



POONA SERVICE WHEEL



R.I. District 3131

ROTARY CLUB OF POONA

Club 04-3131-15536

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Monday, 20th Jan 2025

For Private Circulation Only

Secretary

President

Editor

Rtn Aarti Thacker

Rtn Maj Gen Amar Krishna, PhD

Rtn Brig Prashant Sheode

PROGRAM OF THE DAY - OFFICIAL DG VISIT

*We are delighted to welcome
DG Shital Shah and First Lady Ragini Shah
to Rotary Club of Poona.*



From	To	Agenda
5:00 pm	6:00 pm	Meeting with Strategic Planning Committee & BoD
6:00 pm	6:30 pm	Meeting with Rotaracts/Interacts & Prospective Donors
6:30 pm	7:00 pm	Fellowship
7:00 pm	8:15 pm	Weekly Meeting of RC Poona
8:15 pm	Onwards	Dinner

EVENTS OF LAST WEEK - VOCATIONAL EXCELLENCE AWARD

Awarded to Dr. Kalyani Mandke

Terrorism and Global warming are the two threats to human existence that the world is actively engaged in fighting. Dr. Kalyani Mandke, a distinguished Audiologist who was the Vocational Excellence citation awardee and also the guest speaker at the weekly meeting on 13th January 2025, made us aware of a third menace which has perhaps not received the attention it requires and has failed to generate adequate action, namely, noise pollution.

Sound is as important to all life as the air we breathe but when it exceeds certain number of decibels it becomes unpleasant noise and poses risk to human and animal life. This is noise pollution. Dr. Mandke is a tireless crusader for spreading awareness of the harmful effects of noise pollution and for demanding strict action for dealing with it.

The meeting began with the presentation of a vocational excellence citation prepared by Rtn Jayashree Kuber, Director Vocational Service, to Dr. Mandke for the yeoman service she has rendered in the field of Audiology and Aural rehabilitation. At a time when no one was prepared to pay heed to the need for prevention of noise pollution, Dr. Mandke commenced her lone battle for action and continued to talk about it for twenty years before others came forward to join hands with her. She is the recipient of several awards for her work and has served on a number of national and international bodies in various capacities.

Our ears are the most overworked organs as they never sleep. It is therefore essential to prevent the continuous assault on our eardrums by loud noises of various kinds that have become a part of day-to-day life mainly in urban areas. Loud music, traffic sounds like honking and rattling of poorly maintained vehicles, noises created by machinery in factories and at



EVENTS OF LAST WEEK (CONTD.)



construction sites can and do have adverse effects on our health and general wellbeing by causing irritability, sleep disturbance, and negative effects on cardiovascular and metabolic system. Exposure to loud noise also affects animals and birds adversely by creating pain, fear and cognitive problems as these species depend on sound for finding food, protecting themselves from predators, keeping in touch with their mates and offspring and alerting each other to danger. Loud noise prevents such aural communication. It can result in denuding large areas of bird population which in turn can affect survival and growth of vegetation that depends on animals and birds for pollination. This chain reaction can create an imbalance in the eco system.

These far-reaching effects of noise pollution were explained by Dr. Mandke lucidly with the help of slides. She also discussed the need for stricter action to curb playing of music at high decibels, proper urban planning to prevent close proximity of residential, industrial and commercial spaces, planting more trees for absorbing loud noises etc.

Dr Mandke's talk was informative as well as thought provoking. It made us aware of a serious health hazard that has not received the attention it deserves and of the responsibility we all share to mitigate the ill effects of noise pollution by turning off appliances when not in use, lowering volume of entertainment systems, regular maintenance of vehicles and avoiding unnecessary honking.

A vote of thanks proposed by PP Dipak Thacker brought the meeting to a close.

By Rtn. Mandakini Tata



NEW MEMBER INDUCTION

Dipika Nanjappa (maiden name Dipika Kapur) completed her schooling at the Loreto Convent, Asansol and graduated with a B.A from Miranda House, Delhi University.

