promising to receive "Trendsetter & Futuristic Interior Design Firm of the Year 2024" Maharashtra Award under "Premium Residential Projects" Category for the year 2024. Leena is daughter of Rtn PP Seema and Anna Vivek Deshpande.



Ann Ujwala Lawate was felicitated in the Centennial Celebration Function of Poona Women's council (PWC) had organized a seminar on children and women empowerment. Ujwala was felicitated in this function for her contribution in the field of rehabilitation of HIV+ orphan children for more than 25 years through Manavya. The function was arranged at The Karnatak High School auditorium.



On July 12th, Rtn Datta and Ann Kavita became proud grandparents to the Baby boy of Annets Varad and Nupur. Congratulations from RCPM to the Deshpande family.



ऑलमोस्ट भिशी

जुलै १५ ला ऑलमोस्ट भिशीचा कार्यक्रम फार मस्त पार पडला. मुग्धाने एक भन्नाट आयडिया काढली, पिकचरला जाण्याची. दहाजणी सिटी प्राईड कोथरूडला **“बाई गं”** हया सिनेमा साठी जमल्या होत्या. धमाल टाईमपास पिकचर होता. मस्त मजा आली. सिनेमा संपल्यानंतर सगळ्यांनी प्रेरणाच्या घरी जाऊन कॉफीचा आस्वाद घेतला. ही आपली यावर्षीची पहिली ऑलमोस्ट भिशी फारच सक्सेसफुल झाली.





On July 15th, Annet Suraag got married Devayani Pathak at Amravati. Suraag is son of Rtn PP Sneha and Anna Uday Subhedar.



In a very sad development, Rtn PP Mohan Chhatre lost his mother due to old age. "RCPM family offers deepest condolences to Rtn PP Mohan Chhatre and family for the loss of his mother. May her memory be a blessing and bring comfort during this difficult time."



A Report by a Rotaract

On Saturday, July 20th, we had our first meeting with Mr. Bhalchandra Joshi, a distinguished member of our parent Rotary club. The meeting began with introductions of all core and BOD members. We discussed various future plans for our club, including:

- 1. BOD Training: Scheduled for July 21st.*
- 2. Friendship Day Event: Scheduled for August 4th.*
- 3. Blood Donation Event: Scheduled for August 15th.*
- 4. Club Installation: Tentatively planned either the last week of August or first week of September.*

Mr. Joshi provided invaluable insights on how to effectively conduct events with the support of our parent Rotary club. He emphasized the importance of building strong relationships within the club and shared his experience in the Rotary community. His advice on how we can distinguish ourselves as a club was particularly inspiring.

Overall, it was an enriching and productive meeting, setting a positive tone for our upcoming initiatives.



RCPM in RID 3131 Events in July



Rtn PP Sneha Subhedar is the Assistant Governor in RY 24-25 for four clubs viz **RCP East**, **RCP Deccan Gymkhana**, **RCP Tilak Road** and **RCP Synergy**. She was invited for installation functions of their respective Presidents i.e. Rtn Abhay Joshi, Rtn Avinash Pendse, Rtn Parag Gadgil and Rtn Amit Thakur respectively.





DG Installation took place at Auditorium of Kashibai Navale Medical College on July 7, 2024.

Special mention of RCPM was done for Rtn PP Avinash and Ann Ashwini Joshi donating 1,500 \$ and Rtn PP Sneha Subhedar donating 1,000 \$. Rtn AG Sneha was also felicitated for Maximum registrations from her 4 clubs for the Rotary Conference of RY 2024-25.



RID 3131 AWARD FUNCTION FOR RY 2023-24

In a gala awards ceremony held on July 28, 2024, RCPM received various awards. Here are some candid snaps of our members who attended the events and the awards won.



Enthusiastic Members



100% Donor Club Award



Impact Making Service Project



Support to Interact Activity



Club Administration



“Best President Silver Award” – IPP Surekha Deshpande.

In addition, she also was awarded Certificate of Excellence for **“Best AG + President Yuti”**.



“Best District Resource Trainer” and “Best Director and Team Award” for Awards Committee – Rtn PP Abhay Sontakke



“Best Director Gold Award + Best Team” – Rtn PP Deepak Bodhani



“ Best Team District Administration” – Rtn PP Gauri Shikarpur, Co Admin Rtn PP Sneha Subhedar



On behalf of the entire RCPM, I Congratulate All Award Winners.

