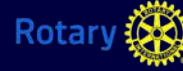




ROTARY CLUB OF NIGDI-PUNE

Rowind



SERVE TO CHANGE LIVES

Dist. : 3131 Club No 26500 Charter Date June 1989

President :

Secretary :

Editor :

Rtn Jagmohan Singh

Rtn Suhas Dhamale

Ann Vishakha Kulkarni

Bulletin For Private Circulation

Vol 34 Date 18/03/2022

Today's Program

Hello Dear friends,

Today's movie details

Movie: Bachchan Pandey
Theatre: Inox Elpro Chinchwadgaon
Time: 7.45pm
Complimentary Popcorn & Coke during intervals.

Request registered members to reach Elpro Mall before 7.30pm

Team Club Admin



INSIDE THIS ISSUE:

Club News	2-4
Writups	5-6
Ann's Chit Chat	7-10

The Rotary Foundation
Doing Good in the World

Peacebuilding and Conflict Prevention, Disease Prevention & Treatment, Water, Sanitation & Hygiene, Maternal & Child Health, Basic Education & Literacy, Community Economic Development, Environment

Forth-Coming Programs

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

Amy Leigh Merceee

Day

25th March

Poogram/ Topic

Family Night (Skit)

Step Into The Club News

Service Project Update



Hello Frinds

On 15th March we visited Kivale Nala Project. We saw how the Kivale nala restoration work is in progress..

Sharing some photos from there with you..

Thank You !!!

Service Director
Rtn Ankaji Patil



Review Of The Last Week Progeam By PP Shubhabgi JI

कौतुक भरली संध्याकाळ आपल्या पूर्वजांनी जे काही बांधलं त्याची जाणीवपूर्वक जोपासना करणे त्यालाच आपला व्यवसाय करणे आणि आपले ऐतिहासिक मानबिंदू असलेल्या वास्तू, शनिवारवाडा मंदिर यांना जपणं त्यांचं पुनरुज्जीवन करण ही तर त्यापरी कृतज्ञता व्यक्त करणच नव्हे का.. हीच कृतज्ञता आर्किटेक्ट कलमदानी पती-पत्नी व्यक्त करत होते. आणि आपण त्यांच्या या वेगळ्या कार्याचं कौतुक केल व्यवसाय कौशल्य कौशल्य पुरस्कार प्रदान करून..

सविता सूत्र संचालन लाजवाब..

पुरस्कारार्थी ची मार्मिक ओळख सुंदर शब्दात करून दिली नेहमीच्याच

कौशल्याने आपल्या प्रमोद देशमुखने

उषा सन्मानच पत्र अतिशय मुद्देसूद आणि या

सर्वावर कळस म्हणजे भूक चाळवणारी फेलोशिप

या सर्वाला साथ दिली आपल्या उपस्थितीने आपल्या सर्व सभासदांनी.

अतिशय सुंदर कार्यक्रम झाला सर्वांचे कौतुक करावं तेवढं थोडंच

जगमोहनजी, सुहास, अंकाजी सविता धन्यवाद!

फर्स्ट लेडी हरदीप कौर ने हळदी कुंकू देऊन बहार आणली.....



Proud Moment For RCN



Our own PP Ramesh Wagh was conferred with the prestigious Parkhe award at glittering ceremony by MCCIA On 11th of March. Congratulations PP Rtn Ramesh ji & RC Nigdi family is proud of your achievements.



News From District

On the occasion of THE WORLD WATER DAY. ROTARY JALOTSAV WEEK is being organized by DISTRICT 3131 WASH TEAM from 16th to 21st march. this will be online from 6.15 to 8.20 pm on ZOOM

Meeting I'd 82242863121
Pass word: RID 3131.

R C NIGDI, R C Hillside, R C Manchar, R C P Gandhi Bhavan, R C AUNDH are host clubs for each day on 20th we will be the Host Request all members to join.

जलौत्सव २०२२
जल नामकल अभियान
१६ मार्च ते २२ मार्च २०२२
संध्या ६.३० ते ८.३०
Join Zoom Meeting
Meeting ID: 822 4286 3121
Passcode: RID3131

