



**ROTARY CLUB OF NIGDI-PUNE**

# Rowind



**SERVE TO CHANGE LIVES**

Dist. : 3131 Club No 26500 Charter Date June 1989

**President :**

**Rtn Jagmohan Singh**

**Secretary :**

**Rtn Suhas Dhamale**

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## Today's Program

Hello Dear friends,

Today, 6th May 2020, our meeting will be held at ANP care foundation Rahatani.

It's an NGO running free Dialysis Centre initiated by Mr Advani and Mr Pherwani, friends of our PP Rotarian Heera Punjabi. They also have a free Physiotherapy Centre.

Purpose of the visit is to create awareness so that the services can reach to the needy patients.

Time: 7.00pm

Request all to join

Team Club Admin

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LENDING A HELPING HAND & BUILDING A HEALTHIER SOCIETY

## Forth-Coming Programs

*Happiness is a collection of joyful experiences shared with soul friends. Get together and have some fun!*

- Amy Leigh Mercrea

**Day**

**Poogram/ Topic**

13th May

Debate

20th May

Coffee With RCN

# Glimpses of Family Night

**It was fun & celebration of Punjabi Wedding.**

पुरा माहोल ही ऐसा बन गया था की सचमुच की शादी है .... **decor, colourful dresses, warm welcome...**

मेहंदी भरे हात, चुडियो की कनख, ढोलकी की थाप,  
**foot tapping music** □ **delicious , relishing Punjabi food..**

**It was Joyous,  
entertaining and chillax wedding...**

जमंकर मस्ती . जमंकर धमाल .. एक एक पल का मजा जो लिया.. हर एक रस्म निभाई .. रोका हो य  
मेहंदी ..सेहरा भी था,बारात भी आगयी..नजर न लगे दुल्हे राजा को तो सुरमा भी लगा दिया .

मिलनी..कन्यादान .क्या नही था..

ढोलकी के बिना तो शादी ही अधुरी.. ढोलकी के थाप पर सब झुम रहे थे...

कल की शाम .. शादी ..हर एक के दिलं मे बस गयी एक खूबसूरत याद बनकर..



**Thank you Nirupamaji your patience  
are amazing ..**

सबको नचाया. मगर बहुत प्यार से और खूबसूरत  
अंदाज मे.

**Dippy का तो क्या कहना.. वो तो जान थी इस  
शादी की . Whole heartedly , enthusias-  
tically arranging each & every  
thing . .let it be practice,.. नाश्ता, हो  
या गिफ्ट हो .. हर चीज का मसला . Dippy**

**Dhanshree .. your coordination was  
fantastic.. You were everywhe.**

**President , Secretary and Club Admin  
Thanks for this wonderful evening**



# Step Into The Club / District News



For smooth entry at Conference venue JW MARRIOTT  
Please keep following points in mind.

1. Valet is available but waiting period for valet may be 20-30min.
2. Avoid getting your own car, use cab service.
3. If you are getting your car, do car pooling.
4. If you are coming by your car you have an option of separate lane for self drive and park your vehicle in hotels parking area.
5. Alternatively if possible you can park your vehicle outside hotel premises & walk in.

By taking above measures we can have easy and hassle free entry & exit to our event.

## Installation of BOD 2022-23

Friends as the next Rotary Year is approaching in next 58 days our next team lead by PE Rtn Pranita Alurkar has started the preparations enthusiastically. We would like all of you to be present at the Installation which will be held on 1st July 2022.

The details will be shared in due course.

Request all to mark the calendar & block the date.

