

ROTARY CLUB OF PUNE CENTRAL

CENTRAL
TURF

PRESIDENT: RTN. BRIG. PK MURALIDHARAN RAJA | HON. SECRETARY: RTN. SAGAR KHANDELWAL
EDITOR: RTN. BEHZAD RANDERIA | ASSISTANT EDITOR: R'ANN SONIA RAJORE
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From The President's Desk



Dear Rtn's and R'Anns,

Many of us consider service as the one rendered to the forlorn, weak and those that are left with nothing to fall back on. We forget that service rendered to someone else is in fact, a service unto ourselves. The large number of prizes received by RCPC during the District awards ceremony last week is a testimony to the diverse fields and projects in which our Rtns and R'Anns have wholeheartedly and enthusiastically participated during 2023-24. Not everyone has the opportunity or wherewithal to serve or help others, hence we should consider it our fortune that we in RCPC are able to make a difference in the lives of those who are not blessed with the comforts that we have.

The seed of thoughts and discussions on possibilities as to how can we be part of the movement to help and serve the community and at the same time keep the seven areas of Rotary service in mind, are sown, when we assemble as members of RCPC either in virtual meetings or the weekly meetings and events of our Club. There is so much latent potential in each and every member of RCPC that we need to put our heads together, open our purse strings and unleash the power of love, kindness and helping attitude that is inherent and inborn in us.

Warm regards,

Rtn Brigadier PK Muralidharan Raja
President RY 2024-25

Today

A Peek into the Rotary meet on Saturday 3rd August

Our meeting on **Saturday August 3, 2024** will be held on **Zoom at 6.30 p.m.**



The speaker for our meeting is **Rtn. Dr. Kunal Bansal** and he will speak on the Topic: **'Osteoporosis, Common Myths and Misconceptions'**. Rtn. Dr. Kunal Bansal is a Consultant Orthopedic & Joint Replacement Surgeon. He has been trained in Orthopaedics and Joint Replacement from the best institutes in India, Europe & Australia.

Throughout his career, Dr. Kunal Bansal has gained recognition for his surgical skills, compassionate patient care, and commitment to achieving optimal outcomes. He believes in a patient-centered approach, taking the time to listen to his patients' concerns, explain treatment options, and involve them in the decision-making process.

He comes from a family of doctors and happily married to Dr. Richa Bansal a well-known Pediatric dental surgeon. His interests include playing sports, numismatics and collecting Stamps.

CLUB NUMBER : 021813 | RI DISTRICT : 3131

The Bulletin contains news and views from the RCPC and Rotary community and may not reflect the view of RCPC's Board of Directors



Rtn. Dr Kunal Bansal is the President of RY2024-25 for Rotary Club of Pune Sunrise, which is a sponsored Club of RCPC.

Please do join this fascinating session on Zoom using the following login details:

<https://zoom.us/j/98234745097?pwd=RmszRm5aaHlFa0xSWlh4aWJCcHZqUT09>

Meeting ID: 982 3474 5097; Password: 584742

We look forward to your presence on **Saturday August 3, 2024 at 6.30 p.m. on Zoom.**

There will be a half-hour Pre-Meeting Fellowship from 6.30 p.m. and the meeting will be called to order at 7.00 p.m.

The Week That Was

(From Rtn. Sagar Khandelwal)

A Packed House

Continuing with the trend of members attending in large numbers, and Hall No.1 in Poona Club getting filled to capacity, it was a wonderful boisterous evening with everyone greeting each other with bonhomie and cheerfulness. It can indeed be said that those who were present, were blessed with plenty of positiveness which would have stood them in good stead throughout the week.

President's Announcements

The President welcomed all the members and their spouses, as well as Mr Krishna Kumar Srinivasan and Mrs Arti Krishna Kumar who attended as guests to get a feel of the vibrancy of RCPC. Post which they told the others that they were not disappointed, but super thrilled to be in such an august gathering. Kudos to us all!

Salute to "Spirit of Giving": The President appreciated the 'Spirit of Giving' by our members and acknowledged their contributions as under.