 राजेंद्र चिंद	 पंकज फतार	 विजय फांसये
 रवी वडलामनी	 अनिकेत तोडिया	 पंकज फतार









Rotary Cultural Committee - RID 3131 - RY 2021-22
 Presents
स्वरसम्राज्ञी
 A Musical tribute to
Bharat-Ratna - Lalit-Mangeshkar
 on
 31 March 2022, Yashwantrao Chavan Natyagriha
 Thursday, 7 pm to 11 pm
 With Renowned Artists
 Sheela Menka, Swarada Godbole, Swapnaja Cole
 Deepak Mahajan, Jitendra Abhyankar, Ketan Godbole
 Kedar Paranjape, Darshana Jog, Apurvi Dhandi, Nilesh Deshpande
 Kedar More, Radhika Anturkar, Ratnang Kpre
 Anchor - Prajakta Mandke-Parhar, Snehal Bhat
Rtn. Pankaj Shah
 District Governor 21-22
 RID 3131
Rtn. Snehal Bhat
 Director Dist. Cultural Committee
Rtn. Shirish Kshirsagar
 Co-Director, Dist. Cultural Committee
 In Association with
RC Nigadi - RCP Baner- RCP Sinhad Rd

Hello Friends,

RC Nigdi is a co sponsor for this program to be held on 31st March 2022. This is a program which is free to the audience. As a host club we are entitled to Free passes . All those interested in attending this program please contact on my personal WhatsApp with the number of passes required .

Regards,

President
Rtn Jagmohan Singh



News From District



Hello Friends,

All the lady Rotarians and Ann's, Those who are interested for this event kindly register for the same. You can check the information in what's app post....

Thank You !!

First Lady
Rtn Hardeep Kaur



SERVE TO CHANGE LIVES Women's Special Rotary RID 3131
KHUBSOORAT
 Meet our Beautiful Ladies in Rotary
 Date: 27th March, Sunday
 Time: 4.00 pm onwards Followed by Dinner
 Venue: PYC Hindu Gymkhana, Bhandarkar Road, Pune
 Interaction with Madhura Bachal
Madhura's Recipe
 Interaction with some successful Lady Rotarians
 Group Dance Competition
 Club awards for women prominence
 Theme dress-up competition
 Special Recognition of Lady Presidents 21-22.
 Contact for Dance Competition Rtn. Anjali Mulay 99229 01813
 Contact for Theme dress-up competition Rtn. Yogita Vaishampayan 9011050922
 Registration charges : 500/- per person
 Bank Account Details :
 Rotary District 3131 Events 21
 Bank-The Cosmos Co-po.
 Branch -Ganesh Nagar
 A/CNo.- 00905010129053
 IFSC - COSB0000009
 Contact Person :
 Vaibhavi Gaikwad
 Executive Assistant
 to DG 21-22
 +91-81490-57299
 secretary.pankajshah@gmail.com
 Payment details screenshot with name and club to Vaibhavi Gaikwad.
 Rtn. Priya Pankaj Shah
 District First Lady 21-22

Important Day's To Be Celebrated

18 March - World Sleep Day
World Sleep Day is observed on the Friday before Spring Equinox every year.

20 March - International Day of Happiness

Every year, March 20 is observed as the International Day of Happiness. As the name suggests, it is solely dedicated to the most favourite feeling in the whole wide world.

20 March: World Oral Health Day

World Oral Health Day is observed annually on 20 March and launches a year-long campaign dedicated to raising global awareness of the issues around oral health.

21 March - World Poetry Day

World Poetry Day is celebrated on 21 March, and was declared by UNESCO "with the aim of supporting linguistic diversity through poetic expression and increasing the opportunity for endangered languages to be heard"

22 March - World Water Day

World Water Day is an annual United Nations (UN) observance day held on 22 March that highlights the importance of freshwater.

23rd March - World Meteorological Day

World Meteorological Day was established in 1961 to commemorate the World Meteorological Organisation creation on 23 March 1950.

24 March - World Tuberculosis Day

World Tuberculosis Day, observed on 24 March each year, is designed to build public awareness about the global epidemic of tuberculosis (TB) and efforts to eliminate the disease.

25th March - International Day of the Unborn Child

The International Day of the Unborn Child is an annual commemoration of unborn fetuses, observed as a day of opposition to abortion, on March 25.



THE DISTRICT CONFERENCE

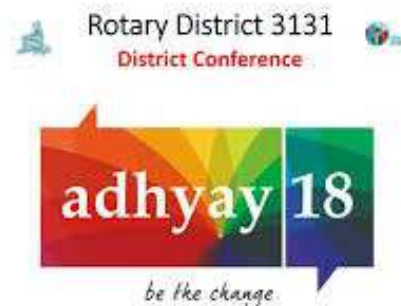


Most Rotarians have never attended a Rotary district conference. They have not experienced one of the most enjoyable and rewarding privileges of Rotary membership.