# Step Into The Club News

## Proud Moment

**Anna Capt Sanjiv Alurkar was invited to inaugurate training course for sea scout at Chikhali.**

**Proud of you Capt Sanjiv**

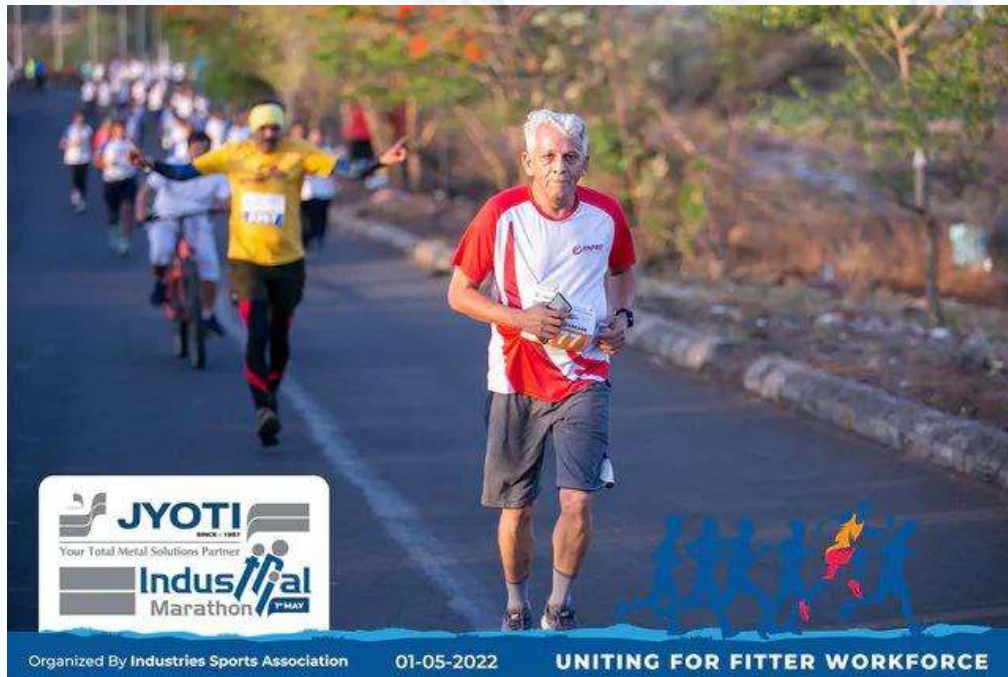


## IWC News

**Sunday IWC Nigdi Pride celebrated its 10th charter night at Bhajansingh dhaba. PPs from IWC Pimpri, instrumental in forming IWC Nigdi Pride, were felicitated along with all other PPs from iwc Nigdi Pride. All the spouses present as well as doners were recognised for their contribution and presence. Games and entertainment program along with music and dance for everyone was arranged by EC members. Charter Pres Renu Mitra and serving Pres Nirmal were given the honour for cake cutting.**



## Proud Moments



**Our PP Rtn Shrikrishna Karkare, Pres Rtn Jagmohan Singh & Club Admin Rtn Keshav Manage participated in Jyoti Industrial Marathon organized by Industries Sports Association on 1st May 2022. This event was managed by our PP Rtn Subhash Jaisinghani, Rtn Ravi Hiremath & Rtn Ankaji Patil. A proud moment for RC Nigdi.**



## Important Day's To Be Celebrated

### 7 May - World Athletics Day

This year World Athletics Day is observed on 7 May to raise awareness about sports among youth, in schools and institutions to promote athletics as the primary sport. And to introduce new talent and youngsters in the field of athletics.



### 8 May - World Red Cross Day

World Red Cross Day is observed every year on 8 May to commemorate the birth anniversary of the founder of the Red

Cross. Let us tell you that the founder of the Red Cross was Henry Dunant as well as the founder of the International Committee of the Red Cross (ICRC). He was born in Geneva in 1828. He became the first recipient of the 1st Nobel Peace prize.

### 8 May - World Thalassaemia Day

World Thalassaemia Day or International Thalassaemia Day is observed every year on 8 May in honour of all patients suffering from Thalassaemia and for their parents who have never lost hope for life, despite the burden of their disease. This day also encourages those who struggle to live with the disease.

### 8 May - Mother's Day (Second Sunday of May)

Mother's Day is celebrated every year on the second Sunday of May to honour motherhood and is observed in different forms throughout the world. Mother's Day was founded by Anna Jarvis who had given the idea of celebrating Mother's Day in honour of mothers and motherhood in 1907. Nationally this day was recognised in 1914.