- 13 July 2024 – Rtn Brigadier PKM Raja – 1000 \$ to TRF – Annual Fund
- 20 July 2024- Rtn Arun Jindal – 1000 \$ to TRF – Annual Fund
- 27 July 2024 – Rtn PP Madhu Rathi – 1000 \$ to TRF – Annual Fund

A Truly Happy Village: The selfless efforts of Rtn Oni Kakajiwala and R'Ann Nafisa Kakajiwala in addressing the plight of residents of Antulay Nagar, a colony of Leprosy survivors is worthy of appreciation. The residents had complained to the newspapers of acute water shortage, alleging that repeated requests and complaints to the PMC have fallen on deaf ears. Seeing that report, Rtn Oni and Nafisa swung into action and with financial support from RCPC helped them improve the situation. Well done Oni & Nafisa !

Pleasantries

- Birthday greetings were extended to PP Uday Dharmadhikary (30 July), Col Nandakumar (01 Aug) and R'Ann Dr Bhawna Rote (02 Aug)
- There were no wedding anniversaries during the week.

Club & Trust Budget Presentation

Rtn PP Madhu Rathi presented the Club and Trust budget. He emphasized the importance of timely payment of club dues for the smooth functioning of the club and support for all social projects. He encouraged members to participate in the Club Fundraising event at Shantai Hotel on August 10, 2024, and further urged each member to contribute a minimum of INR 10,000.



Presentation on 'Safety of Senior Citizens'

Heena Khan, Safety Ambassador and representative of the Zicom Group, delivered an insightful presentation on the safety of senior citizens. She highlighted five major problems faced by senior citizens today: dementia, loneliness, lack of proper ambulance help, sadness, and trauma. She introduced their all-India support app designed to address these issues through technology.

Next Week's Meeting

Date: Saturday, August 3, 2024 Time: 18:30 Venue: Zoom

Topic: "Osteoporosis, Common Myths and Misconceptions" by Rtn Dr. Kunal Bansal.

CAPTURED MOMENTS FROM THE MEETING



RCPC Rocks At The RID3131 District Awards Ceremony On 28 July 2024



Heartiest Congratulations to Rtn. IPP Cmde Ajay Chitnis, Board of Directors 2023-24 and all the Members of RCPC for the galaxy of awards received by our Club at the District Awards Ceremony for RY 2023-24 held on Sunday 28 July at the Marigold Banquet Hall, Bavdhan.

It was a true recognition of the sincerity, hard work and dedication of the President, all the office bearers, and each and every member of our Club during the year 2023-24. The various awards received by Rotary Club of Pune Central at the hands of PDG Manjoo Phadke are:

1. Best Club – Platinum Rank 2.
2. Best President Gold Rank – Rtn. Ajay Chitnis.
3. Foundation – Highest CSR Grant by Value.
4. Foundation – Highest Total Contribution to The Rotary Foundation.
5. Happy Village – Innovative Service Project (Antulay Nagar Project).
6. Diversity, Equity, Inclusive (DEI) – Impact Creating Service Project (Donation of Sports Wheel Chairs).
7. Youth Service – Innovative Youth Activity (Interact Jamboree)
8. Iconic Project – Robotics Project.

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9. Project Revival – Audit/Revive of Past Rotary Club Investments (Cadre Visits and Audit of three of our Old Projects).
10. Foundation – Achieving 100% and more of our target for AF (Erroneously missed out by the Announcer. Will be presented later to the Club).
11. Rtn. PP Ravi Kapoor (in absentia) was specifically appreciated by DG Rtn. Manjoo Phadke, for his excellent support in respect of CSR & Global Grants etc. in the district activities during 2023-24.

RCPC was represented by the following 10 members at the Awards Ceremony:

IPP Cmde Ajay Chitnis, R'Ann Dipti Chitnis, PP Dr Nasir Kazi, PP Sanjiv Kumar, PP Uday Dharmadhikari, PE Lekha Nair, Rtn Delshad Karanjia, Rtn Jeevan Mahaldar, R'Ann Renu Mahaldar & Brigadier PKM Raja.

Wishing many more honours and awards for RCPC in time to come!