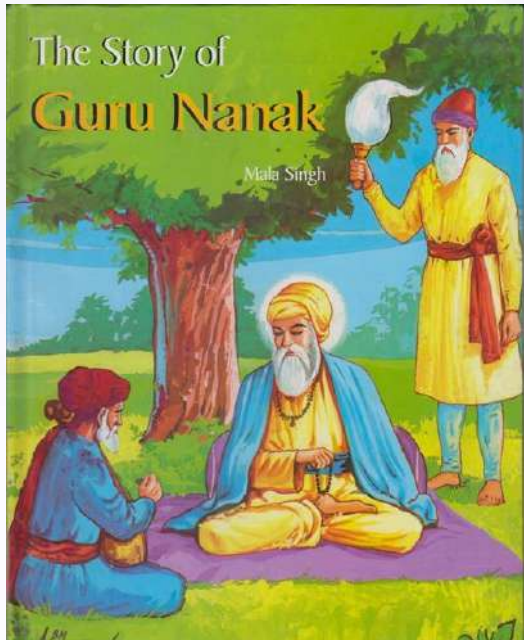
A district conference is for all club members and their spouses, not just for club officers and committee members. The purpose of a district conference is for fellowship, good fun, inspirational speakers and discussion of matters which make one's Rotary membership more meaningful. Every person who attends a district conference finds that being a Rotarian becomes even more rewarding because of the new experiences, insights and acquaintances developed at the conference. Those who attend a conference enjoy going back, year after year.

Every one of Rotary's more than 500 districts has a conference annually. These meetings are considered so important that the Rotary International president selects a knowledgeable Rotarian as his personal representative to attend and address each conference. The program always includes several outstanding entertainment features, interesting discussions and inspirational programs.

One of the unexpected benefits of attending a district conference is the opportunity to become better acquainted with members of one's own club in an informal setting. Lasting friendships grow from the fellowship hours at the district conference.



Ann's Chit Chat By Ann Umaa Ranganaathan



Value of our life

A man went to Guru Nanak Sahib and asked, "What's the value of our life?"

Gurunanak gave him one stone and said, "Find out the value of this stone, but don't sell it."

The man took the stone, to an orange seller and asked him what its cost would be.

The orange seller saw the shiny stone and said, "You can take 12 oranges and give me the stone."

The man apologized and said that guru has asked him not to sell it. He went ahead and found a vegetable seller.

"What could be the value of this stone?" He asked the vegetable seller.

The seller saw the shiny stone and said, "Take one sack of potatoes and give me the stone."

The man again apologized and said he can't sell it.

Further, he went into a jewellery shop and asked the value of the stone.

The jeweller saw the stone under a lens and said, "I'll give you 50 Lakhs for this stone."

When the man shook his head, the jeweller said, "Alright, alright, take 2 crores, but give me the stone."

The man explained that he can't sell the stone.

Further ahead, the man saw a precious stone's shop and asked the seller the value of this stone.

When the precious stone's seller saw the big ruby, he lay down a red cloth and put the ruby on it.

Then he walked and circled around the ruby and bent down and touched his head in front of the ruby. "From where did you bring this priceless Ruby from?" he asked.

Even if I sell the whole world and my life, I won't be able to purchase this priceless stone."

Stunned and confused, the man returned to the guru and told him what had happened. "Now tell me what is the value of life, guru ji?"

Gurunanak said, "The answer you got from the orange seller, the vegetable seller, the jeweller, and the precious stone's seller explain, the value of our life"

You may be a precious stone, even priceless, but people will value you based on their financial status, their level of information, their belief in you, their motive behind entertaining you, their ambition, and their risk taking ability. But don't fear, you will surely find someone who will discern your true value."

Respect yourself

You are unique

No one can replace you!"



Ann's Chit Chat By Ann Neetu Jain



Can love hurt me

Based on the philosophy of Prajapita BRAHMA KUMARIS Ishwariya Vishwa Vidyalyaya -

By Ann Neetu Jain

As we create new relationships, we give certain people access to our inner world of emotions by sharing with them our deepest thoughts and feelings. When they also reciprocate and share with us their inner world, we treasure the relationship

A meaningful connection starts building between both. But, as we grow fond of each other, love gets mixed with attachment. Attachment is an unsettling emotion - it can be a source of great happiness but it can also create deep wounds.