She moved to Delhi after her husband's death and began volunteering actively in social work. She was the first lady president of the Planter's Welfare Association (PWA) of Delhi and the first lady president out of many tea associations (registered) internationally. She was also on the managing committee of Delhi Gymkhana Club for 5 years with a few firsts to her credits, namely, starting the highly appreciated and popular Book Club.

Her father was the founder member of the Rotary Club of Rourkela in the late 1950s. Her husband, late Mr Inderjeet Nanjappa, was a member of the Rotary Club of Silchar.

He completed his schooling from the Doon School in Dehra Doon, followed by college studies from St Stephen's College of Delhi University and started working in the tea gardens of Assam soon after.



BOARD OF DIRECTORS

POST	RY 2024 - 25 BoD	RY 2025 - 26 BoD
President	Rtn Maj Gen Amar Krishna	Rtn Rohit Mitra
Vice President	Rtn Rohit Mitra	Rtn Aarti Thacker
Hon. Secretary	Rtn Aarti Thacker	Rtn Qureish Shamsher
Joint Secretary	Rtn Qureish Shamsher	Rtn Madhuri Rao
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DIRECTORS		
Club Service	Rtn Rohit Mitra	Rtn Aarti Thacker
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International Service	Rtn Pradeep Govil	Rtn Vishwas Kirpekar
Youth Service	PP Rtn Sanjay Kher	Rtn Brig Prashant Sheode
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Without Portfolio	PP Col Bharat Haladi	Rtn Jamshed Khursigara
Sergeant-at-Arms	Rtn Brig Prashant Sheode	TBD
Immediate PP	PP Rtn NPS Bakshi	PP Rtn Maj Gen Amar Krishna
President Elect	Rtn Rohit Mitra	Rtn Aarti Thacker (President in RY 26-27)
President Nominee	Rtn Aarti Thacker	Rtn Pradeep Govil (President in RY 27-28)

DIRECTOR CLUB SERVICE

A Recap of the last six months which includes :

- * 20 physical meetings, 2 virtual meetings, 1 hybrid meeting & 1 condolence meeting.
- * A meeting at CME , which was liked by the members.
- * 2 Club assemblies in the first half of this year.
- * 6 Board Meetings & 2 Trust meetings as per the plan.
- * 3 club dinners & 17 Mini Fellowships, which has been appreciated by all the members.
- * Diwali Programme on 28th Oct & Christmas on 23rd December were a huge success and the attendance in both the programmes was approx.100.

DIRECTOR CLUB SERVICE

The current strength of the club is 95 including the three new members inducted this RY. Today a new member Dipika Nanjappa will be inducted and a few more are expected to join soon.



Prof Farida Irani
Proposed by PP Maithili
Manakawad



Col Virendra Kapoor
Proposed by Rtn Arun Nayyar



Dr Seema Soneta
Proposed by PP Ravi Gosavi



Know Your Rotarian session conducted at the Weekly meeting



INTERNATIONAL SERVICE

Paediatric Cardiac Surgeries for Congenital Heart Disease - Project Approved and will start from January 2025

A team from R C Poona visited Sri Satya Sai Sanjeevani Centre for Child Heart Care at Kharghar

- Centre is well equipped and undertake avg.100 surgeries each month free of cost (No billing counter)
- Plan 20 surgeries out of funds to be donated by us within a period of two months.
- Rotary clubs & many other organizations support their mission and Research Work.
- Their wellness centre is also equipped with all diagnostic equipment to takes care of mothers during pregnancy and provide necessary supplement to almost 500 pregnant mothers each month.
- Diagnosis & supplements cost Rs. 6,500 / pregnant mother which can also be a part of next project.
- Few pictures taken during our visit are:



COMMUNITY SERVICE AVENUE



Artificial Limb Project



Gift a Vision project - Cornea Tissues sent to H.V.Desai Hospital for Corneal Grafting



Smart Board installed at N.V. Deshmukh Sarvodaya Vidyamandir at Katalapur, Dist. Akole