50 Things Every Rotarian Should Know About Rotary (Inputs from Rtn. PP Suhas Merchant)

4 - OBJECT OF ROTARY

In some areas of the world weekly Rotary club meetings begin with all members standing and reciting the Object of Rotary. This statement, which comes from the Constitution of Rotary, is frequently seen on a wall plaque in Rotarians' offices or place of business.

The Object of Rotary is "to encourage and foster the ideal of service as a basis of worthy enterprise." The statement then lists four areas by which this "ideal of service" is fostered: "through the development of acquaintance as the opportunity for service; the promotion of high ethical standards in business and professions; through service in one's personal, business and community life; and the advancement of international understanding, goodwill and peace."

The Object of Rotary has not always been expressed in this manner. The original Constitution of 1906 had three objects: promotion of business interests, promotion of good fellowship and the advancement of the best interests of the community. By 1910 Rotary had five Objects as increased emphasis was given to expanding Rotary. By 1915 there were six Objects. In 1918 the Objects were rewritten again and reduced to four. Four years later they had again grown to six and were revised again in 1927.

Finally, at the 1935 Mexico City Convention the six Objects were restated and reduced to four. The last major change came in 1951, when the "Objects" were streamlined and changed to a single "Object" which is manifested in four separate ways. The "ideal of service" is the key phrase in the Object of Rotary. This ideal is an attitude of being a thoughtful and helpful person in all of one's endeavors. That's what the Object truly means.

(Note: Watch this Column in RCPC's Weekly Bulletin Central Turf every week).

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Chhatra Chhaya - Shield The Lesser Privileged From The Rains



District 3131 Project Chhatra Chhaya. RAnn Neelam Mehrotra participated with the Rotary Club of NIBM, and distributed umbrellas in Viman Nagar, and near Yerwada Jail, on 25th and 26th July 2024. This was a very welcomed initiative given the season and its repercussions.



The Family Corner

This corner is being introduced to make our Rotary world a smaller one. Come, let's know our families better. In this picture you see Rotarian Yogesh Shah.



In the first row you see: Aisha, Diya & Alisha
Standing behind them you see: Akshay, Krutika, Ekta, Yogesh, Hina, Aditi, Yash, Rishikesh

Note : Kindly Contribute 'Know your Rotarian Family' pictures to Behzad.randeria@gmail.com

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Food For The Soul

A simple recipe to tickle your taste buds from the kitchen of R'Ann Sonia Rajore

Semolina squares

"This recipe brings back memories of my school tiffin. My mother used to pack this snack with so much love" –Sonia

Ingredients

- 2 cups of suji (semolina)
- 1 cup paneer
- 1 onion chopped finely
- 1 green chilli chopped finely
- 1 cup milk mixed with 1 cup water
- salt and pepper to taste
- Rai(mustard seeds)
- Curry leaves

Steps

- Roast the suji dry, put aside
- In some oil fry the chillies and onion, when done put the milk mixed with water, let it boil and then add paneer.
- Slowly add suji now, bit by bit, and more water to make the suji swell to a paste consistency. Add salt and pepper.
- Cook for few minutes and take off the flame.
- Grease a plate with oil and put the mix on it. Flatten it and let it cool.
- Cut into squares after cooling
- For tempering: In a pan put some oil put rai and curry leaves, once it crackles place the squares on it and cook on both sides like a cutlet.
- Sprinkle with chat masala and serve with green chutney.



Enjoy!

Note : Do please contribute your recipes to Behzad.randeria@gmail.com

A Picture That Inspires



Contribution by Rtn. Madhvi Kshetry

She believes this picture helps her see life from a positive perspective. Truly inspiring!

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Let's Tickle Those Gray Cells

CROSSWORD

1	2	3	4	5	6	7	8
10			11				
	12	13				14	
15							
16			17		18		19
20				21	22		
23	24			25		26	
28						29	30
31				32			

Across

- 1. Talkative person
- 6. Motorway off-ramp
- 10. Cathedral,... Dame
- 12. Ticketed
- 14. Japanese seaweed roll
- 16. Pieced with fork
- 18. Every evening
- 20. Annoyed
- 22. Nuclear process
- 23. Vanilla slice topping