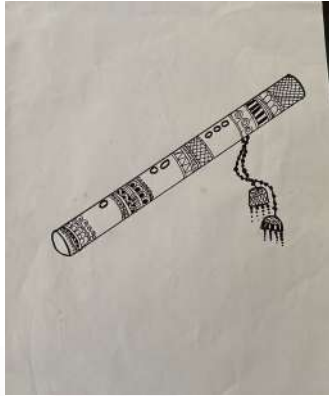
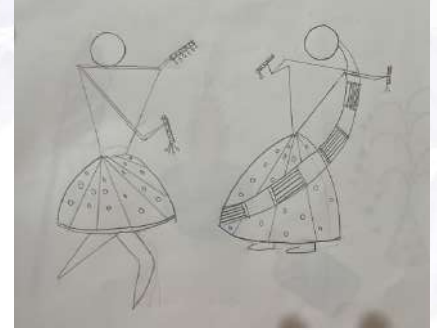
Pure love means inclusiveness of the other person to bring joy to both. When there is love we take good care, give people the space they need and do not fear losing them. But, when there is attachment, the relationship becomes exclusive or self-centered - whenever they get upset, we create hurt. When their behavior changes, we create hurt. When we fear losing them, we create hurt. And we believe - I love them but they hurt me.

Love cannot hurt and people cannot hurt. Our attachment in the name of love towards them creates our hurt. Love for anyone - parent, spouse, child, sibling, or a friend - is a space we move into. A conscious awareness is needed to understand that such love, care, and closeness, takes us closer to hurt when there is attachment.

When we stop identifying with labels of relationships and see everyone as pure souls, we experience love without attachment. Let us subtly examine our close relationships to check if we love them or have become emotionally attached to them.



Annet's कटा (Paintings by Annet's)



Annet Rohan Kulkarni



शिवदः विवाह दिवसः।

मङ्गलं जन्मदिनम्।

24th Mar Rtn Usha & Anna V.
Rangarajan

18th Mar Ann Swapna Kanitkar

20th Mar Ann Vanita Jaisinghani

21st Mar Ann Veena Ganeswar

Editor's Desk (ready to Shoot Life)



Hello Dear Frinde's,

I am Sharing with you some information on the subject of Holi and Ayurveda.

The Festive occasion of Holi is celebrated at the onset of Spring. We usually play with colours during Holi which are a reflection of the myriad hues of the spring season. We celebrate Holi with enthusiasm and happiness on the full moon day in the month of Phalgun that is usually the month of March. Gulal, Pichkaris and Abeer are very typical of this festival. A lot of planning goes in deciding what to wear, what to eat & drink, how to play Holi and the other associated activities that come along with it.

The Relevance of Ayurveda during the Holi:

Celebrating Holi, the festival of colours not only brings joy but revitalizes you from within. Ayurveda plays very important role in this. The traditional Holi customs are a flawlessly tailored for body-rejuvenation therapy. One may find it difficult to believe in our ever dynamic Cosmopolitan culture. We always follow a pre-Holi and Holi regimen.

Pre-Holi:

One of the common norms are to apply coconut oil or almond oil all over the body, so that later it is easy to remove the colours. This body oil massage can be termed as Abhyanga in Ayurveda. Getting body oiling done, can help in nourishing and protecting the skin from all types of irritants. Often, skin dryness is seen after application of colours, leaving it dehydrated. But one can avoid skin dehydration easily by pre-conditioning of body using various oils.

Holi Celebrations:

Colours/Aabir used in Holi are always soothing and eye-pleasing. In fact, it had been observed that colours help in reviving and healing our body. Gulal or colours are also linked to the 7 chakras of the body which influences our body energies. They aid in restoring positivity while clearing off the negativity. Nevertheless, colours are useful in restoring the three doshas. Moreover, each Aabir is related to the five basic elements of Ayurveda, any turbulences lead to an imbalance in body, mind and soul. The five elements in Ayurveda are linked to one colour each.

Prithvi - Yellow colour

Jala - Deep blue colour

Aakash - Light blue colour

Vayu - Green colour

Agni - Red colour

Traditionally, colourful powders are prepared from Beneficial Ayurvedic herbs and ingredients like Henna leaves, Hibiscus flowers, Turmeric, Sandalwood, Kesar and many more. Most of the colours used during Holi can be correlated with the herbs. For Example, Neem and Henna is represented by Green, Kumkum and Raktachandan stands for red, Haldi is associated with yellow & Blue with Jacaranda flowers. These colours not only act gently on the skin but also help in cleansing and clearing the dead skin. Majority of the ingredients mentioned above are utilized in Ayurveda for invigorating body and giving it a healthy glow. Also, if we use natural organic colours then they act as Ubtans.

The fact remains that colours are crucial for a healthy body. There are multiple benefits that mind and body experience when we soak in the vibrant colours of Holi. Playing with red colour can activate your breathing & heart beat while invoking love. One usually feels happy when they are surrounded with yellow colour and blue colour casts a calming effect on your senses.

So indulge yourself with colours this Holi for a healthier you !! Happy Holi !!!

Warm Regards,

Ann Vishakha Kulkarni

Bulletin Chairman