### 9 May - Rabindranath Tagore Jayanti

As per drikpanchang, the day of Boishakh 25th currently overlaps with either 8th May or 9th May on the Gregorian calendar. As per the Gregorian calendar, it is observed on May 7 May in other states. He was born on 7 May, 1861 in Kolkata. He was one of India's top artists, novelists, authors, Bengali poets, humanists, philosophers etc. In 1913, he was honoured with Nobel Prize in Literature.

### 11 May - National Technology Day

Every year National Technology Day is observed on 11 May to highlight the important role of Science in our daily lives and encourage students to opt for science as an option for a career. On this day Shakti, the Pokhran nuclear test was held on 11 May, 1998.

### 12 May - International Nurses Day

Every year International Nurses Day is celebrated on 12 May to commemorate the anniversary of Florence Nightingale's birthday. This day also celebrates the contribution done by nurses to society around the world. On this day the International Council of Nurses organisation produces an International Nurses kit to educate and assist health workers globally with a different theme every year.

## RECREATIONAL AND VOCATIONAL FELLOWSHIPS



From stamp collecting to wine appreciation, the hobbies of Rotarians are as diverse as the membership itself. Yet, among the more than one million Rotarians world-wide, an amateur-radio enthusiast or a chess player is bound to find others who share the same passions. But Recreational Fellowship members share more than just their common interest in sport diving or Esperanto; they share an interest in fellowship and service and in promoting world understanding. As such, it's no wonder that the International Skiing Fellowship of Rotarians

donates the profits from ski events to The Rotary Foundation or that the Flying Rotarians help ferry medical personnel and supplies.

One has only to look at the types of Vocational Fellowships to recognize how they differ from their recreational counterparts. With Rotarians united by their shared professional interest in such fields as Hospital Administration and Finance/Banking, it's obvious that Vocational Service is as important a concern as international fellowship to the members of these groups. Members exchange technical information and seek opportunities to employ their expertise in service not just to their own communities and countries, but to their professions as well. For example, the Ophthalmology International Vocational Fellowship organized a professional seminar on the subject of eye surgery in developing countries.



## Act Of Giving !!! By Rtn Dayasagar Mrig

I got on to the bus.

Seeing the crowd inside,

I was upset. There was no place to sit. Just then,

a person vacated his seat. The man standing next to the vacant seat could have sat there,

but instead he offered the seat to me.



At the next stop, the same thing happened again. He gave his seat to another. This happened 4 times during the entire journey. The man looked like a normal worker, returning home after a long day at work...

At the last stop when all of us got off, I spoke to him.

"Why were you giving your seat to another person every time you got a vacant seat?"

His answer took me by surprise.

"I haven't studied much in my life nor do I know many things. I don't have much money either. So I don't have anything much to give to anyone.

That's why I do this everyday. It is something

I can do easily.

"After working all day I can stand for a little longer. I gave my seat to you and you said thank you. It gave me satisfaction that I did something for someone.

I do this daily & feel I am contributing in some way.

I go back home refreshed & happy every day that I gave something to someone."

I was speechless!

Wanting to do something for someone on a daily basis is the ultimate gift.

This stranger taught me a lot -

How easy it is to be rich from within!

\*Beautiful clothes, lots of money in the bank account, expensive gadgets, accessories & luxuries or even educational degrees, may or may not make you rich and happy; but a small act of giving is enough to make you feel rich & Happy everyday!!



## Women in Rotary !!! By PP Rtn Shubhangi Kothari

**Happy Anniversary to all WOMEN in Rotary.**

**Thirty-five years ago today, on May 4, 1987, the U.S. Supreme Court ruled in the Duarte decision that Rotary International must admit women into Rotary clubs. Dr. Sylvia Whitlock of the Duarte Rotary Club became the first woman to serve as a club president in Rotary International, and Duarte Rotary became known as "The Mouse That Roared."**

**Women now comprise over 23% of our worldwide membership. A few years ago there were zero women on RI's Board of Directors. Today six of the 17 Directors are women, with more rolling on for the new Rotary year!**

**Director Johrita Solari is serving as Holger Knaack's Vice President for 2020-2021, the fifth woman to serve in that role. Three years ago, Brenda Worthley Cressey became the first woman to serve as Chair of the Board of Trustees of The Rotary Foundation.**

**Dr. Whitlock just turned 87 years old. How wonderful is it she can now enjoy the culmination of her advocacy for women in Rotary in the selection of Jennifer Jones as the first woman to serve as RI President for 2022-2023! Congratulations to Jennifer Jones, and especially to Dr. Whitlock, on the ultimate achievement of this journey she started nearly 41 years ago.**

**#RotaryInternational #Rotary  
#Women In Rotary**



## Salutations for Mother's Day



I bow to thee O Mother who is omnipresent;  
Who is the embodiment of Universal Mother;  
Who is the embodiment of Power, Energy and Peace;  
Who is the embodiment of Wealth and Good Fortune.