Blood Donation Drive at Gurudwara Guru Nanak Darbar, Camp



Reading glasses sent to Nigeria



Inauguration of the 70 bed Paediatric Ward at Sardar Vallabhbai Patel Cantonment Hospital within the Fatmabai maternity ward



Thalassemia Awareness Project at the S.P. College ground



Miyawaki Forest at Shahu College covering 4500 sqft with 1500 species of trees



VOCATIONAL SERVICE AVENUE



Dr. Sudhakar Shetty on Doctor's Day



Mrs Kavya Datkhile of 'Krishikavya' given a Vocational Excellence Award for her contribution in the field of organic fertilizer and training.



District Vocational Award presented to C.A. Rachana Ranade



Certificate of Appreciation to Advocate Harshvardhan Bhende on Advocate's Day



Vocational Excellence Award to Mrs. Madhavi Sardeshpande for her pioneering venture in Agro & Food Industry.



Mr. Amit Gaikwad felicitated on the occasion of Chartered Accountants' Day



Vocational Excellence Award given to Dr. Kalyani Mandke for her tireless work in compelling civic authorities to reduce noise pollution in the city



Vocational Training Prog at the Naralkar Institute

YOUTH SERVICE AVENUE



Installation of Interact Club at St. Arnold Central School



Installation of Interact Club



RYLA at Mauli Farms for 29 participants



Annual Inter School Patriotic Singing Competition at YMCA Hall



Drawing & Art Competition PMET School Kondhwa



Savak Masani Elocution Competition



A projector and screen presented to S.M. Joshi School

SOME SPECIAL MEMORIES



'Rakshak Bandhan' at Command Hospital with officers, jawans and hospital staff. Citation with The Four Way Test was presented to the Commandant (CH)



Visit to the College of Military Engineering (CME) and the Army Rowing Node.



Fireside meeting with newly inducted members, hosted by PP Maithili at her residence



Humsafar Car Rally with 8 participants from RC Poona



Vocational trip to Junnar



Community assessment for the 'Honey Bee GG Project' in the pipeline - with new members

DIRECTOR PUBLIC IMAGE

- Rotary Club of Poona has featured regularly in the Governor's Monthly Letter (GML) every month i.e. August, September, October, November and December
- All projects and activities have been published along with a few select photos.
- Social media: The Bulletin is posted every week on Facebook.
- The flyer of our weekly meeting along with pictures of our guest speakers and events are also posted on Facebook.



'Dandiya Raas' our Annual Fund Raising Event was a major PI event and covered by the local papers Lokmat.

UPCOMING EVENTS

Association sponsor: AN INITIATIVE BY ROTARY CLUB OF POONA. Powered by:

PubMatic Presents

THE ULTIMATE MOVE-A-THON

SUNDAY 9th FEB. 2025 | BMCC GROUND | REPORTING TIME: 4.30AM

CYCLOTHON (APRIL 10.00 & 11.00)
HALF MARATHON (APRIL 10.00 & 11.00)
WALKATHON (APRIL 10.00 & 11.00)

REGISTRATION FEES ₹800/-

REGISTERED PARTICIPANT WILL GET

BASIC HEALTH CHECKUP	LUCKY DRAW	SCIENTIFIC EXERCISE & FITNESS SESSION
HEIGHT WEIGHT BLOOD PRESSURE BMI BSL (R)	CYCLE ZUMBA 360° PHOTOBOOTH	T-SHIRTS MEDAL BIB CERTIFICATE FOOD PACK

CONTACT FOR REGISTRATION 89563 94202
 Registration Link: <https://www.eventgint.com/e/moveathon2025-40915>
 (CONTACT US FOR A BULK REGISTRATION DISCOUNT)

Partners: scarters, , , Ruby Hall Clinic

Join Us for a **UNIQUE CAR RALLY!** 23 FEB 2025 Sunday

Don't Miss Out! **EYEC MAGIC**

Rotary

Featuring Visually Impaired Navigators
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CALLING ALL CAR ENTHUSIASTS! LET'S RALLY FOR A CAUSE