14 SPECTACULAR TRICKS FOR YOUR BODY !!!!

1 If you've got an itch in your throat, scratch your ear. When the nerves in the ear get stimulated, they create a reflex in the throat that causes a muscle spasm, which cures the itch.

2 Having trouble hearing someone at a party or on the phone, Use your right ear. It is better at picking up rapid speech. But the left is better at picking up music tones.

3 If you need to relieve yourself BADLY, but you're not anywhere near a bathroom, fantasize about RELATIONS. That preoccupies your brain and distracts it.

4 Next time the doctor's going to give you an injection, COUGH as the needle is going in. The cough raises the level of pressure in your spinal canal, which limits the pain sensation as it tries to travel to your brain.

5 Clear a stuffed nose or relieve sinus pressure by pushing your tongue against the roof of your mouth then pressing a finger between your eyebrows. Repeat that for 20 seconds. It loosens your congestion and clears you up.

6 If you ate a big meal and you're feeling full as you go to sleep, lay on your left side. That'll keep you from suffering from acid reflux it keeps your stomach lower than your oesophagus, which will help keep stomach acid from sliding up your throat.

7 To stop a toothache, rub ice on the back of your hand, on the webbed area between your thumb and index finger. The nerve pathways there stimulate a part of the brain that blocks pain signals from your mouth.

8.If you get all messed up on liquor, and the room starts spinning, put your hand on something stable. The reason: Alcohol dilutes the blood in the part of your ear called the cupula, which regulates balance. Putting your hand on something stable gives your brain another reference point, which will help make the world stop spinning.

9 Stop a nose bleed by putting some cotton on your upper gums right behind the small dent below your nose and press against it hard. Most of the bleeding comes from the cartilage wall that divides the nose, so pressing there helps get it to stop.

10.Nervous Slow your heart rate down by blowing on your thumb. The various nerve controls your heart rate, and you can calm it down by breathing.

11 Need to breathe underwater for a while: Instead of taking a huge breath, HYPERVENTILATE before you go under, by taking a bunch of short breaths. That'll trick your brain into thinking it has more oxygen, and buy you about 10 extra seconds.

12 You can prevent BRAIN FREEZE by pressing your tongue flat against the roof of your mouth, covering as much surface area as possible. Brain freeze happens because the nerves in the roof of your mouth get extremely cold, so your brain thinks your whole body is cold. It compensates by overheating which causes your head to hurt. By warming up the roof of your mouth, you'll chill your brain and feel better.

13 If your hand falls asleep, rock your head from side to side. That'll wake your hand or arm up in less than a minute. Your hand falls asleep because of the nerves in your neck compressing so loosening your neck is the cure. If your foot falls asleep, that's governed by nerves lower in the body, so you need to stand up and walk around.

14 Got the hiccups, press thumb and second finger over your eyebrows until the hiccups are over - usually, in a short while.

BIRTHDAYS AND ANNIVERSARIES : AUGUST 2024

2	B	Ann Ujwala Lawate
2	B	Anna Vilas Potdar
3	B	Rtn Manoj Wadekar
6	B	Ann Shweta Kumbhar
6	B	Rtn Shobhana Paranjpye
7	B	Rtn Amita Nene
8	B	Ann Snehalata Chhatre
9	B	Ann Vaijayanti Satpute
13	B	Rtn PP Abhay Sontakke
14	B	Rtn Jayant Mhalgi
15	B	Ann Madhavi Kulkarni
16	B	Rtn Yogeshree Phadke
16	B	Ann Dipashree Ingale
18	B	Rtn Mukund Chiplunkar
24	A	Rtn Ashish and Vaidehi Jog
28	B	Rtn PP Mohan Chhatre

Social Media Presence of RCPM

	Website	https://rotarypunemetro.com/
	Twitter	https://twitter.com/RotaryPuneMetro
	Instagram	https://instagram.com/ropunemetro?igshid=Y2IzZGU1MTFhOQ==
	YouTube	https://www.youtube.com/@rotaryclubofpunemetro5768
	Facebook	https://www.facebook.com/RotaryClubofPuneMetro?mibextid=ZbWKwL

Deady Rains



अरे जरा हळू... मी रिक्षात आहे की
अंतरिक्षात की माझा अंत रिक्षात आहे.