Down

- 1. Dollar division
- 2. Appropriate
- 3. Here,... & everywhere
- 4. Overrun (with disease)
- 5. Continually (2,3,2)
- 7. Bone photos (1-4)
- 8. Giving evidence
- 9. Delivers (goods)
- 13. In existence
- 15. Tolerant (4-6)

- 17. Weight unit
- 19. Discredit (reputation)
- 21. Dedicated admirer
- 22. Sudden outburst (5-2)
- 24. Agenda item
- 26. Unfulfilled
- 27. Rim
- 30. Ham & ... soup

Just For Fun



Reading The Central Turf

Contributed by R'Ann Nafisa Kakajiwala

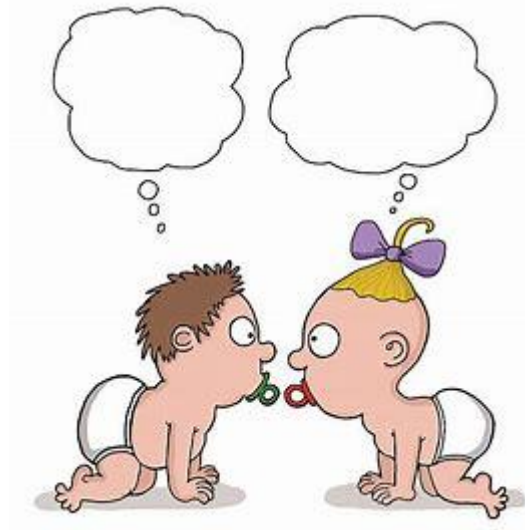
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Caption This!



The best caption wins a prize! Send in your entries to Behzad.randeria@gmail.com

The HAHahaha Picture

A funny picture is worth a thousand laughs!



"You'll have to get behind me and push."

Note : Request your contributions for the funny picture each week.

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Humour In Uniform

Here are some humorous anecdotes and one-liners from the world of uniforms:

1. Why did the police officer bring a ladder to the party? He heard the drinks were on the house!
2. Soldier: "I'm tired of these uniforms. They're always so... uniform."
3. Why did the firefighter go to the doctor? He had a burning sensation!
4. What did the cop say to the chicken? "Fowl play!"
5. Why did the army general bring a pillow onto the battlefield? So he could have a soft defense!
6. Why did the sailor get kicked off the ship? He was always sea-king attention!
7. What do you call a group of cows in police uniforms? A moo-ral squad!
8. Why did the air force pilot break up with his girlfriend? He wanted to fly solo!
9. Why did the marine bring a magnet to the party? He wanted to attract some attention!
10. Why did the cop go to the baker? He needed a little dough!

From the Editor

A new month, a new start. We trust you are well, and happy. As always, RCPC has been exemplary in its performance at the District Awards. This is truly a feather in all our caps. A huge round of applause to all the winning categories.

As we complete a month of circulating a 'revamped bulletin', it is very heartening to have members write in with ideas. The bulletin committee is most grateful.

I urge you to look through this bulletin, contribute where contributions are requested, and above all, smile, laugh and enjoy the Bulletin.

Here's wishing you a wonderful week ahead.

Warm regards
Behzad Randeria

What to Expect in the Next Four Weeks

- **August 10** — Fund Raising RY 2024-25 will be followed by Fellowship Dinner.
- **August 17** — Interactive session on '**Nutrition & Fitness,**' by Zareen Siddique who is a very much sought after speaker. Zareen is an influencer on You Tube, Instagram and social media with a huge fan following of over 2.4 Lakhs. You may check out her program @fitwithzareen on Instagram and You Tube.
- **August 24** — Special Program by Rtn. Raman Nanda Sub Group.
- **August 31** – Talk by Ms Sonam Kapse on '**Persons with Disability (PwD) – Chance not Charity**'

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Birthdays and Anniversaries



Rtn / R'Ann

Rtn. PP Prakash Gurbaxani
R'Ann Gaury Mohile
Rtn. PP Jinendra Munot
Rtn. Giri Sakhrani
Rtn. Dr. Arti Khatter
R'Ann Disha Patel
R'Ann Deepa Dharane

Birthday

August 3
August 3
August 4
August 4
August 5
August 6
August 9



Member and Spouse

Rtn. Baakir and R'Ann Razia Baker

Wedding Anniversary

August 9