Thrill of 25 KM

Register Now!
 Entry Fee ₹2000 Per Car

Phoenix Mall to Phoenix Mall

DEI Director: Tejashree Patil | DEI Co-Director: Dr. Jigneshh Karria
 DEI Special Events: Tina Ratra

DEI: DG Shital Shah, RY 24-25 | FL Ragini Shah, RY 24-25

Contact Us: +91 98900 66100 | Dr. Jigneshh +91 98606 61111

Host Club: Rotary Club of Poona | Co-Host Clubs: RCP Central | RCP Baner | RC Bavdhan elite | RC Nigdi | RC Pimpri Elite

COME FOR THE ADVENTURE, STAY FOR THE MEMORIES

The Rotary club of Poona is for the very first time organizing The Ultimate Move-A-Thon featuring a variety of activities including a Cyclothon, Marathon, and Walkathon. The funds raised through the event will be used for the following:

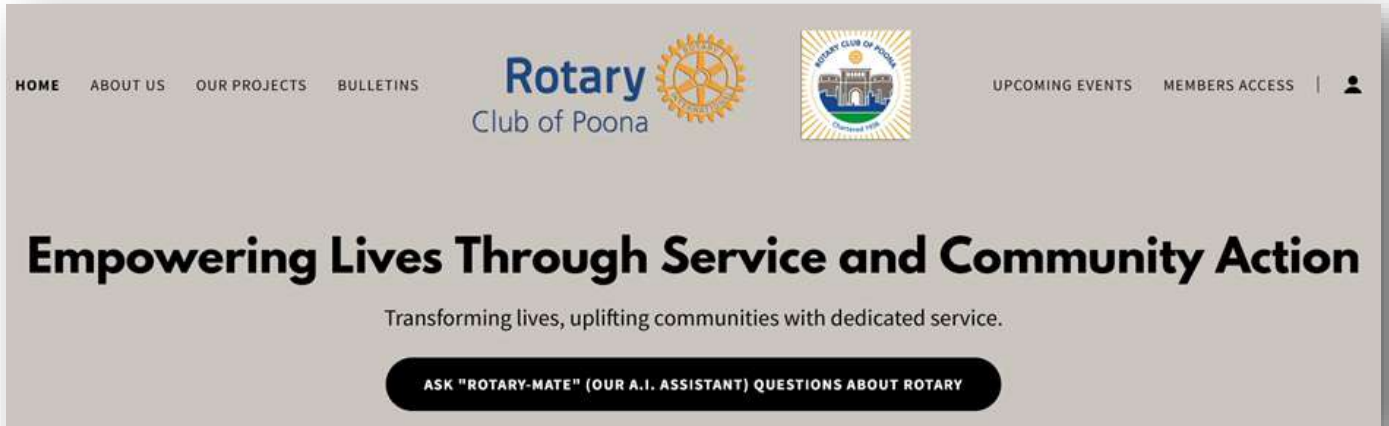
- Paediatric Heart Surgeries for infants of the underprivileged.
- Toilets Blocks for Girl Students in Rural Schools.
- Providing Artificial Limbs to Amputees.
- Paediatric Medical Equipment

Hosted by RC Poona, this unique car rally with visually impaired navigators champions inclusion, empowerment, and the boundless potential of visually impaired individuals.

Together, let's steer toward a future of equal opportunities!

Our Mission is Awareness for Organ Donation

The A.I. Enabled Website of The Rotary Club Of Poona



Click Link Here: <https://repoona.in>

The new website of the Rotary Club of Poona was launched by the District Governor, Rotary District 3131, DG Shital Shah on Monday, the 20th of January 2025, during his official visit to the club.

The website provides a number of details about our club – its history of 89 years, the major projects it has carried out in the past, the Global Grant projects being executed, and so on. The website also has a “Members Section” with password-protected access, for our members to view data about our members contact details, club discussions, and so on which are not for public viewing. The website will continue to evolve, with more information added every week.