I bow to thee my Motherland Bharat,  
Enriched with various cultures and traditions,  
Decked with the Himalayan Crystal Crown;  
Adorned the colourful bangles of Bay of Bengal and

Arabian sea;

Indian Ocean takes the pride of being your sacred feet.

Mother you are the monument of Beauty.

I bow to thee Mother Earth;

You stand for Patience and Tolerance.

I bow to thee Mother Nature;

You represent Abundance.

I bow to My Mother

With love and gratitude;

S-Smile, her ornament;

U-Unique talent remembering dates;

S-Special affinity with children;

H-Had a flair for newspaper reading;

I-Interested in art and music;

L-Learning new things, her hobby;

A-A simple loving woman - My Mother SUSHILA



Based on the philosophy of Prajapita BRAHMA KUMARIS Ishwariya Vishwa Vidyalaya



## TAKE A BREAK

Sleep is the best form of relaxation, close to meditation, that's why those who sleep well always keep well and feel well. However, not many people are aware of the vital role of rest in preserving health. That's because many people feel that the words — **rest and sleep** — are synonymous. But actually they are not so. Because, the condition of sleep exists only when consciousness has ceased, whereas, in case of rest, it is not so.

**Rest is a period of inactivity during which the body can restore expended energy.** When we are tired and fatigued, and we take a short nap or some rest, we feel refreshed and invigorated. According to psychiatrists and behavioural scientists, to refresh the human mind and body, four kinds of rest are necessary.

First is **physical rest**, that may be obtained by discontinuing physical activities — sitting or lying down and relaxing. Second is **sensory rest** which is secured by remaining quiet and by refraining from using the eyes, which curtails a great drain of energy. Third is **emotional rest**, which is achieved by non-involvement in the ups and downs caused by personal interaction and last is **mental rest** which is obtained by positive thinking, meditation, and so on.

Today's '**success at any cost**' culture has some people thinking they would rather be caught stealing than caught taking rest. As a result of which they push themselves, though feeling in need of rest, and resort to stimulants like coffee, tea, soft drinks, to jolt themselves up. This practise takes its toll on their physical and mental health and the problem is aggravated rather than solved.

Many medical professionals have also said that napping improves body functions, including digestion. Also, resting at regular intervals prevents excessive fatigue and promotes better and more efficient work. It sharpens the mind and also allows you to fall asleep more quickly and sleep more soundly.

Resting and napping are not signs of laziness, they are intelligent and productive uses of your time. **Resting the mind is even more important than resting the body.** Because a tired mind will not allow the body to take proper sleep. Studies have revealed that regular practise of meditation for even a few minutes in the morning, at bedtime and at convenient intervals during the day would keep the mind constantly relaxed. So it's better to be wise for our own health and make a habit to rest a bit daily.

**शिवदः विवाह दिवसः।**

- 06th May Rtn Dr Gajanan & Ann Dr  
Swapna Kanitkar
- 06th May Rtn Nikhil & Ann Monika  
Inani
- 08th May Rtn Kshaav & Rtn Rama  
Manage
- 09th May Rtn Anil & Ann Neeta  
Mittal
- 09th May Rtn Ashok & Ann Manisha  
Lulla
- 10th May Rtn Moti & Ann Reshama  
Milani
- 12th May Rtn Dinesh & Ann Jyotsana  
Shahakar
- 12th May Rtn Smita & Anna Vasant  
Ilawe

**मङ्गलं जन्मदिनम्।**

- 06th May Anna Rohit Todkar
- 07th May Ann Geeta Devadhar
- 10th May Ann Ratna Thakur