The **Star Attraction** of our new website – “**Rotary-Mate**” – an **Artificial Intelligence Assistant** which harnesses the power of A.I. to bring to you answers to the questions you may have about Rotary. **This is the very first implementation of Artificial Intelligence on a Rotary Club website throughout the world.**

The Rotary Club of Poona has always taken the lead to show Rotarians new and useful ways of doing things. In the year 1956, the Rotary Club of Poona introduced the system of “**Nominating Committee Elections**”, in which a committee was elected by the General Body, which in turn nominated the Club officers and avenue director for the following Rotary Year. This system was so perfectly in alignment with the Four Way Test of Rotary, that Rotary International subsequently implemented this system for all Rotary clubs around the world.

Once again, harnessing the latest trends in technological development, **the Rotary Club of Poona is the first club in the world to present “Rotary-Mate”**, an **A.I. Chatbot** free for use all over the world to gain information about Rotary. There is an important further development which will be made available soon. This will be the first Rotary A.I. Chat to offer a choice of multiple languages – Hindi and Marathi to begin with (for our rural clubs), and later we can add international language options for clubs all over the world if they choose to participate in this project with us.

I invite all Rotarians to use “**Rotary-Mate**” for Rotary-related information. Please also invite your prospective members to use it and learn about Rotary so that they can be further motivated to join your clubs.

Yours in Rotary Service

Rtn Col Bharat Haladi

PP Rotary Club of Poona (RY 2021-2022)

New Year Resolutions & Diet Tips

*“First of all, let me wish you all a very happy new year.
Health is Wealth, as you all know and Health is in our Hands”*

To make a resolution of any kind is like setting goals. Make sure your goals are Smart, Specific, Measurable, Achievable, Relevant and Time bound.

Whether your goals are personal, professional or related to health it's important to set intentions that are not just aspirational but also realistic and actionable. People tend to fixate on unrealistic goals and that sets them up for failure. For e.g. “I should lose 5 kgs in a month” It's not possible. Or some take on fad diets which is again not healthy.

- Establish Healthy Habits:
 - ⇒ Regular exercise
 - ⇒ Get enough sleep.
 - ⇒ Have Positive thoughts
 - ⇒ Stay organised
 - ⇒ Time management
 - ⇒ Eat healthy foods.
- Start your day with deep breathing exercises. Walking is the best exercise for the elderly. Walk at the same pace and don't talk when you walk.
- Quality sleep is fundamental for good health. Establish a regular sleep schedule. Sleep is the foundation of physical and mental health.
- Positive thoughts are very important. There are ups and downs in everyone's life but to take a positive approach is very important. Use this new year to reconnect with loved ones, nurture existing relationships and even forge new connection. Don't forget to surround yourself with people who uplift and inspire you.
- Stay Organised
Set priorities. Take this opportunity to declutter your space at home or at your workplace.
- Time Management.
Organize your time using tools like do it list, calendars and reminder.

Now let's go to your healthy diet plan

- Stay hydrated all the time. Drink a glass of water 15 minutes before a meal to get rid of toxins
- Reduce sugar intake.
Avoid sugary drinks like colas and juices. Instead have whole fruits which give you minerals vitamins and fibre.
- Try to increase your vegetable intake. Go meatless one day if the week. You can also mix vegetables and meat dishes e.g. Add spinach or beans with your chicken soup. Avoid red meats.
- Eat fruits in between meals e.g. If you have breakfast at 9am and lunch at 1pm then eat a fruit at 11am.
- Switch from refined grains to whole grains. E.g. instead of white bread have whole wheat bread or chapatti or bhakri.
- Eat home cooked meals. In hotels and restaurant you don't know what oils they use Or how stale the product is. It may have been frozen for days.
- Grocery shopping. :
 - ⇒ See the expiry date on the product.
 - ⇒ Avoid foods with a lot of starch and sugar. Check contents on the packet.
 - ⇒ Avoid buying colas and juices. Canned products have a lot of Preservatives .
 - ⇒ Avoid buying Shell fish, go in for salmon or pomfret which have omega 3 and are low fat products.
 - ⇒ Avoid chips wafers chivada. Instead invest in almonds, walnuts crackers. Seeds etc.
 - ⇒ Stay away from artificial colours. They are carcinogenic.
 - ⇒ Choose low fat milk. Avoid too much of cheese and butter.
- Do not skip meals.

Always have small meals. Even if you eat 5 meals e.g. Breakfast, mid-morning, lunch, mid-evening and dinner. Mid meals should preferably not be cooked.

The most important thing is to eat meals slowly and happily. Concentrate on what you are having. Chew your food properly before you swallow as surprisingly food gets digested in the mouth.

- Give back to others
One of the most important and fulfilling ways to make the most of the new year is by contributing to the wellbeing of others. Volunteer your time, donate to causes you believe in or simply lend a helping hand to those in need. Helping others can create a sense of purpose and connection and often brings personal fulfillment.

- Celebrate your wins
Celebrating your achievement and recognizing how far you have come will keep you motivated and give you the energy to tackle the rest of the year.

So dear friends I wish you all good health and happiness and the energy to strive for more.



Register Soon !

Rotary CONFERENCE 2025 * R.I.D. 3611
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 THE NATURE Lokmanya
1ST AND 2ND FEB 2025
 Nishigandha Lawns & Convention Centre
Guest Speaker
Dr. Sonam Kapse
 Cancer Genetic Specialist & Social Entrepreneur
 Topic: Beyond Sympathy
 In Conversation with
Rtn. Tejashree Patil
 Rotary District 3131 THE MAGIC OF SERVICE
 Registration Charges of Conference 2025

	SINGLE	COUPLE
Member	₹9000/-	₹18000/-
Patron	₹12500/-	₹25000/-
Guest	₹9000/-	₹18000/-
Rotaract Single	₹6000/-	
Child below 15 years	₹6000/-	

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 Rtn. Shital Shah District Governor, RID 313, 07-26-25
 Rtn. Ragini Shah First Lady, RID 313, 07-26-25
HOST CLUB: ROTARY CLUB OF PUNE EAST

Market forgives, but never forgets

It is being said that a 10% correction occurs yearly, 20% every 1-2 years and 50% once or twice a decade in equity investing. If volatility causes anxiety, equity may not suit your investment journey. Fortunes are made in the ashes of fear – wise investors know that bear markets sow the seed of the greatest grains.



Corrections are healthy and essential as it prevents the market from entering a dangerous bubble. Unchecked bubbles can cause decades of stagnation. A bigger bubble can cause long-term damage to the markets. High valuations make finding value stocks difficult impacting future returns. Corrections provide opportunities for potential multi-baggers. Wealth is built by patiently adding value stocks in phases during bear markets not in bull runs. Use corrections as a foundation for future wealth generation.

Remember to book periodical profits as Market forgives, but never forgets.

Do your due diligence before taking any investment/trading decision.

By PP Jaideep Parekh

January is Vocational Service Month

"It is the privilege of each Rotarian to represent his or her vocation to other club members and to exemplify the characteristics of one's profession in one's relationship with them."

By Paul Harris



Dates	Birthdays & Anniversaries	Programmes Ahead	Attendance Report 13th Jan 2025	Count
20 - Jan	Rtn Leela Madhuri Rao	27th Jan Talk by PP Kailash Monga on TRF & Global Grants 3rd Feb 'Humour in Rotary' - PDG Deepak Shikarpur	Rotarians	47
20 - Jan	R/Ann Hufreez Jambusarwalla		Anns	25
20 - Jan	Rtn Rohit & R/Ann Alka Mittra		Spouses	01
23 - Jan	Rtn. Faizy Dalal		Guests	10
25 - Jan	Rtn. Latika Tilloo		TOTAL	83